

CRUSADER CONNECTION

 BISHOP HEELAN
CATHOLIC SCHOOLS



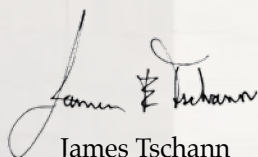
Books, Buildings and Blessings

Our academic year at Bishop Heelan Catholic Schools is off to a terrific start. We have new classroom technology and \$123,000 in a new K-5 reading book series to further strengthen student learning in our elementary schools. Our strong focus on early academic growth lays a critical foundation for student achievement at Bishop Heelan High School. I'm sure you will also again enjoy our popular graduate section in this issue. We are honored every year to guide the faith formation and academic growth of the children of alumni. Their achievements are always impressive.

The most exciting news this Fall is the beginning of construction of the high school Academic Classroom Addition. We are thrilled to be well on our way to completing the new Bishop Heelan High School – consisting of the Fine Arts Center, Academic classrooms and Gymnasium.

Recently, we welcomed Capital Campaign donors at the construction site where they were thanked and workers blessed in a special ceremony. We continue to express heartfelt gratitude to our benefactors for their support of our mission. Please read more about our building project on pages 18-19.

Through all of this, we call upon God to continue His blessing of our work. We thank Him for our wonderful supporters and their energy and generosity. We also pray that our efforts reflect patience and wisdom as we endeavor to provide a faith-based education in an academically stimulating and joyful environment. Thank you for your interest in the progress and success of Bishop Heelan Catholic Schools.



James Tschann
President, Bishop Heelan Catholic Schools




Our Students Merit your Support



\$11
Million
in college scholarships
were offered to
graduates in 2016




100%
Graduation
Rate
for the class
of 2016



98%
of Seniors
take the
ACT

84% participated in
college credit
courses




62%
High School Students
are involved in the
Fine Arts Program



97%
of graduates
GO TO
COLLEGE



19
Varsity
Sports



1600
students who pray in
school everyday



17
Clubs &
Activities

84%
to
FOUR-YEAR
COLLEGES

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.

Editor

Janet Flanagan

Director of Special Gifts and Communications

Graduation Section Editor

Becky Meyer

Contributors

Sioux City Journal

The Globe, JoAnne Fox

Photo Credits

Janet Flanagan

Mike Flannery, flanneryphoto.com

Gene Knudson, Knudsenphotos.com

Tim Hynds, SiouxCityJournal.com

Bruce Meyer, brucemeyerproductions.com

Heelan Yearbooks

Heelan Staff, Friends and Alumni

Design

Kari Nelson

School Leadership

Heelan System President

Jim Tschann

Heelan High School Principal

Chris Bork

Holy Cross School Principal

Mike Sweeney

Mater Dei School Principal

Mary Fischer

Sacred Heart School Principal

Kate Connealy

BHCS School Board President

Chris Bogenrief

Contact Us

Bishop Heelan Catholic Schools

50 13th Street

Sioux City, IA 51103

712-252-1350

www.bishopheelan.org

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Gym Support Needed by March 1

24 Lights, Camera, Disney Action!

Ron Clements' new movie will delight millions of kids, adults



On the cover

With election season activity, it seems right to use a cover photo of Heelan students at a fall football game proudly showing support for their school and their country.



Heelan Quiz Bowl state champs from left are Alec Kefgen, Elliot McLarty, Lawson Townley, Garrett Rethman, Bruce Frey and Sean Miller.

Heelan Brainiacs are State Champs

Heelan's 2016 Bowl team defeated teams from across the state last April to become State Champs for their school division. The Heelan team also competed for the third consecutive year at the National Academic Quiz Bowl Championship in late May. They also won the annual Siouxland area televised Quiz Bowl competition.

The team's six members were Elliot McLarty, a Heelan sophomore last year and five seniors; Lawson Townley, now at Iowa State University; Garrett Rethman, 2016 valedictorian now at University of Notre Dame; Alec Kefgen now at the University of Michigan; Bryce Frey, now at Iowa State University and Sean Miller, at the University of Nebraska.

"I am humbled by these youngsters, their success in their quiz bowl competitions and quest for knowledge," says Ken Strouse, quiz bowl coach and Heelan chemistry teacher. "They conveyed a mature and responsible approach to the various events. It was a privilege and an honor to help, guide and support them."

Two middle school quiz bowl teams from Holy Cross-Blessed Sacrament earned first and second place in statewide competition in Waukee, Iowa and also qualified for national competition.

Heelan Rocks Youth Leadership

Three of the top four students at the 2016-17 National Council on Youth Leadership Program at Morningside College were Heelan students.

Morgan Richardson, Alexis Ricke and Kali Ryan earned the honor of attending the National Leadership Conference in St. Louis in October. They were selected based upon their high school records, essays and interviews. Abby McCarthy was also recognized.

Emmalee Fannon of Heelan won the prestigious Carrie Mach Community Service Award, named for an outstanding, service-oriented Heelan student who battled cancer and lost her life as a senior in 2000.

Other honored students were: Madeline Bertram, Anna Betz, Kiley Boeshart, Madison Brown, John Dougherty, Rachel Joines, Andrew Linden, Benjamin Payer, Ethan Thompson, Maddie Uhl, Mary Volz and Joe Vondrak. All demonstrated citizenship, academic performance and leadership.



Heelan's honored leadership students – who will graduate in May, 2017 – gather after winning their many awards.



Heelan school system administration is now located at 50 13th St., near the Fine Arts Building.

Admin Staff Has New Office

The administration office of Bishop Heelan Catholic Schools, (BHCS) has moved into a former bank building donated to the school system by Ho-Chunk, Inc. The building is located near the construction site of the Academic Building.

The office building has been officially named the Father Patrick Walsh Administration offices after the former president who guided the Sioux City Catholic schools as a system from 2003 to 2012. BHCS was formed with all the Catholic schools in Sioux City in 1998-1999.

Walsh helped further unify a young system of elementary schools and the high school and renamed it Bishop Heelan Catholic Schools. He organized long-range planning, opened preschools, championed school mission trips and launched the Pride Campaign to build a new Heelan High School.

Today the business office houses nine staff members who work with advancement, data management, admissions, finance and communications. The former administration building next door to Heelan, once housed teaching nuns for Cathedral and the high school.



Heelan's Marching Band, earning rave reviews this season, will have new uniforms next year.

Marching Band to Get New Style

Heelan Marching Band students will have beautiful new uniforms next football season, thanks to a \$15,000 grant from the Gilchrist Foundation. Their 16-year-old navy and gold uniforms will be worn at Heelan football games for the last time this season.

While they look polished on the field, the current uniforms are worn and outdated after their many years of use, according to James Kunz, band director. The typical lifespan of a band uniform is 10 years.

The new custom-made uniforms of a jacket, pants, headwear and plumes will cost around \$375 each. The Gilchrist grant will cover the cost of 40 uniforms. Heelan is seeking additional funds to purchase up to 30 more.

"We are so grateful to the Gilchrist Foundation gift," says Kunz. "Our band is growing and we will be proud to offer new uniforms to students next year."

Heelan student musicians march while playing flutes; clarinets; alto, tenor and baritone saxophones; trumpets; mellophones; trombones; baritones; sousaphones; battery percussion and pit percussion (cymbals, a marimba, and bells.)



Students assemble bags for the homeless for the Community Action Agency.

A look at Homecoming Service

In a special Homecoming tradition over 500 Bishop Heelan students fan out into the community and across the river to perform community service for two hours during Homecoming Week.

United Way of Siouxland agencies, other non-profit organizations, local Catholic churches, the Carmelite Monastery, Trinity Heights, Memorial Field, Mary's Choice and Calvary Cemetery all welcomed students to volunteer for special projects.

Students in every elementary school pitched in too, many working on projects in their classrooms.



Nancy Noonan '54 funded this new Grand Piano for the Heelan Fine Arts Auditorium.

A Gift from Generous Grad

Nancy (West) Noonan '54 gave vocal teachers Rachael Wragge and Jake Delfs something to sing about last spring with a generous gift of a new grand concert piano for the Heelan Fine Arts Auditorium stage.

The 7 ft. Yamaha Grand piano is being used for concerts, special Masses, assemblies and more. Her donation is also providing for a special storage area on the stage so the piano can be enjoyed by generations of Crusaders.

"Our auditorium needed the sound quality that a grand piano provides, and as expected it's enhancing all of our performances," says Wragge, a mezzo-soprano who helped select it. "It's made for the size of acoustical space we offer in the Fine Arts Auditorium. So its quality sound can now be heard over the full choir. Upright pianos just can't do that."

In its first use it provided the music for Opera tenor John Osborn in an assembly. See page 28.

Music was a big part of Noonan's life when she attended Heelan. She was in glee club, operatta, mixed chorus, orchestra and more. The need of a piano gave the Arizona resident an opportunity to give back to Heelan. God bless you Nancy!



They are Homecoming Royalty

Homecoming King and Queen for 2016 are Olivia Hartnett and John Dougherty, children of Heelan grads Mary (O'Brien) Hartnett '86 and Marty and Laurie (Welte) Dougherty '80.



Construction Begins on Academic Classroom Addition

Heelan students will be learning in a new Academic Building in 2018. Learn more about its features and other plans on page 20-21.

Summer Science Research Boosts Classroom

Nanette Fladung spent much of her summer in an organic chemistry research lab to conduct research and learn new ways to enhance classroom teaching at Heelan.

It's the second consecutive year the Heelan physical science teacher has conducted research to broaden her own understanding of science and benefit her students at Heelan.

Fladung spent seven weeks in a research center at Iowa State University in a professional development program. There she and other high school teachers learned new tools and research experiences working alongside career scientists and engineers.

Her project was in the organic chemistry department where she fused together new organic compounds.

"I combined Triacetic Acid Lactone with various organic acids to produce new organic chemicals," says Fladung. "The compounds I produced will be tested for antimicrobial, antifungal and anti-insecticidal properties. The purpose behind the research was to find chemical compounds that are not dependent on petroleum for their existence."

She also learned how to implement new Iowa Science standards at Heelan – standards that public and private schools across the state are adopting. The standards revamp the way science is taught to help students better grasp a concept and apply what they've learned using engineering practices.

She'll be ready.

"I am excited to bring these changes to Heelan students," Fladung says. "I learned about using phenomena-based teaching and the importance of students developing their own driving questions. It should help focus their learning while explaining the world around them. When the new state testing is implemented, my students will have the skills to do well."



Nanette Fladung, Heelan physical science teacher, left, spent over half of summer conducting research at Iowa State University.

Fladung is a teacher who continues to be inspired by her field.

Her chemistry skills "are now the bomb," she says. "I used Nuclear Magnetic Resonance (NMR) to identify the compounds I produced, as well as numerous techniques that I don't get to use in the high school classroom. The organic chemistry glassware alone is too expensive!"

She made at least two organic chemical compounds that had no record of existing.

"Hopefully one will turn out to be the next great insecticide, fungicide or antimicrobial agent," she says. "My work should be published sometime next year."

The Heelan science teacher was also excited to learn another skill at ISU – how to do a literature search on each compound by accessing scientific journals worldwide.

And as an added bonus she received \$1,000 for Heelan classroom use. Students will be able to use new electronic balances, an ultraviolet 'black' light, test tubes, and other supplies.

"It was a great experience," Fladung says. "After spending my summer doing research at Iowa State, I feel recharged and excited for the school year."



Heelan Auction chair couples and the schools they represent were Shane and Mary (O'Brien) Hartnett '86, Sacred Heart School; Chad and Jill Bork, Mater Dei School; Dr. Bill '86 and Pam Rizk, Heelan High School; Jason and Julie (Jarman) Anderson '86, Holy Cross School



Teens of auction chairs gather at the Crusader Corral western entry created by parents Chris '86 and Joni Vondrak.

Cowboy Hats Off! Heelan Auction Raises \$354,000

Bishop Heelan supporters came in boots, hats and other country western wear to support a "Boots n' Bling" evening at the Heelan Auction and raise nearly \$354,000.

The final tally included monies raised for Fund-A-Cause to purchase a new vehicle needed for student transportation (see below). Students of Auction chair couples sold out teddy bears, "blinged" up to raise \$2,000 for elementary school projects.

Top live auction gifts were three hours of private jet service, a jet ski, a "preachers on the pond" dinner and a party on the Okoboji Barefoot Barge sold twice. The event drew 500 guests to support the Heelan Schools System.

"The Auction is a wonderful social event that promotes our schools and brings us together," said Jill Bork, a Mater Dei School teacher. "We're proud to support an event for schools that provides our children with an outstanding learning environment, and challenges them to always do their best, give back to the community and live their faith."

