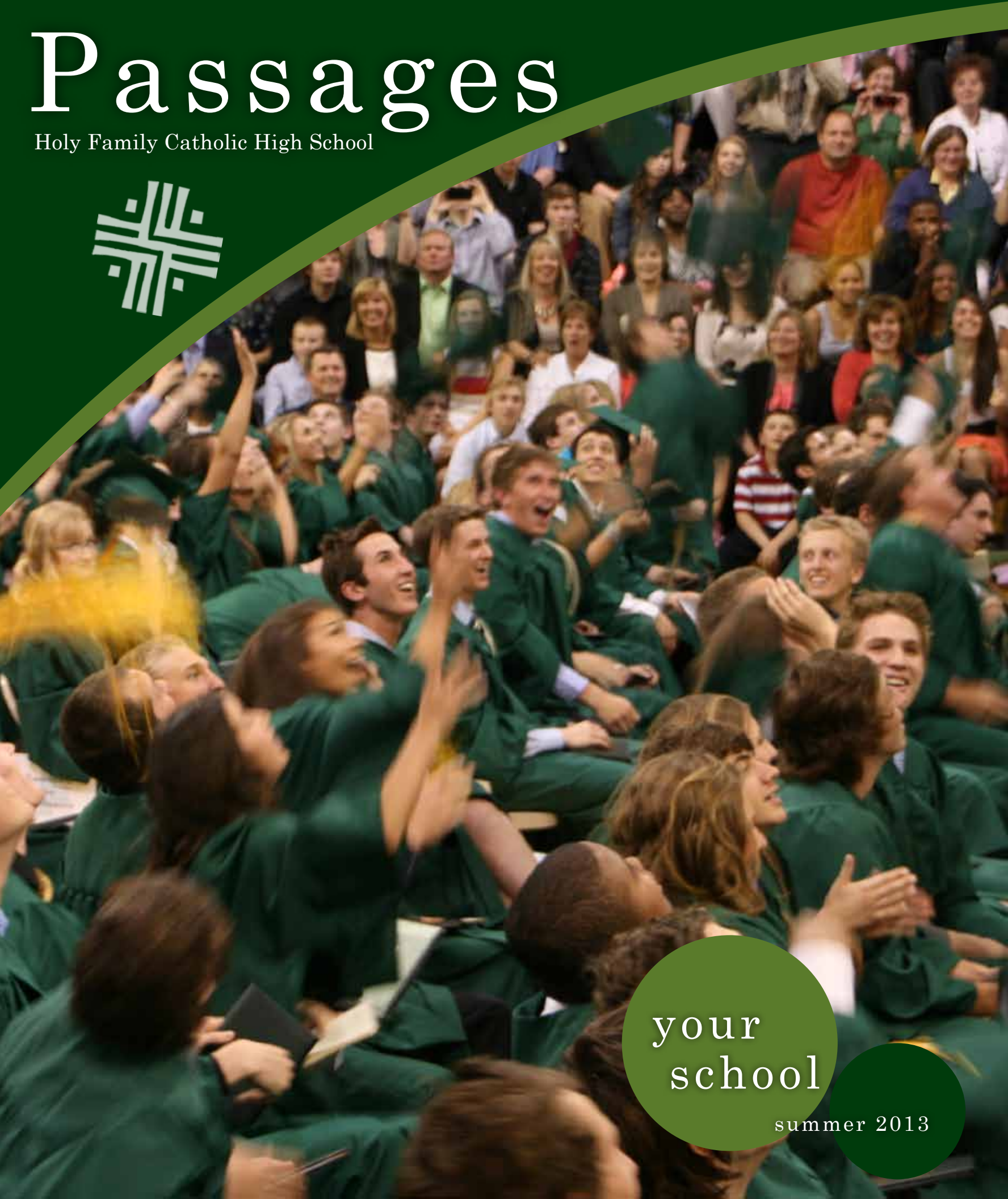


# Passages

Holy Family Catholic High School



your  
school

summer 2013





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find joy
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**Holy Family Catholic High School**  
Institutional Advancement  
8101 Kochia Lane  
Victoria, MN 55386

For address changes, please  
call 952-443-1955 or  
e-mail [communications@hfchs.org](mailto:communications@hfchs.org)

**Mission Statement**

Holy Family Catholic High School offers students excellence in education by providing opportunities to grow spiritually, morally, intellectually and physically within a community of faith. We empower and encourage our students to achieve personal excellence, to use their talents to lead, to serve God, one another and the larger community.