The Heelan Auction is the only public fundraising event of the year that unites parents, staff, alumni and friends to celebrate and support Bishop Heelan Catholic Schools.



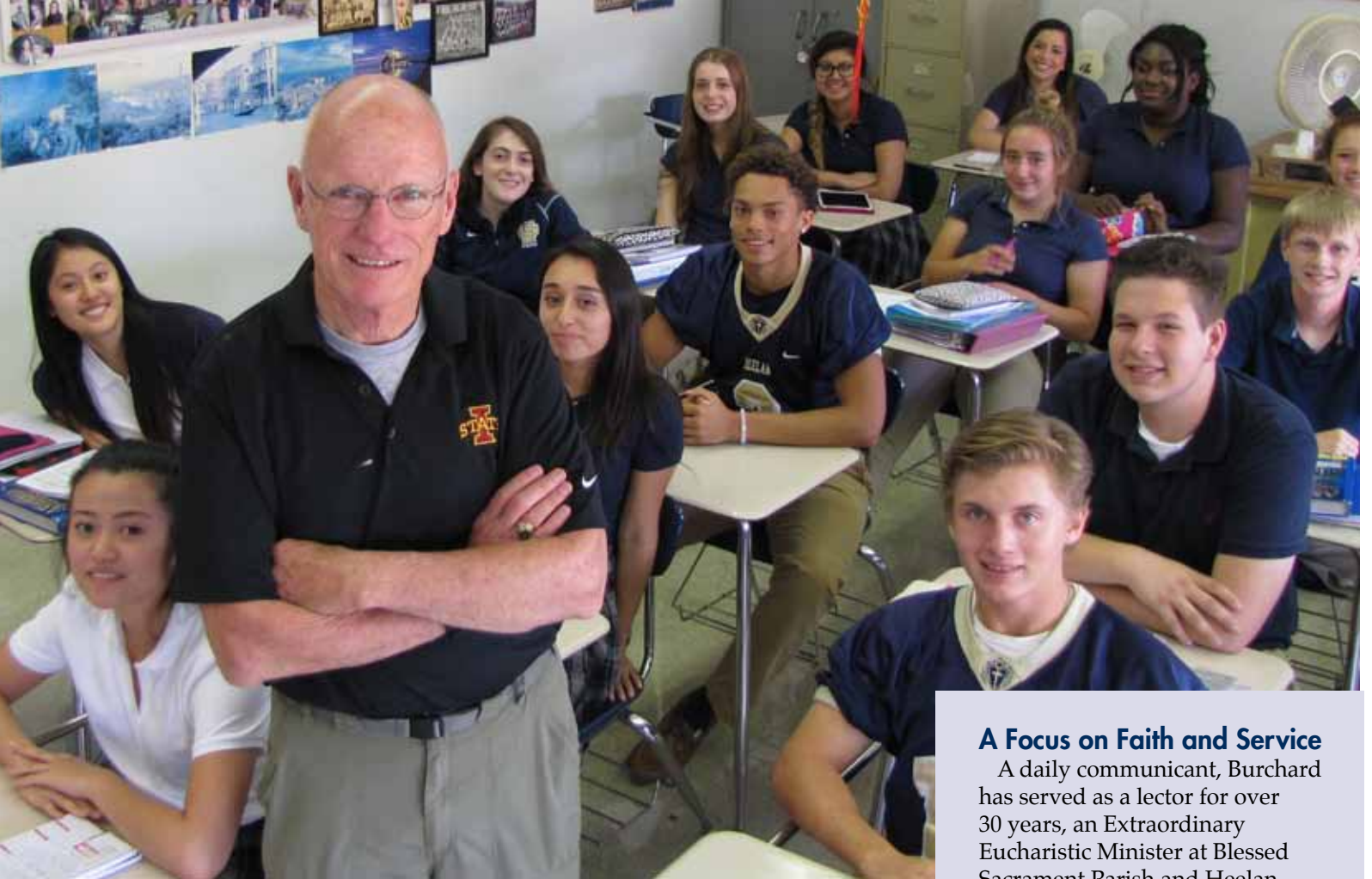
Four cowboy wannabees got into the spirit of the Heelan Auction Boots n' Bling which raised \$354,000 for Sioux City's Catholic schools in late April. From left are Dr. Joe Liewer, Dale Tigges, Pat McElroy '85 and Dr. Mike Jung.

The next Heelan Auction will be Saturday, April 1 at the Sioux City Convention Center. Stay tuned for an exciting new theme and ways to bid.



Heelan Auction Appeal Funds Mini Bus

A successful Fund a Cause appeal at the Heelan Auction raised \$35,500 to purchase this low mileage, 14-passenger Collins bus which takes the place of two aging vans with poor drivability in winter. Heelan students are riding in the air-conditioned mini-bus to athletic events; Quiz Bowl, show choir, vocal and debate competitions and other activities.



Brendan Burchard '60 has received a Teacher of Excellence award from the Diocese.

Burchard is Simply Excellent

Some 7,000 Heelan alumni already knew it, but it's official: Brendan Burchard '60 is a Teacher of Excellence at Heelan and in the Sioux City Diocese!

Burchard, now in his 48th year of teaching at Heelan, received an Excellence in Education Award at the Bishop's Dinner Sept. 24, a premier event of the Diocese with Al Roker of NBC's Today Show as speaker.

An educator and more

Heelan Principal Chris Bork has worked with Burchard for 18 years. "Brendan is a professional educator whose work ethic and organization shows in every task he takes on," Bork says. "He eagerly embraces new technology and is a pillar of our Theology Department."

Burchard was hired by Fr. Armand Ellbert in 1969. He taught physical education for 13 years and typing and world history for several years, and

later switched to teaching religion.

Today Burchard is teaching a third generation of Heelan students.

He cherishes memories of coaching football, wrestling and track. Along the way he taught character, accountability and what it means to be a Crusader. He's been affectionately called "coach" since he started his career at Heelan. He says athletics helped shape him, but he never dreamed of being a teacher while attending Heelan.

"Football and lifting weights got me to where I am today," he says. "I grew big enough at Heelan to earn a scholarship to attend Morningside where I majored in business, economics and physical education. I had no clue what I wanted to do. Then in my junior year while working with kids at Headington Park it hit me."

He would pursue teaching.

"Brendan is the unofficial keeper of our tradition," Bork says. "He

A Focus on Faith and Service

A daily communicant, Burchard has served as a lector for over 30 years, an Extraordinary Eucharistic Minister at Blessed Sacrament Parish and Heelan, and is a member of the Third Order Secular Carmelites. He is head of Knights of the Altar where he organizes students to serve at school Masses and special liturgies with the Bishop.

He has served on school committees, written countless recommendations for student scholarships, and helped schedule special religious and patriotic assemblies for school.

Burchard received degrees from Morningside College, Briar Cliff University and a master's degree from University of South Dakota. His awards include: Morningside College Alumni Educator of the Year and M-Club Coach of the Year and induction into the Sioux City Relays Hall of Fame.

The veteran Heelan teacher is also admired for his active patriotism. He served in Vietnam the year before joining Heelan and while teaching, coaching and raising six children with his wife, Martha, he served 27 years in the Iowa Air National Guard, rising to the rank of Command Chief Master Sergeant.

has known every administrator in our school's history personally and has taught multiple generations of Crusaders. He truly makes Heelan a wonderful and faithful place for our students."

Did Heelan help Burchard learn and grow in his faith?

"Absolutely!" he says. Teaching, praying with students in the classroom "and working in an atmosphere every day where God is present" has made a huge impact," he says. So have others in school, on the field and at the Air Base, people like Beanie Cooper, Fr. Victor Ramaeker and Colonel Bud Day.

"I've had a whole lot of people making me better," he says.

Burchard loves the action of high school.

"At Heelan every day is different. I get a whole different group of kids every 50 minutes with different personalities, different needs and learning skills. It keeps you on your toes. You can't hang around 17-year-olds and not feed on the energy they bring to the classroom every day."

It's kept him sharp.

"I've never stopped being a student," the Heelan grad says. "I learn something new every day."



Heelan students like these from the class of 2010 enjoy Brendan Burchard's annual tradition of wearing plaid at the end of the school year.



PRIDE can no longer be worn on jerseys like these but can be displayed on helmets.

PRIDE Lives on at Heelan

Motto Removed then Returned to Heelan Football Wear

A ruling from the National Federation of High Schools forced Bishop Heelan to remove PRIDE from its football jerseys this fall, but Heelan found a way to keep the moniker on players' uniforms.

While the rule was in the books for many years, the state of Iowa decided to enforce it this year and alerted Heelan in August just weeks before the football season started.

The main concern in the national office is to keep the names of paying sponsors off the back of jerseys, according to Jay Wright, dean of students. The federation decided to only allow the player's name, the school name or school nickname on jerseys.

PRIDE had already been gradually removed from basketball, baseball and other jerseys in previous years.

"Heelan could have kept PRIDE on the jerseys and suffered a 15 yard unsportsmanlike penalty at the start of each game, but that would penalize the kids," says Wright. "Ultimately, you don't want the season to be about the words on the jersey, you want it to be about the kids in the jerseys."

Football coach Jerry Steffen was disappointed to remove PRIDE from football jerseys after years, but help came.

An out-of-town donor learned of the issue and quickly designed a PRIDE decal and Heelan players ran onto Memorial Field of the Heelan East game with PRIDE on their helmets.

In addition, Heelan created new fan shirts with PRIDE on the back. "We sold nearly 800," says Pratt. "It was amazing."

So how did the East-Heelan game come out with PRIDE in the air? Crusaders won 23-7.

Beanie Cooper Began the Tradition

PRIDE has been synonymous with Heelan effort and dedication since the beloved and legendary Beanie Cooper introduced it at Heelan in Fall 1969. PRIDE stands for Practice, Running, Initiative, Desire and Enthusiasm.

Cooper, who coached at Bishop Heelan from 1969 to 1974, introduced the acronym in 1970. By 1974, PRIDE was used on the white road jerseys and then placed on home jerseys two years later.

"The PRIDE controversy has actually created some side benefits. People now understand the history of it, and we have enjoyed discussing it with students and fans alike."

While it has been showcased in athletics, Pratt adds, PRIDE also symbolizes the hard work and dedication of all students at Heelan.



Volunteers, players' parents and even the Carmelite nuns, in Sioux City helped Heelan out by removing sewn on letters from jerseys.

"There is always someone in the Heelan community that comes through in times of need," Head Coach Jerry Steffen says. "That has been one of the greatest things I have seen in my years at Heelan."

Heelan's Hanno Named Top Female Athlete

Reprinted in edited version courtesy of the Sioux City Journal

Disciplined and dominant. Those are two of the adjectives Heelan Girls Soccer Coach Jared Bodammer used while describing Grace Hanno's four seasons as a starting Bishop Heelan soccer defender. Hanno was honored in August as the *Sioux City Journal's* Metro Female Athlete of the Year.

Soccer

"Grace is a disciplined and dominant defender," said Bodammer, who has a 54-9-1 record in three seasons as the Crusaders' coach. "She has a solid understanding about the game, is strong in the air and is dangerous on set pieces. Over the last couple of seasons, she has proven to be head and shoulders above other defenders and is one of the premier defenders in the state."

Hanno continues her soccer career at Briar Cliff University. Disciplined and dominant in volleyball and basketball as well.

Volleyball

The 5-foot-10 Hanno was also a four-year volleyball starter. The outside hitter led Heelan, a 31-14 Class 4A state semifinalist, in kills (394) for the second straight season and continued to grow in aggressiveness.

"As a sophomore, a junior and a senior, she had to be an impact player for us ...," said Head Coach Mary Miller. "A lot of it had to do with being around the game with older sisters (Hillary Hanno '07 and Madeline Hanno '12). She stepped in and contributed right away."

Basketball and Overall

Heelan girls basketball coach Darron Koolstra didn't utilize Hanno as a starter

Other Heelan Metro Female Athletes of the Year

2013 MaKayla Augustine

2010 Carli Tritz

2008 Michelle Lund

2000 Abby Lemek

2002 Christi Huigens

1993 Angie Streeter

1984 Chris Condon

1982 Carey Calvert

Metro Female Athlete of the Year Started in 1981 at the Sioux City Journal.

until late January of her sophomore season. The Crusaders were 9-1 in that stretch prior to a first-round Class 4A state tournament loss to Western Dubuque, but from there, Hanno was a fixture in the lineup.

Hanno improved her scoring and steal totals each season. She won first-team Missouri River Activities Conference honors as a senior, shooting 53.4 percent while averaging 11.4 points with a team-high 54 steals on a squad that ended a 12-11 season two games short of a state berth.

Grace's skill and leadership helped lead several programs to conference, district and state titles, according to Chris Bork, Heelan principal.

"Grace instantly elevated the level of play of our varsity teams when she stepped on campus," he says. "In the classrooms and in the hallways Grace was always friendly, positive and respectful. This honor is well deserved."



Grace Hanno, a 2016 graduate, was named the *Sioux City Journal* Female Metro Athlete of the Year for her standout performances in soccer, volleyball and basketball.



GPS Athlete Tracking Helps Heelan Players

A GPS Athlete tracking device is being used with 10 Heelan football, volleyball and cross country athletes to track their speed, bodyload, running symmetry and other performance markers. Bishop Heelan is one of 15 high schools in the country using the technology.

The small two-inch device slips into a halter and it is worn during practices and games. After practices and games the data is downloaded to a computer and analyzed. It gives definitive numbers to track how hard an athlete is working and how much stress they are putting on their bodies. This can help to reduce fatigue and hopefully injury, according to Dan Nelson, athletic trainer.

Nelson also has Heelan players continue to wear concussion devices in their helmets as an added safety measure.

< Timmy Winders, left, is one of 10 Heelan athletes wearing a device from Athletic Trainer Dan Nelson to track performance in practices and games.

Crusaders Continue Winning Ways in Sports



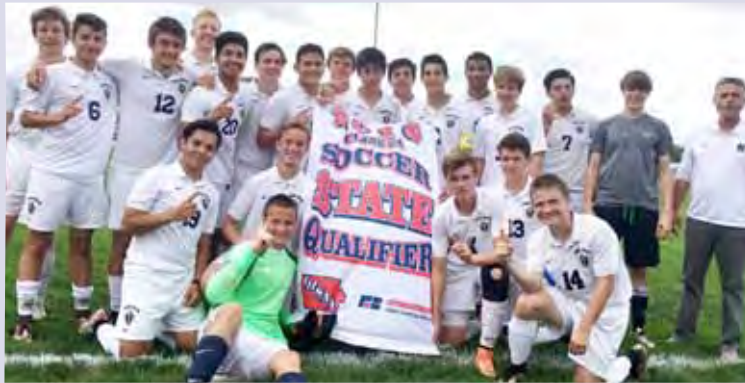
Girls Track

The girls track team claiming District, MRAC and city titles. Numerous athletes qualified for the state meet on the blue oval at Drake Stadium in Des Moines.



Girls Volleyball

Girls volleyball, under coach Mary Miller, again captured the Missouri River Athletic Conference title this fall and is experiencing another outstanding winning season.



Boys Soccer

The boys soccer team, led by George Tsibanos, compiled a 15-3 record and went to state for the third year in a row. The Crusaders won a dramatic Sub-state final vs Denison-Schleswig to advance to the state, then fell to Dubuque Wahlert in the first round on penalty kicks.

Baseball

The baseball team, under head coach Andy Osborne, saw a young team find its rhythm late in the season, and advanced to state in Des Moines. The Crusaders fell to eventual state champion Harlan in the quarterfinals and finished the season 27-16.



Softball

The softball team, under first year head coach Stacia Barker, got hot at the right time and advanced to the state tournament. With only one senior, the 2017 softball team looks primed for another great run.

Girls Soccer

The girls soccer team, MRAC champs, once again advanced to state and defeated ADM 1-0 in the first round before falling to Pella in the semi-finals. The girls, under head coach Jared Bodammer finished the season 15-5.



Football

After beating 4A East High in the first game of the season the Crusaders fell to several tough, state-ranked 3A opponents. Heelan has continued to improve and at press time was playing their best games of the season.



Cross Country

Girls cross country won the Missouri River Athletic Conference this fall. Both boys and girls again qualified for state!



Boys Golf

The boys golf team also captured the Missouri River Athletic Conference championship this fall.

Our Catholic Elementary Schools

These two pages address activities and education in our elementary schools. Over 90 percent of our Heelan graduates come up through our elementary schools students from Blessed Sacrament, St. Michael, Immaculate Conception, Nativity, Sacred Heart, St. Boniface, Cathedral and St. Joseph parishes. Children in those parishes attend these schools:

- Holy Cross School-St. Michael: Grades PK-2
- Holy Cross School-Blessed Sacrament: Grades 3-8
- Mater Dei School-Immaculate Conception: Grades PK-4
- Mater Dei School-Nativity. Enrolling students: Grades 5-8

Sacred Heart Students Get their Heads in the Cloud

Upgrades to school technology and infrastructure have paved the way for students and teachers at Holy Cross and Sacred Heart to use “Google Apps for Education” service (GAPE), a set of cloud-based applications for student learning, now known as G Suite for Education.

Holy Cross and Sacred Heart teachers are learning how to use GAPE in workshops this Fall. They will be teaching students about using apps in math, reading, science and more. It means students will produce fewer paper assignments and won’t store work on a USB drive. Work and projects will all be stored on accounts in the cloud.

Students learn more today in groups and the Google suite is perfect for collaboration, according to Kelly Kohout, ELL instructor at Sacred Heart School.

“Cloud-based instruction enhances the learning experience,” Kohout says. “We want our students to move from being consumers of information to being producers. The apps help students with creativity, innovation, critical thinking and problem solving. They can communicate faster and work with each other more.”

“The Google Hangouts” app enables video calls to classmates, students in other schools and guest speakers. Heelan freshman Patrick Demers used “Google Hangouts” this summer to work on an animated video with Janet Flanagan in the Heelan admin office. The two were five miles apart but worked together on copy and images to create the video.

“Google Hangouts is a great way to instantly connect with others in real time,” Patrick says. “It made working on the video easier and saved time.”

Google education apps have seen explosive growth since it was first introduced to schools about five years ago.



Two Sacred Heart School students work on a lesson together using a Google program.

Holy Cross School – St. Michael Offers New Technology



Over \$30,000 in new technology is further advancing learning at Holy Cross School – St. Michael, headed by Principal Mike Sweeney '76.

The school for PK-2 students received a \$10,000 grant from Missouri River Historical Development for 40 Chrome books laptop computers, 50 high tech headphones for the school computer lab, new teacher IPADs and more.

It followed a grant of \$10,000 award from Best Buy and Intel partnership Cross which funded six interactive Epson projectors to work with new white boards. A generous donor and parent gifts brought the total to \$30,000.

“It’s like Christmas to our teachers,” says Cindy Spenner Tech director. “It would not have been possible without \$30,000 in grants from MRHD and Best Buy and parent donations.”

< Goodbye Chalkboard! A new projector enables Lisa Froehlich to engage her Holy Cross first graders in an iPad math lesson on a whiteboard.

Make Progress

Mater Dei Students Help Graduate Affected by Louisiana Flood



Anna (Hittle) '08 Schiebe, now teaching music to this class at Most Blessed Sacrament Catholic School in Baton Rouge, asked Mater Dei School to help her families suffering from the Louisiana floods in August.

A Bishop Heelan graduate now living in Louisiana reached out to Mater Dei School to help victims of devastating flooding in Baton Rouge in August.

Anna Hittle Schiebe '08 formerly of Sioux City now teaches music, choir, band and drama at Most Blessed Sacrament Catholic School and directs the choir at St. Isidore Catholic Church in Baton Rouge.

"The flooding had begun to impact my students, coworkers and churches where I am employed," Schiebe says. "Children have lost uniforms, books, school supplies and everyday necessities. Other victims have nothing left except the clothes on their back, their faith and their loved ones.

"When I began thinking about who to ask for help, Mater Dei IC and Nativity were some of the first to come to mind. I remember as a Mater Dei student donating to many causes, so I emailed the principal asking if the school would consider assisting my community in rebuilding their lives!"

Mater Dei students responded with donations of baby items, canned food, cleaning products, school supplies, brushes, shampoo and more.

Schiebe is grateful for the fast response.

"I couldn't be more proud to be a Mater Dei and Heelan graduate! It is amazing to see my former parishes and schools pull through to help my current community. I'm so blessed to have attended such amazing Catholic schools throughout my career as a student and that I continue to serve in a wonderful Catholic school district even now."

Schiebe also learned about the goodness of people in Louisiana.

"Good Samaritans opened their homes to strangers. People volunteered their time searching for survivors by boats, kayaks, even duck floatation devices," she says. "Race, creed and age didn't matter. Over 30,000 rescues were made in a 3-day period. It was truly amazing to see the unity in Baton Rouge, just as we experienced it in the June and July 2008 flooding in the Midwest."

Fischer says she wasn't surprised by Sioux City's fast response.

"Our families are always so generous when it comes to those most in need," she says. "Helping out a former graduate made it more meaningful yet."



Thousands of homes flooded in Baton Rouge and other areas.



Mater Dei students and their families donated baby supplies and more to help Louisiana flood victims.



Mater Dei students and helpers stand inside the truck before it left for Louisiana.



Help Keep Our School Enrollment Up ...with a Painless Gift to the Lafferty Foundation

The Monsignor Lafferty Foundation offers tuition grants to 600 of our students to keep our Catholic schools affordable. We love and need donations from Heelan fans. But wait. A donation cost a lot right? NO! Because you get a 65 percent tax credit (dollar for dollar

benefit) Plus a federal tax deduction. Tell your tax advisor to run the numbers. Help us raise \$705,000 by Dec. 1 to help 600 students attend Holy Cross, Mater Dei, Sacred Heart and Heelan High School. Call 712-252-1350 to donate or learn more.

What is Best for your Child? Bishop Heelan Catholic Schools!

Our Catholic School students average higher ACT and Iowa test scores, pray in school, and learn to serve others. Enrolling your child or grandchild in the Bishop Heelan Catholic Schools System helps them learn, grow and reach their fullest potential in a safe, family and faith-focused academic setting. A variety of financial aid is available.

DISCOVER HEELAN HIGH SCHOOL

8th Grade Visit Day for non BHCS school students: Wed., Nov. 30, 2016

Discover Heelan Night: Tues., Feb. 6, 2017 • 6 p.m.

PRESCHOOL OPEN HOUSES 5–6:30 P.M.

Sacred Heart: Mon., Feb. 6, 2017

Mater Dei-Immaculate Conception: Tue., Feb. 7, 2017

Holy Cross-St. Michael: Thurs., Feb. 9, 2017

KINDERGARTEN REGISTRATION

Sacred Heart School: Feb. 20, 2017

Mater Dei School: Feb. 21, 2017

Holy Cross School: Feb. 23, 2017



SIGN UP AT BISHOPHEELAN.ORG

We fell in love at Heelan... and then the unthinkable happened

A 2000 Heelan Grad Gives Advice to Seniors

Last May Heelan graduating seniors gathered for the traditional senior breakfast to celebrate their class and hear advice from an older and wiser local Heelan graduate. Dr. Julie (Roder) Lohr, a 2000 graduate, talked to seniors about the impact of Catholic faith on her life.

Good morning seniors, teachers and administrative staff. It's humbling for me to be here at my alma mater. For most of you this is a very busy, exciting and maybe even a stressful time of year. This particular time in your life is one chapter of a thick book closing and a new one opening.

I graduated from Heelan many years ago in the year 2000. I am a wife to Chris – a Heelan grad of 1998. We fell in love here at Heelan. As a matter of fact the second time he talked to me was here in the CYO. Who would have thought we would get married and four kids. I own my own business, a dental practice, and am a boss to 12 employees. Chris and I enjoyed our years at Heelan but we never really understood what we learned and gained here over four years. We didn't comprehend the gift we had received until we had to fall back on it.

Does anyone know the most important part of the structural integrity of a house? The Foundation!

If the foundation of a home is weak or crumbling then the house is not very secure. Ask yourself: what gives the human spirit strength and resilience to weather the storms in life? To endure tragedy and loss? To avoid temptation? The answer is a strong relationship with God.

Together with your parents, Bishop Heelan Catholic High School has given you a solid foundation – structural integrity for you to build a strong relationship with God to give you the ability to take on all that life hands you.

There will be great joy in the future, fun times in college, meeting new friends, falling in love, marriage and family. But there will also be difficulty, stress and even tragedy. Some of you may have already endured heartache and pain. If you have, ask yourself, how did you make it through? Did you lean on God? How many of you let Him give you strength when you were weak?

My husband, Chris, and I were blessed with our first child after four years of marriage, after I had completed the first three rigorous years of dental school. We were over the moon in love with Jack, our sweet baby boy. That joy was something we did not take for granted. We gave God praise and thanks.