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# from the president/principal

*It has taken a whole village to raise this child.  
We want to celebrate achievements  
and your contributions.*

--- from a 2013 graduation party invitation.

The “Your School” edition of *Passages* almost writes itself. A little over nine months of school have culminated in a multitude of personal and collective achievements, alumni updates, and memorable graduation rites and traditions. What is more elusive to capture in words or photographs is the culture educators and parents provide to create an environment devoted to the formation of our youth.

At Holy Family, every adult serves as a guide, every challenge can inspire courage, and every experience reminds us we are part of a larger community. The years students spend here are filled with people and opportunities that help teens learn to maneuver their lives both in the present and in the future. Not all of these circumstances are easy or pleasant; they are, however, important if young people are to learn to differentiate optimism from hope, self-esteem from confidence. Hope evolves from acknowledging the conflicts and challenges in our lives and having the courage to envision solutions. Confidence comes from doing good work and believing what we do is important. Your contributions have reinforced the virtues we all believe are necessary for the physical, mental, emotional, and spiritual health of our children. John Baptist de La Salle would identify you as “visible angels.” So do I.

Thank you for helping us touch minds and hearts. For everyone who has prayed for our community, sent a kind note to a teacher, volunteered to help with an event, provided food, chaperoned a trip, made a donation, driven a group to a practice, hosted a study group, attended a school Mass, applauded a fine arts event, cheered at a competition, remained adamant there would be no underage drinking in your home, asked for advice, offered advice – your contributions are also celebrated in this magazine through the successes and character of our students.

We are Holy Family Catholic High School.

Living Jesus in our hearts,



**Kathleen Brown**  
President/Principal



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## from the board chair



Our School. The focus of this edition of *Passages* is all about who we are as a school. As I spend time in this building, space, and grounds, I think about the vision of those founding families and community leaders. The mission spawned to set forth the direction of this school is worth sharing again:

*Holy Family Catholic High School offers students excellence in education by providing opportunities to grow spiritually, morally, intellectually and physically within a community of faith. We empower and encourage our students to achieve personal excellence, to use their talent to lead, to serve God, one another and the larger community.*

Not only does this mission serve the staff and board as the guide for operating the school, but it also speaks to a truth we see alive in the school every day. It is inspiring to see the essence of those mission statement phrases reflected in our students and our alumni. Indeed, the glow of our 2013 graduates is exciting to witness as they and their families reflect on their high school journey, their growth, and their accomplishments. It is just as rewarding to see our alumni graduate from college and embark on rewarding careers with the threads of the Holy Family mission continuing to influence their ability and commitment to continue living our mission... “to achieve personal excellence, to use their talent to lead, to serve God, one another and the larger community.”

As alumni prepare for their five and ten year reunions, we look forward to hearing their stories as they gather to reconnect and remember their Holy Family roots.

Do you have a story to share about your experience at Holy Family? It doesn't have to fill a page in *Passages* magazine to convey the essence of the Holy Family experience, a few sentences will do. When we put all of our stories together, we create a complete picture of the vibrancy of our school. Read what others are saying or submit your story through the Holy Family website by clicking on the “My Holy Family Story” icon on the top of the home page.

Indeed, our founders had something special in mind. May we each continue to do our part in keeping our mission alive—it truly makes our school a very special place.