At seven months of age the unthinkable happened and our son was purposefully injured by our babysitter, a woman we had loved and trusted. Jack suffered a skull fracture and severe bleeding on the brain. Jack had retinal hemorrhaging in both eyes and all the effects of blunt force trauma to his head. Chris and I were horrified, blind sighted. We did exactly what Bishop Heelan High School and our parents prepared us to do. We clung to our faith, and that rock solid foundation supported us as we weathered the brutal storm of our son's emergency surgery and his slow rehabilitation.

God kept us standing. We trusted Him. We believed



Dr. Julie Lohr '00 addressed Heelan's 2016 graduates at their annual breakfast. From left are: Therese (Keane) Risinger '78, her mother; Tom Betz, Heelan advancement director '85; Julie Lohr, Fr. Shane Deman, chaplain '99 and Jim Tschann, president.

in Him. We accepted His will. That doesn't mean we didn't cry, doesn't mean we weren't angry. We prayed together and brought all our feelings to Him. God gave us the ability to cope with all the stress of a child abuse investigation and legal proceedings to prosecute our former babysitter. Most importantly, God healed our son and healed our wounded hearts. And God is still helping us.

Who knows what could have happened if we had not been raised to love and trust God.

When Chris and I write out our tuition check for Jack and Savannah at Holy Cross-St. Michael, those dollars are paid so that our children can pray in school. We are handing over our money so they can sing about Jesus and learn about God's love for them. The foundation is being laid.

I never wanted to be one of God's followers who only relied on Him during a crisis or emergency. I wanted Him to be a part of all the laughter, joy, sadness, pain, triumph and tragedy.

So today I want you to reflect on the last four years of your life. Ask yourself if you are letting God share in your successes. Are you giving him praise and thanks? Are you nurturing your relationship with Him? Do you confide your fears? Are you asking Him to walk with you during the times of doubt and anxiety? I leave you with this advice: Let God walk beside you every day.

Jack is 9 today, enjoys school at Holy Cross School -Blessed Sacrament, and loves to play basketball. He still receives physical and occupational services for his special needs as a result of the injury.

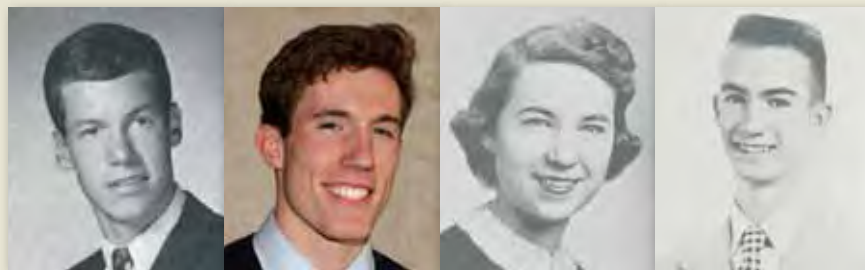


Chris and Julie (Roder) Lohr have four children: Jack, 8, Landon, 3, and two girls Savannah 6, and Charlotte 1. Photo by Lindsay (Rossiter) Ernst '00 in 2015.

Alumni Yearbook Photo Feature

Class of 2016

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.



Robert Agnes '67 Rob Agnes '16 Wilda (Jaeger) Kelly '56 John Kelly '54



Connie (Schreiber) Chapman '64 Allison (Chapman) Beumler '86 Grace Beumler '16



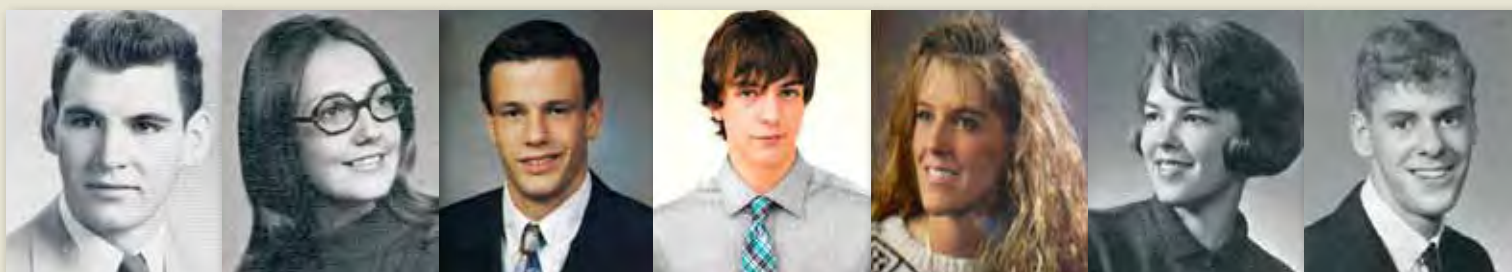
Kari (Gastro) Burnside '92 Deandre Burnside '16



Michael Choquette '69 Jonathon Choquette '16 Mary Kay (Keating) Choquette '71



Rochelle (Jenn) Clark '92 Clark, Odessa '16



Gerald Calhoun '55 Deborah (Calhoun) Delaney '72 Max Delaney '93 Riley Delaney '16 Amy (Bowen) Delaney '94 Julie (Sachau) (Bowen) Stickrod '66 Thomas Bowen '66

Highlights of 2016 Graduating Class

- 122 graduates in the class of 2016
- Valedictorian: Garrett Rethman
- Salutatorian: Claire Saltzman
- National Merit Finalist: Garrett Rethman
- National Merit Commended: Paige Opsahl, Claire Saltzman
- Honor Students: 45
- Percent offered Academic scholarships: 85%
- Academic scholarships offered: \$10 million.
- Athletic scholarships \$1.3 million to 18 students
- Silver cord (community service) recipients: 64
- Seniors with 12 college credits + in online classes: 29%
- Quiz Bowl State Champion & National Tournament Qualifier



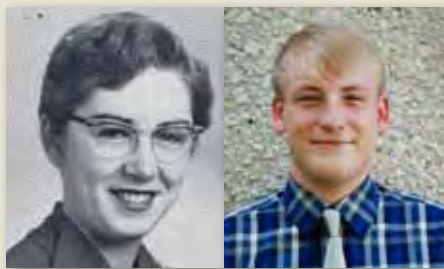
Chris Engel '85 Rachel Engel '16



Daniel 'Neal' Everist, Jr. '74 Daniel Everist '16



Rita (Greiner) Flair '85 Reilly Flair '16



Velma (Schumacher) Ludwig '55 Bryce Frey '16



Barry Froehlich '85 Jensen Froehlich '16 Melissa (Senger) Froehlich '85



Alexander McGowan '20 Gerald McGowan '55 Laura (McGowan) Glover '86 Katie Glover '16



Andrew Greer '82 Rhea Greer '16



Susan (Foix) Haugen '66 Nick Haugen '91 Nick Haugen '16



Kathy (Feste) Heaton '80 Kasey Heaton '16



Ron Hegarty '61 Carol (Bracht) Hegarty '61 Brett Hegarty '89 Blake Hegarty '16



Leonard Gill '53 Jeanie (Gill) Hohenstein '83 Branden Hohenstein '16



Roger Jansen '81 Austin Jansen '16



Judy (Verschoor) Karrer '61 Nick Karrer '86 William Karrer '16



David Keane '77 Juliana Keane '16 Kathy (Myers) Keane '81



Teresa (Kentner) Kentner '85 Jacob Kentner '16



Sue (Mullin) Lilla '60 Shelly (Lilla) Kratz '84 Nicole Kratz '16



Pat Kudrna '87

Brendan
Kudrna '16

Angela (Kersting)
Kudrna '89



Wayne Lewis '77

Sydney Lewis '16



Richard Little '81

Adam Little '16



Tom Mahaney '58

Doug Mahaney '84

Lindsay
Mahaney '16

Jerry
Mikulicz '61

Rosemary (Spenner)
Mikulicz '62



Charles Happe '67

Carol (Gerch)
Happe '66

Kristen (Happe)
Malenosky '91

Zach
Malenosky '16



This architect's rendering of Heelan High School shows how the Academic Classroom Addition (back left) connects with the Gymnasium (front left) and the current Fine Arts Building which opened in 2014.



Another view.

Work Begins on Academic Building

Heelan faculty, staff and students are excited as construction begins on the \$10 million Academic Classroom Addition of the new Bishop Heelan High School at 12th and Grandview Boulevard. The 55,000 sq. ft. building project should be finished sometime in 2018.

The Academic Building will connect with the west side of Heelan's Fine Arts Building (FAB) which opened in 2014. It will offer more flexible spaces for student group work, according to Heelan Principal Chris Bork.

"With all new academic classrooms attached to our new fine arts space we will offer an improved overall environment for student learning and more collaborative opportunities at Heelan," Bork says. "Our learning labs in the science department will create more hands-on opportunities for all classes vs. the current single lab situation we have currently.

"We're also excited about our new media center which will be truly geared for technology and student learning today, replacing the current library designed in 1948.

The FAB features classrooms for vocal music; band; art; theatre, speech and debate and support areas for concerts and drama productions, a 634-seat auditorium, a chapel and student commons and meeting areas. Currently about 530 students attend

Bishop Heelan High School.

The Academic Building will replace the current school classroom space in the main high school at 1021 Douglas St. which opened in 1949.

Heelan Advancement staff and Campaign Cabinet members have raised \$10 million for the project. PRIDE II Campaign leaders are seeking \$2 million in Leadership and Major Gifts to build the 1,600 seat gymnasium, locker rooms and training room.

"We are grateful to our donors who understand the outstanding value of a Catholic school education in today's world," says Tom Betz, advancement director. "We continue to meet with friends and alumni for major gifts."

The Academic Building will feature:

- Media center
- Mathematics classrooms
- Science Classrooms and Labs
- Social studies classrooms
- World languages classrooms
- English and Journalism classrooms
- Life skills classroom
- Career and Guidance Center
- Room 318
- Dean's Office and Administration
- Chaplain's office
- Teacher support areas
- Central air-conditioning

For gymnasium plans see next page.



Construction is underway to build the new Academic Classrooms of Heelan High School.

We welcome support for our project. Contact Tom Betz at 712-252-1350 or tom.betz@bishopheelan.org

WE NEED AN "ASSIST!"

Help Us Reach our Goal to Build the Heelan Gymnasium

With your support we will reach our goal by March 1 to fund a new Heelan gymnasium, which will enable the opening of the Academic Building and Gymnasium to coincide with each other and COMPLETE the New Bishop Heelan High School.



Architect's rendering of the gymnasium.

Many golden memories have been made in the Heelan Gymnasium, affectionately referred to as the "Pit." I often marvel at how successful we have been with only 1 gym floor, while our opponents have 2, 4, 5 and more. Our students deserve a facility that matches their competition at other schools. We want to stop renting public schools gyms to host our own events. Let's build a facility that fits our needs!

Jason Pratt '90, Activities Director

Heelan's gym is a focal point for students and visitors. It's the center of excitement and energy for Assemblies, Pep Rallies, Basketball, Volleyball, Wrestling, Show Choir Invites and other programs. Heelan now has a great Fine Arts Building and the Academic Addition is being built. With the current gym roof failing at times and causing multiple disruptions to activities, we need to get this Heelan Gymnasium project finished. I'm contributing because I believe in helping Heelan thrive.

Mark O'Gorman '91, Western Springs, Ill.

Gymnasium Features:

- 1600 Seats – all with a great view of the action.
- Top loading gym with running track around the top.
- Four Locker Rooms. (we currently have two.)
- Coaches and physical education office.
- State of the art athletic training room.
- Improved sound and light.

Benefits impact students, fans and others:

- More enjoyable experience for players and spectators.
- Ability to host Heelan wrestling duals and Crusader volleyball classic.
- Fundraising youth tournament opportunities in multiple sports.
- Heelan Show Choir Invitational opportunity to host more schools.
- Minimization of late night practices for students.



Use the envelope included in your Crusader Connection to make your gift today.

Thank You!

Tom Betz – 712-252-1350 or tom.betz@bishopheelan.org

Continued from page 17, 2016 Grads of Alumni.



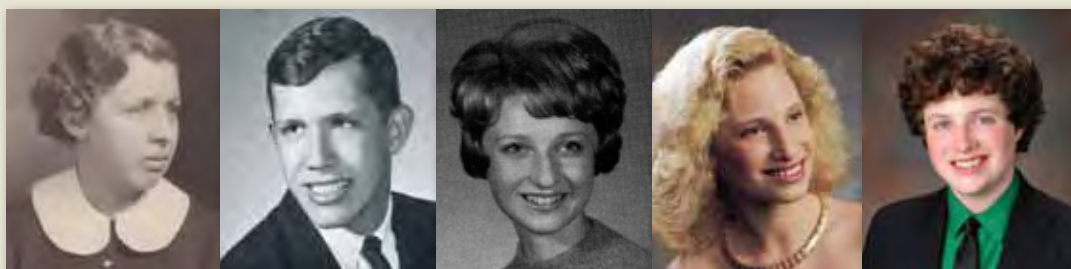
James Goebel '54 Michelle (Goebel) Markham '89 Quincy Markham '16



Melissa (Grieve) Mathison '87 Zack Mathison '16



Alexander McGowan '20 Gerald McGowan '55 Michael McGowan '81 Grace McGowan '16



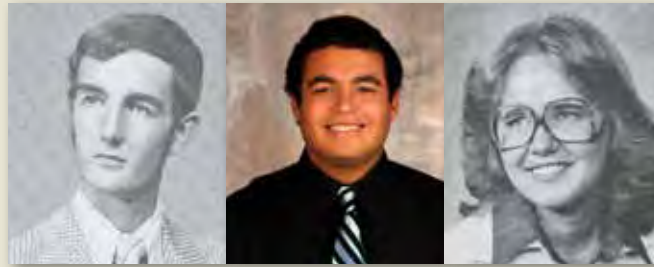
Mary Jean (Walding) Duzik '36 John Duzik '68 Barb (Stuart) Duzik '68 Laura (Duzik) Miller '95 Sean Miller '16



Barbara (Brower) Myers '58 Kenny Myers '86 Wesley Myers '16 Lisa (Rosenquist) Myers '86



Karen (Graham) Nichol '91 Kayla Nichol '16



Mike O'Brien '73 Jensen O'Brien '16 Sandra (Uhl) O'Brien '78



Jon O'Hern '93 Paxton O'Hern '16 Amanda (Pylelo) O'Hern '93 Bobbi (Dulgliesh) Pylelo '71 John Pylelo '70



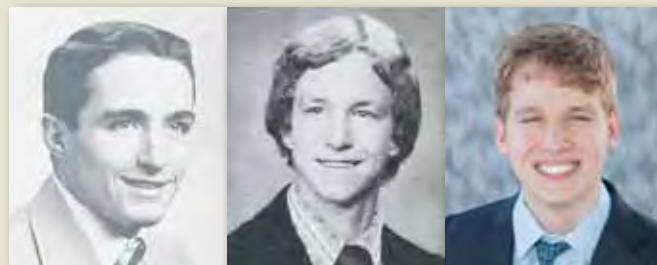
Stan Pithan '80 John Pithan '16 Anne (Newman) Pithan '83



Linda (Wille) Pratt '67 Jason Pratt '90 McKenzie Pratt '16 Elizabeth (Hand) Pratt '89



Maria Ramirez '86 Annali Ramirez '16



William Rickord Sr. '56 Bill Rickord Jr. '76 M.J. Rickord '16



Dr. Bill Rizk '86 Nicole Rizk '16



Marsha (Meyers) Rodasky '90 Matt Rodasky '16



Aloysius Rosno (Trinity) '26 Lydia Rosno '16



Theresa (Iversen) Rouse '73 Jonathon Rouse '16



Shennen Saltzman '85 Claire Saltzman '16 Kathleen (Dougherty) Saltzman '84



Hope (Wyant) Schaefer '84 Claire Schaefer '16



Thomas Mahaney '58 Jennifer (Mahaney) Schultz '88 Nolen Schultz '16



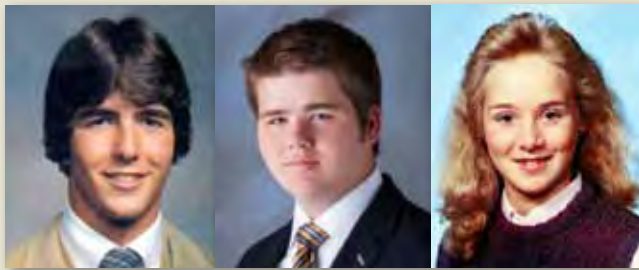
Barb (Frank) Sloniker '80 Jason Sloniker '16



Chris Stanek '82

Sam Stanek '16

Sue (Vanderham)
Stanek '88



Doug Stone '83

Colin Stone '16

Lori (Brassfield)
Stone '84



Kara (Steinkraus)
Tornell '93

Elizabeth
Tornell '16



Delores (Richter)
Townley '45

Don Townley '65

Ted Townley '89

Lawson Townley '89



Patricia (Rodgers)
Brower '67

Robin (Brower)
Wilmesherr '90

Amanda
Wilmesherr '16



Mike Yaneff '80

Ben Yaneff '16

Lights, Camera, Disney Action!

Heelan Grad Ron Clements Co-directs a New Magical Animated Movie

An exciting new Disney animated movie “Moana,” co-directed by a Heelan Graduate Ron Clements, will be showing in theaters across the country this upcoming holiday season.

The movie “Moana” is a sweeping, computer-animated feature film set in the South Pacific about a teenager who sets out to sea on a daring mission to save her people. She meets a once-mighty demigod and together they sail across the ocean challenged by monsters and adventures. Along the way, the Polynesian princess discovers something about herself.

“Moana” will showcase another outstanding music score when it’s released nationwide the day before Thanksgiving.

Clements is again co-directing with his frequent Disney partner John Musker. The renowned filmmaking team formally directed “The Little Mermaid,” “Aladdin,” and “The Princess and the Frog,” all films nominated for Academy Awards. Clements also helped supervise, animate or write “Hercules,” “Treasure Planet” “Lady and the Tramp” and other animated movie features.

Clements has spent his career at Disney Animation Studios where he has risen from his initial roles of animator, to be a screenwriter, producer and film director work prevented the productive Heelan from returning for his 45th Heelan High school reunion in July, so we reached out with questions.

When you attended Cathedral Elementary School in Sioux City, did you ever dream you would be a major success at Disney?

I had dreams of becoming an animator and working for Walt Disney Studios ever since I saw the movie, “Pinocchio,” at the Orpheum Theater,



Ron’s Senior photo.



Ron Clements summed up his four years at Heelan in this editorial cartoon in the Heelan Highline in May 1971.



Disney’s new animated movie “Moana” hits theaters this November.

when I was nine years old. But writing and directing was beyond my vision at the time.

The truth is, animation has always been a little outside the culture of “Hollywood,” which is not such a bad thing. But it’s been great to work with the talents like Vincent Price, Henry Mancini, Howard Ashman, Alan Menken, Robin Williams, Danny De Vito, James Woods, Joseph Gordon Levitt, Emma Thompson, Oprah Winfrey, John Goodman, and now Dwayne Johnson and Lin Manuel Miranda on “Moana.”

What do you remember about drawing editorial cartoons for Mary Castle’s journalism class and the student newspaper, the Heelan Highline?

I loved doing the editorial cartoons for the Highline. And I have fond memories of working for and learning from Mary Castle who was very encouraging to me at a time when I really needed that.

I also was helped a great deal by Sister De Lourdes in art class and Mrs. Socknat in literature. As you know, I was painfully shy in high school and, (like a lot of teenagers), filled with insecurities. Sensitive teachers who can help you through some



Ron Clements '71, right, co-director of the upcoming Disney movie *Moana* is joined by Osnat Shurer, producer; The Rock Dwayne Johnson, voice and co-director John Musker.

of the rough times and give you direction and confidence can be one of the most important things growing up. It's something I will always treasure.

Have your years with Disney been a wild ride?

Things have changed a lot since I started at Disney 42 years ago and the technological advancements are pretty overwhelming. I'm in no way a computer whiz. Fortunately we have a lot of very skilled people to help us in that area. But the heart of what we do really hasn't changed that much. It's still about telling a good story with rich characters and relationships in as entertaining a way as possible.

Are you now one of the "old men" at Disney?

I started at Disney when I was 20 years old. My mentor was a brilliant animator named Frank Thomas. Among his many accomplishments were wonderful scenes of the Dwarves in "Snow White," the characters of Pinocchio, Bambi, Captain Hook and the famous "Spaghetti Eating" sequence in "Lady and the Tramp." He was 62 at the time I started working with him which seemed pretty old to me at the time. Now I'm 63. Funny how things change.

Talk about your research for "Moana" in the South Pacific.

We've done research trips before on most of our movies, but the trips to the South Pacific were some of the most stirring life-changing experiences I've ever had in my life. We spent time in Fiji, Samoa and Tahiti. We were welcomed into villages, sailed with navigators, and met so many incredible people. And we've tried very hard to take as much as we could from what we've learned and put it into our movie...

Moani is a heroine like none we've ever attempted before. She's much more of a take charge, action hero who faces numerous obstacles but will let nothing stand in the way of her quest to save her island.



In addition to drawing editorial cartoons for Heelan's newspaper, Ron Clements '71 also provided artwork for KCAU Channel 9.

What is the workload right before a movie comes out?

It's not easy. The last few months on "Moana" have been crazy. I've been working constant 12-hour days and Saturdays which is a bit much at my age. Fortunately, these crunch periods only happen at the end of movies which usually take at least four years to make. Other times are a little more normal and sane which is better for everyone, including wives.

Tell us about your Family.

Tami's parents still live very close to us. And her two sisters and their families are not far away. My son, Marc, and his wife, Marzena, are also pretty close, along with their daughter, (and my new granddaughter), Zuzia, who was just born last March.

You and your wife, Tami, took care of basset hounds, right?

My wife, Tami, has been involved with Basset rescue for years. For a while, we even owned a rescue ranch in Acton, Calif., called "Daphneyland," named after our very first basset hound. We've had many more since. Right now we have four: Jimmy, Stella, Ebbet and Fenway.

California is beautiful, but do you miss the Midwest?

I do miss Sioux City and am hoping to get back soon.



When not working Ron Clements enjoys skiing and horseback riding with his wife, Tami.

World Traveler Opera Tenor

By Joanne Fox Reprinted Courtesy of the Sioux City Globe



John Osborn '90 sings his opera tenor to an assembly of Heelan students last spring.

John Osborn '90 has gained international acclaim performing as an opera tenor around the world. However some of his best musical memories are connected with Sioux City and Heelan.

"I really loved singing the National Anthem at home football games," said the Bishop Heelan High grad. "Perhaps even better was the fact that whenever I sang the Anthem at home wrestling matches, I never lost even one time."

Osborn stopped at Heelan last spring while visiting Sioux City to perform with the Sioux City Symphony as its 100th anniversary celebration.

The son of Michael and Margery Osborn is a middle child, with an older brother and sister, Michael '87 and Michelle '88, and three younger brothers, Douglas, '91 Jason '93 and Anthony '94. Music has been a keystone in the family.

"Although we all sang through high school at Heelan, I believe the most accomplished was Michael. He was the first four-year All-Stater in Heelan history. I was the third," Osborn said. "However, I thought that Anthony had the most beautiful and flexible voice of all my siblings."

Osborn's concert presentations include the Metropolitan Opera, Vienna State Opera, Teatro alla Scala, Royal Opera House, Berlin State Opera, L'Opéra National of Paris and Zurich Opera, but he insisted he will never forget Sioux City.

"The saying 'You can't go home again,' sounds like a phrase from someone who never really loved or appreciated where they were born and raised," he said. "I feel that after all the years I've been traveling and seeing the world, one of the most important things we all must do is to remember

our roots. It helps keep you grounded with a humility which I feel is necessary in order to not become too proud of your successes.

"In fact, I am distinctly proud that I have been asked back to share my gifts with my home community," added Osborn, a resident of California when he's not traveling.

The Sioux City native earned his bachelor of music degree in vocal performance from Simpson College in Indianola, Iowa in 1994 and received the Richard F. Gold Career Grant from the Shoshana Foundation. He was a winner of the 1994 Metropolitan Opera National Council Auditions when he was just 21 and immediately attracted international attention. Osborn was then invited member of the Metropolitan Opera Young Artist Development Program in the fall of 1994.

Osborn made his professional operatic debut in 1993 at Des Moines Metro Opera, his Metropolitan Opera debut



John Osborn '90 right, was one of the popular singing heartthrobs at Heelan in 1989. From left are Mark McGowan and Mike Happe.

Returns to Heelan

in April of 1996 as Vierte Jude in Salome, and he sang two roles in the North American premiere of Janacek's *The Excursions of Mr. Broucek* at the Spoleto Festival USA.

Like many young adults, Osborn admitted he strayed from his Catholic faith after entering college.