A handwritten signature in dark ink, which appears to read "Mary Steiner". The signature is fluid and cursive.

Mary Steiner  
Board Chair



# graduation 2013



## 2013 Baccalaureate Address - Build Cathedrals. Find Joy.

Kathleen Brown, President/Principal

In a culture that increasingly lauds individualism, independence, and, often, entitlement as the highest of aspirations, I have a last opportunity to explain how you have been shaped by a whole Holy Family community.

The experiences of a common language, shared goals, foundational beliefs, commitments, and practices are the gifts of a strong community. Within its embrace you have safely explored your strengths and desires, leading to a more mature sense of self now than when we first met.

John Baptist de La Salle wrote about his experience in community that led to his schools in 17th century France serving all students:

*God led me in an imperceptible way and over a long period of time that one commitment led to another in a way I did not foresee in the beginning.*

It is so for each of us fortunate to have support systems. The influences of community can sneak up on us. We engage in ever-deepening relationships, attitudes, and responsibilities until our characters are shaped and we are aware that we are shaping the characters of others. In this large family of parents, siblings, friends, pastors, and educators bound by faith and hope, we lead each other to do more than we ever thought possible. Consider all you have accomplished and all you wish to pursue.

Education at Holy Family is a moral endeavor. Consequently, you are all on the way to learning:

- to trust what is difficult and not to choose only what is easy;
- to differentiate between stress (to be asked to do more than you have resources to provide) and simply having a lot to do;
- to view work not as a necessary evil to afford leisure but as fulfillment through service to an ideal, a mission, or a cause.

There is a familiar story about three bricklayers well worth retelling; When asked what they are doing:

- the first says, "I am laying bricks."
- the second responds, "I am feeding my family by laying bricks."
- the third replies, "We are building a cathedral."

Build cathedrals.

Work is not the opposite of fun. When your efforts have meaning, they produce joy.

Find joy.

Though you are forever-members of the school family, you will need to broaden your community wherever you find yourselves next year. We are created to be together. We remind one another to find God in all things, in all people. No one of us can do that alone.



# graduation 2013



## Excerpts from the 2013 Valedictorian and Salutatorian Addresses

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The addresses of Valedictorian Laura Muehlbauer and Salutatorian Alexis Gannon seemed to resonate a similar understanding of having been blessed to be students at Holy Family Catholic High School and accepting the responsibility to use their talents for the benefit of others:

Laura: ... "A true sense of success should not be from who you are, but from how you choose to use your talents to benefit others. As we have learned at Holy Family, we first need to recognize the talents we possess, understand them, cultivate them, and then ultimately utilize them in the world. This creates success because you have the courage to take action. You start something. You inspire someone. You help someone. You turn your good fortune into an opportunity. This is what allows you to feel as if you have contributed and been successful, and it also sets an example for others."

Alexis: ... "We have the tools and skills to be successful and make an impact on the world, but it is not enough to simply possess these gifts...we must use them! We have been blessed with an unbelievable education; with friends, family, and teachers who care for us; and with completely unique skill sets and vocations. It is our job to use these God-given gifts to make the world a better place."

They also reflect an understanding that life is not without failure and challenges:

Laura... "Failure is not meant to tell us that we are inadequate; it is to show us that we were not ready, we did not try hard enough, or that sometimes it was just someone else's turn. Even though it is definitely not fun, we learn we are capable of surviving it, and it also makes us stronger. Robert F. Kennedy said, "Only those who dare to fail greatly can ever achieve greatly." Failure mentors us and allows for growth and, for me, failure motivates me to try harder and achieve the next time....What is important about failure is the value behind it- the lessons and motivation that allow us to progress to the next part of our lives."

Alexis... "You will face adversity along the way; however, remember that God never gives you more than you can handle and He is always there to support you. Jeremiah 29:11 reminds us of this: "For I know the plans I have for you," declares the Lord, 'plans to prosper and not to harm you, plans to give you hope and a future.'" God has a plan for each one of us, and though His call may lead us through unexpected territory, remain assured that you can and will persevere."