"I knew I believed in God, but I wasn't sure to what extent anymore," he said. "Then, one day, after meeting my wife-to-be, Lynette Tapia, she was the one who helped me realize that God was the biggest thing missing in my life."

Any guilt and regret Osborn may have experienced from distancing himself from Catholicism was lifted.

"I now live my life in a very positive and influential way, and I have a renewed sense of purpose by knowing what God had put me on this earth to do," he said. "I was meant to share these great gifts that God has given me with as many people as possible."



John Osborn '90 stands between fellow wrestlers Jason Nelson '90 left and Pat Burchard '91.

A Special Visit to Heelan

While John Osborn '90 was addressing a Heelan student assembly about his career and offering tips, classmate Jason Pratt called out to Osborn, reminding him of his acapella version of the "The Lion's Sleeps Tonight" when they both attended Heelan.

An enthusiastic Osborn drew laughter and applause when he immediately broke into song and hit all the high notes of the "Wim-o-weh o-wim-o-weh" verses.

Info Osborn shared with Heelan students in a special assembly

- At Heelan he performed in musicals, choruses and quartets, took part in debate and wrestled.
- His trip to Sioux City in May, 2016 was sandwiched in between performances in Paris, Venice, Germany and Scotland. Ninety percent of his time is in Europe.
- His high-ranged tenor voice, people skills and practice have all helped shape his success.
- His 15-year-old daughter in California plays violin. His wife also sings opera.
- He saluted Paula Keeler, former music teacher at Heelan, who introduced him to students.
- The Metropolitan Opera is the biggest house Osborn has performed in, with 4,400 seats.
- He stays in condition to move around in heavy costumes. He's lucky since women have to wear corsets underneath long, heavy gowns."
- He spends two hours a day practicing and working with voice coaches and pianists.
- World cuisine is a highlight of his travels.

Quotable tips Osborn delivered to Heelan students

- "Communication is what I do. I have been exposed to a lot of foreign languages through music and I'm lucky that I could pick up foreign languages."
- "I loved wrestling. I was a 115 lb wrestler who moved up to 125 lbs my senior year. I was a conference champion then and expected to go to state, but I lost the regional. A Heelan girlfriend advised me to go into opera."
- "I love that my career has taken me to parts of the world that many could only dream of going. I meet and work with fascinating people."
- "I learned to be a sponge to take advantage of opportunities and learn to grow."
- "I hope you have great inspirational teachers like I did."
- "Don't sit still and be complacent. Follow your dreams. We all have talents. Most things in life take a lot of practice, and practice takes time and patience."



Osborn advised Heelan students to find their own personal talent, work at it and be patient.

Generations Continue the Nelson



"We're out in the country. I wouldn't trade it for anything."

– Doug Nelson

The Nelson family is now in its third generation of working a large family farm operation in Jackson, Neb. From left are Emily and Taylor Nelson '09, Lisa and Doug Nelson '81 and Jeremy '12.

Three generations of Heelan graduates work together to make a 10,000 acre farm a success in Jackson, Neb. Taylor Nelson '09 and his brother Jeremy '12 have joined their dad Doug '81, the son of Charles '53 to continue to grow the family farming operation.

Planting corn and soybeans on the fertile riverbed soil of Jackson, Neb. began nearly 130 years ago when Doug's great grandfather emigrated from Denmark to Nebraska.

"Grandpa farmed 160 acres. Dad farmed about 1,000 acres," says Doug, a lifelong member of St. Patrick's Parish in Jackson who also has priests in the family.

He and his brother, Jim, '85 have dramatically expanded the operation to nearly 10,000 acres in Dakota and Dixon counties in and around Jackson.

Charles pitches in to help with transportation during

harvest season, and Lisa, Doug's wife of 27 years, picks up and delivers needed parts, runs errands and brings lunch.

"Farming is what I always wanted to do," Doug says. "Some days it's not so fun. But we're out in the country. I wouldn't trade it for anything."

Life gets hectic at harvest, he says.

"It takes eight to nine people at harvest time," Doug says. "We're always looking for part-time help during harvest."

After harvest "our field time is not what it used to be," he says. "A lot of my time is in the office. We're meeting with people regularly – machinery salesman, crop insurance specialists, salesmen for fertilizer, seed corn, agronomy. There's a lot of stuff that goes on behind the scenes."

And now he has two sons to share the workload.

"Taylor started helping at harvest time when he was

Family Farm in Jackson

10 years old," Doug says. "He used to sleep in the combine when he was 4. Taylor always had a passion for farming."

After graduating from Heelan Taylor earned a four-year degree in agri-business at the University of Nebraska.

"Taylor has brought a lot of knowledge into the office," Doug says. "I can work on a computer, but he's light years ahead of me."

Taylor immediately updated the farm operation's website. It outlines how complex farming is today and that Nelson Family Farms uses "precision farming technology such as auto track, swath control, wireless data transfer, remote irrigation control, prescription seeding and other cutting edge practices."

During his senior year at Nebraska Taylor took on a major family business project and came home to help his dad plan and launch a spacious convenience store in Jackson.

Today four years later the thriving business, "Jackson Express," supplies fuel, hot meals, groceries, a beer cave and dining area to area residents and those driving through town. Truckers buy diesel fuel and motorists can choose ethanol blended fuel from computerized blender pumps.

The business is generating new tax dollars for the local economy. The store, managed by Taylor's wife, Emily, employs 25 people, including six full-time.

"It's a hang-out for coffee, and new customers come in all the time," Doug says. "People are grateful."

"My dad gave me a lot of freedom with that project," Taylor says. "He helped provide oversight on major decisions along with financing. He put his faith in me and I focused on generating business."

And now Jeremy – who set a school football record for tackles as a junior at Heelan in 2010 and recently graduated from at UNL – is learning the ropes working sales with a fertilizer and agronomy company and helping with the farming operation.

"Jeremy is all in," Doug says.

When he's not in the office or in the field Doug could be attending board meetings of Siouxland Ethanol. The Jackson plant – which – produces 70 millions of gallons of ethanol a year, plus corn oil and distillers grain feed for livestock – buys most of Nelson Farm's corn.

"Siouxland Ethanol has created jobs in our community," Doug says. "It's given us a market for our corn and raised the value of corn. "There are great hardworking people at the plant and there's a lot more that goes on behind the scenes than people would realize. It's been a good learning experience for me."

Doug has learned a lot on travels, too. He and Lisa have taken major summer bike trips to the mountains and other spots for the past 10 years.

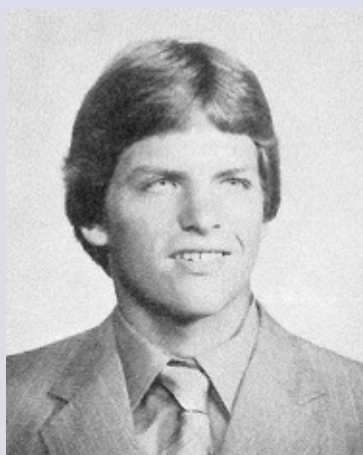
Now it's harvest time again in Jackson. The corn crop looks plentiful and life is good. And working with family makes it even more fulfilling for the Nelsons.

Heelan Families from Jackson, Nebraska

In addition to the Nelsons, some 60 other dedicated families from Jackson, Neb., have crossed the Missouri River to attend Heelan High School since we opened our doors in 1949. They have enriched student life at Heelan in academics, athletics, fine arts, service and more. We appreciate their trust and loyalty to Heelan!

Those family names are:

| | | |
|------------|------------|-----------|
| Albenesius | Hirsch | Rahn |
| Bean | Hogh | Rush |
| Clayton | Hohenstein | Salmen |
| Dorcey | Koehne | Severeide |
| Fitzgerald | Kramper | Sullivan |
| Gallardo | Lambert | Touney |
| Gill | Langhorst | Twohig |
| Hartnett | Mari | Webb |
| Hayes | Nelson | |
| Heiner | O'Neill | |



Doug '81, senior photo.

From a One-room School House to Heelan

"I went to a one room country school, a "Little House on the Prairie" type school until third grade, and then it merged with a new country school," Doug says. "In eighth grade I graduated with five students in our class and then I went to Heelan with a class of 250. It was quite a culture shock."

His older sister, Charlene, was ahead of Doug and knew the ropes. He learned to hitch rides with the Twohigs or others as a freshman and then drove his own car sophomore year. "I was pretty active in football and wrestled," he says. "I have a lot of good memories good friends from Heelan."

Doug has enjoyed Heelan's long relationships to people he knew as a student.

"Fr. Cos was there as a teacher when I was a student. Later he was the Heelan Chaplain when my kids attended," Doug says. "Brendan Burchard and Ron Schultz were there when I attended Heelan. Years later I'm dropping Taylor off for football practice when he was a freshman and Burchard is still there, and I remember thinking 'that's kind of neat.'"

"I had a great experience at Heelan and my kids did too. We're big supporters of Heelan."

From Uhl's Turkey Farm to Today

Terry Uhl Reflects on Life at Heelan and Beyond

No family name stands out in Heelan records more than Uhl. We're featuring an interview with Terry Uhl '74 who grew up on a turkey farm in Sioux City and is now a civil engineer in the Kansas City area. He has worked on design teams for schools, churches, hospitals, clinics, parks, bike trails, roads, bridges, prisons, sports facilities, office buildings, restaurants and more. Terry reflects here back on Heelan.

Tell us what you do today.

I am the President of Uhl Engineering, Inc. and have been a civil engineer for 40 years. Each project presents unique challenges and constraints. Years ago I was part of team of engineers designing the Veteran's Bridge between Sioux City and South Sioux City. Today I call it the 'Blue Bridge' in Sioux City. I was proud to work on such an important project in my hometown.

How did your education prepare you?

I received excellent education at Immaculate Conception, and it continued at Heelan. We were taught to learn with conviction. We learned about balanced lives, service to others, healthy relationships and patriotism.

What introduced you to your field?

A Heelan counselor steered me toward the civil engineering profession. It combined my strength in math, love of land, and understanding from the farm about construction, soils, pavements and managing stormwater and waste.

I completed engineering school at South Dakota State, and began as a bridge designer with an international firm in Kansas City. While working full time, I have completed three advanced degrees at three local universities (Kansas, Rockhurst, and UMKC). Heelan gave me an unending quest for knowledge.

What teachers stand out?

The religion classes taught us to lead Christ centered lives - a source of great comfort in the modern world. Chorus laid the foundation for a lifetime of playing, studying, discovering and listening to many genres of music. I play music daily, using techniques taught by Fr. Eisele to learn songs.

The sciences taught by nuns, geometry by Tom Brunkan, and trigonometry by Denis Hirschman prepared me to study



Terry '74 and Mary (Wells) Uhl '77 outside their home in Overland Park, Kan.

engineering. Heelan's English classes prepared me for the university plus a lifetime of reading.

My fondness for writing, however, began in eighth grade when Sr. Falconieri sent me to the 'Cloak Room' to write "The Courtship of Miles Standish" in its entirety. I was rowdy.

Mr. Olson's General Business class shed light on topics that I had observed from Dad on the farm. Organized sports taught us teamwork, fair play, and the benefit of rigorous physical activities.

Are you active in your church?

Mary (Wells '77) and I have enjoyed our Catholic faith. Throughout my career, two lessons have been prominent: use the talents that the Lord has provided, and don't "hide your light under a basket." "I enjoy studying the role of the Church in world/economic history.



Terry Uhl '77 with his date Robin Bishop was selected to be prom royalty.

Do you interact with classmates?

The class of '74 stays connected. I am impressed by so many of my classmates, and have regular communication. I've been to three reunions. Unfortunately, when certain chapters in our lives are complete, we lose track of some people. Reunions allow us to see folks that contributed to who we are today. We were surrounded by countless talented people at Heelan.



Terry Uhl in 1976.

Other fun/ nostalgic/meaningful thoughts you'd like to share?

So many things...nuns, priests, coaches, striped bell bottom pants, platform shoes, bangs, sideburns, 318, detentions, Spanish, socials, parties, dating, teenage crushes, drive-in theatres, scoop'n the loops, pep rallies, 5th floor passes, Homecoming mums, bus trips, the tunnel, football, wrestling (the lights were turned off except one hanging over the mat... frightening), making weight, rubberized sweat suits, throwing discus, state basketball tournament, chorus, musicals, white/grey sand, 5 cent mashed potatoes and gravy, bologna sandwiches, bonfires, Golden Tables, karate, Watergate, the Vietnam War, biting a bar of soap (thanks for caring, Mr. Burchard), the Turkey Wagon...prom royalty (accentuated by a wonderful date, Robin Bishop...and a yellow tux).