## 2013 Faculty Address

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### Jacob Dueck

Things I am thankful for:

- Jesus died on the cross for me and all people so that I could know God and have peace in my heart.
- A school where it's okay to say that.
- A country where it's okay to say that.
- This opportunity where I get to say that to a huge room full of people.
- These parents and benefactors who have faithfully paid for this building, my salary, that of my colleagues and the juice and cookies available afterward. The money this all takes is easy to overlook.
- These students who worked really hard in school..., at least sometimes..., for four years..., or at least a couple of those years. Who at worst will leave here knowing how to learn and work, and at best will leave here knowing "discrete math," which you learn after mastering calculus, and knowing the minutiae of U.S. history, and how to speak to Italians in their native tongue.
- For my wife. I love her.
- For my own children: Catherine, Joshua and Emily. Best ever.
- For a bunch of small things: coffee, apples, watermelon, fine shoes, samba music, bluegrass music, music with a beat you can dance to, the stories anyone born before 1940 can tell, for air compressors and all the fun you can have with them.

We all know I could go on with this list for many minutes. But it's about time I made a point about something. My mom once said: If you are not thankful for it, it's almost like you don't have it. Entitlement, spoiledness, cynicism, coolness, pride and presumption will all result in unfulfilled expectations; nothing will ever be good enough for you if you refuse to notice

what is good now. Case in point, you'll know just how much you appreciate your cell phone when you lose it.

Now, we're going to do a little exercise. You'll need to think of a big thing, like living in a free country, and a little thing like, buttered English muffins. You'll have five seconds of silence to think about them and then we're going to say, "I am thankful for (hmmm) and (hmmm)". You can say whatever you want because no one will be listening to you.

Here we go. Now say, "I am thankful for... and ...". You have five more seconds to smile or giggle at the people you're sitting next to... Within the next 24 hours make sure to thank God and a person for those things.

I won't tell it here but, if you had a hard time thinking of things, look up Corrie ten Boom's story about how she found a reason to be thankful for fleas in a Nazi concentration camp.

Now you will go to college where a lot of people will try to persuade you to believe that God doesn't exist, humanity is hopelessly lost, our country is evil, your parents are the enemy, everything you've been taught was lies, true love doesn't exist, anyone in power is corrupt and things that you've believed were good are actually bad. They will call this "enlightenment" and "opening your eyes". They will be persuasive and some of you might fall prey. You will forget my speech but do not compromise what you know to be good and true.

Six years ago I earned my masters in education and I've forgotten a lot of little things I studied but I learned one big thing: teach less, better. So rather than trying to blow your mind or subvert the dominant paradigm I will instead reaffirm what your parents and Holy Family have wanted to teach you your entire life: be thankful to God and the people who help you. Everything else that's good in life will follow.





# graduation 2013 senior award recipients

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The Mary and Joseph Medals are awarded to a senior girl and boy who best exemplify the identity and values of Holy Family Catholic High School. These individuals demonstrate a strong, mature faith in Christ while actively participating in the life of the Church. They are knowledgeable of the teaching and traditions of the Church, desire to live like Jesus in their love and service to others, and strive to grow spiritually and intellectually.

The Ambassador of Christ Award is given to the senior who leads others with a strong code of ethics consistent with the Catholic teachings of Christ. Recipients are nominated by their classmates and nominations are then voted on by the school's faculty and staff.



**Robert LaRose**  
*Joseph Medal*



**Alexis Gannon**  
*Mary Medal*



**Cassie Phillips**  
*Ambassador of Christ Award*

## Cassie Phillips

### *Ambassador of Christ Award*

Parents: Linda and Chan Phillips

HF Extracurricular Activities: Soccer, Lacrosse, Track, Lasallian Youth, Fire for Life Club

College: Northwest Missouri State University

Major: Undecided

Parish: Holy Family Catholic Church, St. Louis Park

#### *What role does faith play in your life?*

Faith is a very important aspect of my life not only because I have grown up in a family with an emphasis on faith, but also because I believe that without faith, I really have nothing. Faith has gotten me through every difficult moment of my life knowing that God DOES have a plan, and a beautiful one at that.