Most lasting memory?

My most significant memory came late. While nonchalantly coasting toward graduation, I made eye contact in the hall with Mary Wells, a beautiful freshman. We celebrated our 36th wedding anniversary this year.

Terry & Mary live in Overland Park, Kansas. Terry leads Uhl Engineering, Inc. Mary is a manager with the Heartstrings Foundation, working with Developmentally Delayed Adults. They have four adult sons.

The Life and Times of the Turkey Wagon

The Turkey Wagon made a statement, with its modern array of windows in the roof. If you attended Heelan between 1969 and 1975, chances are you beheld her beauty or enjoyed a ride.

It was my car, but I was not the first to call it my own. Three brothers before me had broken it in: Maurice, Steve, and Allen. By the time it got to me, the engine, hood and several fenders had been replaced.

Long before soccer moms and mini vans, it was transportation for the numerous Uhl kids and our friends. In her life, she logged many miles 'scooping the loops', dating, travelling to school, sporting events, parties and dances, carrying boys and girls from all parts of town. She offered an environment of music and laughter.

Having a farmer's ingenuity, tools and some 'bailing wire', I could replace parts and fix darn near anything on that car.

Like us, she bridged two cultures, that of an Iowa farm and that of an urban school. A versatile part of the farm fleet, she was called upon during holidays to deliver packaged 'UHLTIDE' turkeys to Sioux City's fine restaurants or retail establishments.

By college the sound system had been upgraded to include an '8-track' player.

After four years in Brookings, it was off to a new job in Kansas City, loaded with as much stuff as a college graduate could pack. On a fall morning in Kansas City rush hour traffic, the engine began to overheat. I was able to make it off I-35 at a downtown exit. Unfortunately, I had no tools, or I would have pulled the thermostat, allowing me to move out of traffic.

So I waited, steam rolling out from under the hood. Angry, inconvenienced commuters cursed at me, waving their middle finger while heralding my Iowa background (evidenced by Iowa plates). I was terrified. Not knowing what else to do, I found a miniature copy of the New Testament in the glove compartment (standard issue for Heelan students). No sooner than I had escaped into the Gospel according to Luke, I heard a horn and spotted a tow truck in my rear view mirror.

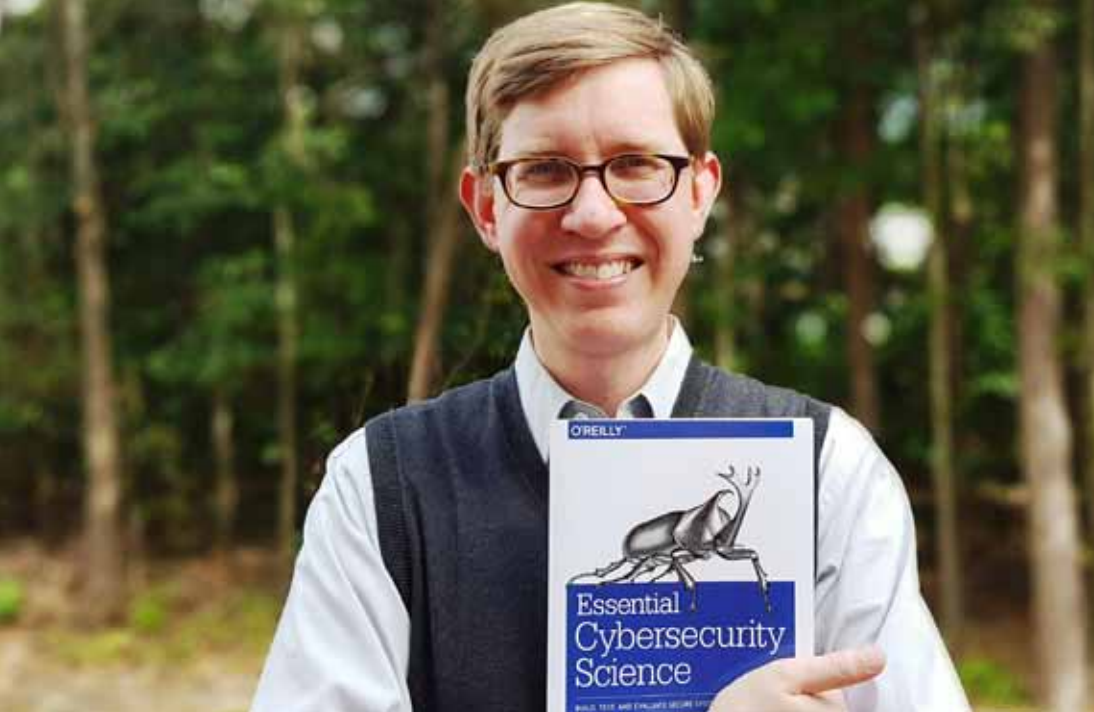
A blown head gasket had caused damage beyond repair. I called Dad to tell him the bad news.

We had traveled far, from being a teenager on the farm ...to the university...to a new life in Kansas City, but I never drove the Turkey Wagon again. I sold it for scrap metal and bought a Camaro.



The Uhl "turkey wagon," seen here with rear door ajar, survived a major rear-ender on the viaduct when it was brand new and continued to carry countless Uhls and friends to Heelan and school activities for years.

Terry S. Uhl
Heelan High School Class of 1974



Type his name into Google and the name and photos of 1998 Heelan grad Dr. Josiah Dykstra pop up all over your screen with his new book on cybersecurity.

The National Security Agency

Dykstra can't talk about all of his work at the NSA but enjoys it, he says.

According to the NSA website, the agency employs both civilian and military experts from a wide variety of fields. Its employees work "to detect and prevent threats to official U.S. government networks. They also enable the U.S. military and our allies to carry out integrated computer network operations."

"Today's risk is not just from sophisticated nation states," the NSA website says, "but also from hackers, criminals, and terrorists.... Every day, our adversaries become more refined, more skilled, more motivated – and we must be prepared!"

Dykstra Promotes Cybersecurity in D.C.

Will Russians hackers cyber attack U.S. computer networks to throw off the presidential election? Are foreign adversaries stealing U.S. military secrets? Could a Google Glass-like device help strengthen the country's cybersecurity?

These are just a few examples of issues that 1998 Heelan grad Dr. Josiah Dykstra and others at the National Security Agency are addressing. As senior researcher of the NSA's Laboratory for Telecommunication Sciences, Dykstra '98 is constantly brainstorming unique ideas to improve the country's digital defenses.

"Cyber threats are always evolving," he says. "There are always real and pervasive threats against the nation, so it's important work."

His team at the NSA at Fort Meade, Md., is working on a psychology-oriented research project to determine how different warning messages could make people less susceptible to phishing attacks.

Dykstra can't say much about his classified work as a computer systems researcher with the NSA, (see sidebar) but is a champion for cybersecurity inside and outside the government. He earned a PhD in computer science and serves as a volunteer leader for the American Academy of Forensic Sciences as well as the Digital Forensics Research Workshop, the world's top research conference on digital forensics.

The son of Dan and Sharon Dykstra of Sioux City earned a major award at the Department of Defense in 2014 before joining the NSA. Most recently he was named to the Daily Record's 2016 VIP List: Very Important Professionals Successful by 40.

Sharing his Expertise

Now he's an author. To further promote his passion, Dykstra has written "Essential Cybersecurity Science: Build, Test, and Evaluate Secure Systems." The book, which details steps to conduct scientific experiments in cybersecurity, can be used as a textbook and reference. It's addressed to software developers, forensic investigators, network administrators and others who work with cybersecurity.

"I have advocated for the application of scientific methods to measure and test cybersecurity in a host of applications from smart phones to power grids," Dykstra says. "Repeatable experiments can ultimately help protect cyber systems."

The issue is complex, says Dykstra, who is known for his work on network security, intrusion detection, malware analysis, digital forensics and cloud computing.

"As soon as you think you've addressed a problem, the environment changes," he says. "Cybersecurity is

like shopping habits. It is a constantly evolving challenge."

He said Amazon conducted a study to learn how many different sizes of boxes they needed to ship orders. When they came up with the answer a year later, buyers' habits had changed and Amazon had to start the study again.

"Cybersecurity exhibits a similar behavior. As soon as defenders identify and protect against one vulnerability, attackers go after another."

Dykstra earned bachelor's degrees in computer science and music from Hope College in Michigan, a master's degree in information assurance from Iowa State University and his doctorate in computer science from the University of Maryland-Baltimore County.

He says Heelan helped give him a foundation for the world of digital forensics.

"My education and experiences at Heelan, both in the sciences and in critical thinking, prepared me for my career, Dykstra says."

While computer science problems may sound dry and mind boggling to many people it motivates Dykstra every day. He may combine his writing skills and technical knowledge in another book – when he's not chasing down hackers, criminals and terrorists.

Heelan Grad on Capitol Hill

Kelly Daniels '11 is working in the Washington D.C. Office of U.S. Senator Chuck Grassley. We asked her about her work when another Heelan Grad and former Grassley office worker Emilee (Boyle) Gehling connected with Senator Grassley at a Sioux City Rotary Club meeting this fall.

What was your major and college you graduated from?

I graduated from the University of Iowa with BAs in International Relations and Political Science. International affairs had always been a personal interest, but I picked up political science based on my interest in debate and current events at Heelan.

Did you always know you wanted job experience in DC?

No, actually. I thought it would be a neat experience to work on Capitol Hill, but my goal was to move to New York City after graduating. When an intern opportunity in Senator Grassley's office came along, I figured it was the right time to have that experience, so I decided to apply.

What is your job title?

Legislative Correspondent. I first started as an intern last summer, was brought on board as a Staff Assistant, and then a few months ago I was promoted to Legislative Correspondent. I focus specifically on issues such as agriculture, energy, environment and trade.

Are your co-workers helpful to a "kid" from Iowa?

I learn a lot from my co-workers. The Legislative Aids, or policy advisors, work with us to research and write effectively. You might be interested to know that most of our staff is from Iowa!

Anything you have loved there?

I enjoy working on Capitol Hill and the exposure it's granted me to meet some of the world's leaders. For example, I saw the Pope speak when he was in DC last September. Furthermore I've bumped into Senators John McCain (R-AZ) and Chuck Schumer (D-NY) a few times. I also love the Smithsonian museums. They're very cool to check out. And they're free.

What has surprised you about Washington DC?

When I first told people I was going to work "on the Hill," I received disgruntled looks and comments. Having been here for a year now, I see that people really do care. Sure, politicians may not see eye to eye, but they're passionate and really do want to help others and make the world a better place. To me that was a happy surprise.

Do you have a career goal?

I'm interested in going back to school for international relations to focus on either international development or refugee resettlement. I feel it's important to give back and to help others who need it. I would also like to volunteer abroad for a year within the next few years.

Did any Heelan studies influence you regarding political science or service?

My experience in debate class with Mrs. Dalton helped me choose political science as a major at Iowa. She challenged us to think critically about an issue, a task I enjoyed then as much as I do now.

Big picture, Heelan did a great job of preparing me for college and the future. Heelan helped me cultivate the transferable skills of critical thinking and analytical writing that I used daily in college and continue to use. I appreciate the opportunity Heelan provided me with, especially the friends I still keep in touch with today.



Kelly Daniels '11 is a legislative correspondent for Iowa U.S. Senator Chuck Grassley.

Class Notes

1950s

Norma Jean (Phelps) Dailey '55, celebrated her 60th wedding anniversary in July. Norma married Airman John Dailey in the little town of Danville Kentucky on July 26, 1956. Together they have three children: Michael and Jean Dailey of Sioux City, Iowa; Johnette and Douglas Moninger of Dakota City, Nebraska; and Tia and Doug Baumann of Sioux City Iowa. The couple has 14 grandchildren and 13 great-grandchildren. Cards may be sent to: 1706 Highway 110, Dakota City, Nebraska 68731

1971 45th Class Reunion



The Class of 1971's 45th Class Reunion included a morning walk on the Perry Creek Trail to the Heelan Fine Arts Building and a gorgeous night along the river. From left are Rick Tedrow, Dan Pavlovich, Molly (Malone) Tursi, Jim Neilsen, Kathy (Ackerman) Holincheck, Janet (Thoman) Flanagan, Randy Boyle, Denise (Graack) Pavlovich, Fred Uhl, Mary McCarthy, Rosie (Rigg) Moody, Mike Shephard and Mike Holincheck.



From left are Tom Chesher, Terri (Schumacher) Kass and Pat O'Neill.



From left are Barb (Tritz) Wilcox, Mary Walling and Terry (Meacham) Sachson.



From left are Denise (Tadlock) Hunter and Dan Hunter and Mary Kay Augustine.

1970s

Tom Tott '72 retired in March from working for an agency of the US Treasury Department for 36 years – Office of the Comptroller of the Currency - National Bank Examiner. He and his wife, Kristan, have moved back closer to Sioux City and now lives in Montrose, SD.

Dan Kosse '75 and HIS wife Lianne enjoy visiting a favorite vacation spot on island of Culebra in Puerto Rico. "We love



our son Brandon, daughter Samantha and our wonderful three grandchildren! We have been in Atlanta for last 10 years, love this area but still take refuge at our cabin in North Carolina as often as we can. I am a field leader for The Vitamin Shoppe, overseeing 28 stores in three states. We are active wine makers and I am also a certified bee keeper. Can't believe time has gone so quickly since 1975! Cheers everyone!"

1980s

1986 30th Class Reunion



1986 ladies celebrating their 30th Heelan Class Reunion this summer are from left: Lori (Furlong) Wilson, Megan Grasso, Mary (O'Brien) Hartnett, Lisa (Rosenquist) Meyer, Gina (Wickey) Allard, and Julie (Jarman) Anderson.



Michelle and **Chris Burchard '86** hang with Gina Allard.

1990s

Angela Calhoun '90 married Jim Holcomb on June 11, 2016. Jim is the mobile lab coordinator for Unity Point. Angela is an assistant principal for the Sioux City Community School District. The couple lives in Sergeant Bluff. The wedding party included **Amy Calhoun '92**, **Leah (Haugen) Knapp '90** and **Tracey (Holcomb) Pomerson '88**. Angela was given away by her father **John Calhoun '67**.



Dr. Ryan Goss '97 completed a postgraduate program to become a designated Certified Chiropractic Wellness Lifestyle Practitioner CCWP. He practices at Omaha Wellness Center and is a 2004 graduate of the Palmer College of Chiropractic. He married Hillary Noonan '98 in 2014. They have moved to a new home in Omaha and have a new baby.



Bridgid (Burchard) Strait '98 is the new Director of the HOPES Program at the Crittenton Center, a national program where Family Support Workers provide services to overburdened families. Bridgid is married to Steve Strait '00' who works as traffic coordinator at Tyson Corporate office. They are parents to Cooper, nearly age 5, now at Kiddie Crusaders preschool at Heelan (with Grandpa Brendan) and Nolan, born March 15.



Heelan grads at KTIV gather with keynote speaker Al Rocker of NBC's "Today Show" at the recent Bishop's Dinner for Catholic Schools in Sioux City. From left are Matt and **Bridget (Shettler) Breen '92**, Roker and **Katie (McElroy) Demers '88** and Ron Demers.



Several classmates of '99 reunited at the 2016 Rose Bowl. From left are Adam Kuehl, Molly (Sewell) and Nick Novotny, Nicole Clemens and Corey Taylor.

2000s

Dr. Julie (Roder) Lohr '2000 and her husband, **Chris Lohr '98** will serve as chairs of the Mercy Gala in November, a benefit for the Mercy Medical Center Foundation. Chris received business degree from Briar Cliff University. He is business manager at Lohr Family Dentistry and coaches his children's youth sports teams. Julie graduated from Briar Cliff and earned her dental degree in 2008 from the University of Iowa College of Dentistry. She practiced dentistry in Marshalltown, Iowa before returning to Sioux City to take over the practices of **Dr. Tom Tiedeman '65** and **Dr. Fred Rizk '67**. Last year Julie was president of the Sioux City Dental Society. She participates in the Donated Dental Services program and Give Kids a Smile. She is a member of the Mercy Foundation Board. Julie talked to Heelan seniors last spring. See page 13.



Emilee Boyle Gehling '01, a former employee of U.S. Senator Chuck Grassley of Iowa, said "Hello" to her old boss at a recent Rotary meeting. Emily worked for the Senator in 2008-2009 on his U.S. Senate International Narcotics Control Caucus. Emily graduated from the University of Notre Dame with a degree in political science and earned her law degree at the University of Iowa College of Law. After working for Grassley and a law firm in Omaha she joined the Goosman Law Firm in Sioux City in 2010. She and her husband, Aaron Gehling '01, have three children. See story on page 35 about Heelan grad Kelly Daniels working in Senator Grassley's office.



John Wiederspan '02, graduated from University of Minnesota in May. He received his Doctor of Nursing Practice in Sioux Anesthesia. He and his wife, Lisa, now live in Seattle, Wash.

Jordan Dykstra

'03 experienced a major opportunity in his musical career last spring when his work "Fathom Peaks Unseen" was in the company of other big names (including James Tenney, Jo Kondo, Harold Budd, and the world premiere of a newly discovered 1978 work by John Cage) at the REDCAT Theater in downtown Los Angeles. Jordan graduated from California Institute of the Arts last May with a degree in music performance and composition and has studied experimental music in Iceland, Germany, and Greece. He is now working on a masters degree in music composition at Wesleyan University in Middletown, Conn., with a focus on microtonality, perception and long-form durations. More information about his work can be found at www.jordandykstra.com.



Clint Jiroux '07 received a degree in podiatric medicine from Midwestern University/ Arizona School of Podiatric Medicine. He earned his B.S. In biology from Briar Cliff and a masters in biomedical research from Des Moines University.



Anna Hittle '08 married Thomas Schiebe July 15 in Baton Rouge, La. She writes "I received my Bachelor's Degree at South Dakota State University in 2012 and met my vocal professor, Dr. Loraine Sims of Louisiana State University (LSU) School of Music in Baton Rouge at a Music Teachers National Association vocal competition that I won. I completed my Master's Degree at LSU and began working in 2014 at Most Blessed Sacrament Catholic School. I met my now husband in 2014 and we recently were married in the Catholic Church." See Anna's story about Louisiana flooding on page 11.



Heelan 2004 classmates hanging out together at a local watering hole are from left: Jeff Ely, Andy Nearman, Chad Moreland, Carlos Sanchez and Joe and Jessie Florke.



Joe Florke '04 and **Jessie Baxter '06** were married at Blessed Sacrament Church. Jessie is a human resources coordinator for FLSmith in South Sioux City, and Joe works in the sales department for Heritage Berkshire Pork in Sergeant Bluff.



Megan Sattizahn '09 married Andrew Heyer of Titonka, Iowa on September 12, 2015. Megan graduated from SDSU with her doctorate in pharmacy and is a pharmacist supervisor at HyVee in Norfolk, Neb. Andrew is a conservation office for northeast Nebraska. The couple resides in Pierce, Neb.



2006 Class 10th Reunion

Gathering at Heelan's Memorial Field for their recent 10 year Class Reunion are from left: Jon Keane, Jamie Novtony, Dan Kuehl, Justin and Lisa (Maxey), Froehlich, Robby Jennings, Chris Kulawik, Alicia (Skaggs), Porsch, Erin (Forker) Glidden, Laura (Boden) and Chad Corbett.



Naomi Nothdurft '10 and **Benjamin Moeller '09** married January 2, 2016 at Blessed Sacrament in Sioux City. The couple got engaged at The University of Notre Dame next to the grotto on November 22, 2014. The wedding party included many Heelan graduates: Sam Daily ('10), Melissa Choquette ('10), Kylie McMahan ('10), John Jung ('09), Josh Hindman ('09), Jacob Nothdurft ('12), Stephen Moeller ('13), and current student Maggie Moeller. Ben is a CPA Tax Accountant at Ernst and Young and Naomi was recently admitted into Art Therapy Graduate School. Naomi and Ben live in West Des Moines.



Sam Ahlers '11 traveled to Kigali, Rwanda in July to teach English for three months at Sparrows Nest Home who orphans and underprivileged children in the area.



Libby Brower '14, a psychology major at Creighton University, recently studied cross cultural psychology and ecclesiology in a global context in Tanzania. Through the generosity of the local people of Mwanza, Libby and her group got a glimpse of life in Tanzania. She visited local schools, helped with an HIV testing day, and witnessed Christianity and Islam through an African lens. Libby recommends studying abroad and plans to attend graduate school.

Amanda Elbert '08, a teacher at Sacred Heart School in the Heelan School System, loves to travel.

"This summer, I spent a few weeks visiting my aunt and uncle in the Philippines on the southeastern edge of Asia. I had flown over the Atlantic three times during college and really enjoyed the cultural and historical experiences. I couldn't wait to get another taste of international travel, and share artifacts and souvenirs with my students at Sacred Heart School where I teach! I strive to open their eyes to the world that exists beyond the walls of our classroom, which is why these experiences supplement my classroom's post card project."



In Memory

Barbara (Hoing) Shay '55, Sioux City, May 1, 2016.
Jean Kay (Burns) Houlihan's '55, Phoenix/Peoria, Ariz., April 9, 2016.
Vanita (Blum) Raymond, '55, Sioux City July 19, 2016.
Janice (Johnson) Schwartz '56, Sioux City, March 13, 2016.
Milton Petty '58, Sioux City, May 12, 2016
Charles Braunger '59, Spokane, Wash., July, 2016
Nancy L. Harrison '60, Sioux City, Feb. 29, 2016
Sandra (Mercure) Pies '60, Sioux City, March 25, 2016
Michael Babe '61, Loveland, Colo., June 20, 2016
Verda Migis '62, Sioux City, IA, March 30, 2016
"Peggy" (Murray) Neuroth '65, Sioux City, May 30, 2016
Mary (Satter) Quinlain '65, Sioux City, May 2, 2016
Julie (Adams) Martin '70, Sioux City, May 3, 2016
Robert K. Reynolds '73, Omaha, March 28, 2016
Lori (Salem) Kellen '73, Sioux City, March 13, 2016
David M. "Dave" Harbeck '74, Sioux City, Aug. 5, 2016.
J. Joe Murphy '76, Sioux City, June 12, 2016
Patrick Kelly '76, Sioux City, April 22, 2016
Jay "Jamie" Frink '79, Shreveport, La, April 3, 2016
Patricia (Lauer) Gaul '80, Sioux City, July 18, 2016
Robert LeClair '82, Omaha, Feb. 20, 2016

Family Members of Alumni

Kevin Brady, father of **Taleen, Erin, Justine, Kaitlyn**, Sioux City, June 16, 2016

Chuck Condon, father of **Mark, Steve, Lisa, Dave, Amy, Christy, Dan** and **Becky**; Sioux City May 8, 2016

Pat Conway, father of **Bridget, Emily** and **James**; Sioux City; Jan. 14, 2016

Mary M. Holles mother of **Karen '60, Allen '62, Glen '65, Wayne '67, Don '68, Mark '73** and **Kathleen (Holles) Hamilton '75**

Dawn Barkley, wife of **Larry '78**, Sioux City, May 20, 2016

Frank Beckwith, father of **Frank '71** and **Charlene '72**, Sioux City, July 17, 2016

Virginia Horner mother of **Mary Jean (Horner) Lewis '69; Carolyn (Horner) Dykstra '71; Steve Horner '77** and **Mike Horner '80**, and grandmother of **Shelley (Dykstra) Takuwa '95; Kelliann (Dykstra) Dermody '96; Cindy (Dykstra) Hansen '98** and **Olivia (Horner) Walker '09**, February 21, 2016

John Stewart, father of **Barbara (Gengler) '65**, Sioux City, June 3, 2016

Earl Shook, grandfather of **Andrew Jochum '10** and **Jared Jochum '14**, South Sioux City; Sept. 29, 2016

Marian Fleming, mother of **Michael, Pat, Marcia, Mary Jo** and **Molly**; Sioux City, May 25, 2016

Roger F. Hess, husband of **Bernie '70**, Sioux City, May 9, 2016

Della McCoy, mother of **Kevin, Sean, Molly, Jill** and **Kelly**; Papillion, Neb., Aug. 29, 2016




Colleen Montagne, Sioux City, March 15, 2016 mother of **Barbara '73, Denise '74, Shelley '78, Jerome '80** and **Carol '81** and **John** and **Molly**.

Sharon (Strong) Curry '60, Ensenada, Mexico, sister of **Karen Kingsbury '58** and **Deb Tudehope '69** November 6, 2015

Dr. Philip J. Monnig, father of **Anne, Christine Monnig Woodruff, James Monnig, Dr. Dennis Monnig, Erin Monnig Rice, Marti Monnig, Susan Monnig Vicari**, Des Moines, Iowa; March 8, 2016

Elaine Richardson, mother of **Connie, John, Ann** and **Mary**, Sioux City, Oct. 8, 2016

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