#### *How has your faith developed/changed while at HFCHS?*

Holy Family has helped me develop my faith in different ways and for that I am so thankful. Throughout the four years at Holy Family I learned that faith by itself is nothing. James 2:24 says, "For as the body without the spirit is dead, so faith without works is dead also." The service trips, volunteer work and the genuine concern people have for others at Holy Family are amazing and I have learned by example. My faith has developed and become stronger in my years at Holy Family by following examples and reaching outside of myself and helping others.

#### *Who has influenced you and your faith? How?*

My mom has influenced me the most in my faith life. From a young age she taught me to be thankful for everything. By example she taught me to pray, and what it means to be genuinely silent and clear my mind, to not let the stresses of the world and high school get to me. I cannot emphasize enough how important that has been through high school and to remember to be thankful for every little thing I have been blessed with.

#### *What are your feelings about receiving your Award?*

I am thankful for this award but there are so many other people who are so deserving of the Ambassador of Christ Award, people who have consistently acted in a dignified manner and who have truly influenced others. I can think of so many people in my class who have changed and influenced me in my faith and kept me on the right path through high school, so thank you to those people!

#### *How did you make the most of your years at HF?*

I believe that making a point to get to know every person I encountered is how I got the most out of my years at Holy Family. All persons are deserving of the time it takes to get to know them and because of this I have met so many truly amazing people.



"...pursue righteousness,  
faith, love and peace..."  
2 Timothy 2:22 NAB

## Robert LaRose

### Joseph Medal

Parents: Mark LaRose and Monica Norwick

HF Extracurricular Activities: Football, Baseball, Girls Basketball Practice Squad, Math League, Knowledge Bowl, Jazz Band, Lasallian Youth

College: Yale University

Major: Undecided, possibly Global Affairs

Parish: St. Victoria Catholic Church, Victoria

#### *How has your faith developed/changed while at HFCHS?*

After my sophomore year of high school, I was incredibly fortunate to be able to go on the summer trip to Ethiopia with twenty other Holy Family students. For me and for many others on the trip, this experience was eye opening. During the one-month trip, I saw an incredible amount of poverty. Many of the children could not even afford schooling. Of the children fortunate enough to attend school, many went without shoes or school supplies. However, I was affected even stronger by the resilience and hope that the children and local people showed. Despite having very few of the material possessions that we so often refer to as fundamental needs, these people found joy and happiness in the simple things. Overwhelmed with gratitude for every simple gift, the people I met displayed a tremendous ability to have faith and hope, regardless of their situation. It was this realization that ultimately showed me the power that faith can have.

## Alexis Gannon

### Mary Medal

Parents: Rich and Shelley Gannon

HF Extracurricular Activities: 4 year member of Women's Soccer Team, 2 year Girl's Basketball Team Member, Club Soccer, Making Tracks for Celiacs Committee

College: Bucknell University

Major: Neuroscience

Parish: St. Hubert Catholic Church, Chanhassen

#### *What role does your faith play in your life?*

My faith is central to my life because it defines my values and morals. My character has been shaped through my experiences in faith. It provides me with a sense of peace in times of stress, because I know that God is present in my life.

#### *How has your faith developed/changed while at HFCHS?*

My faith has grown at Holy Family through the sense of community and through my interactions with my classmates and my teachers. As a class, we prayed, celebrated Mass, volunteered, and studied theology. I more fully appreciate the community aspect of faith after my years at Holy Family and have learned so much about integrating faith into every aspect of my daily life.

#### *Who has influenced you and your faith? How?*

My parents have greatly influenced my faith, teaching me core values of compassion and respect from a very young age. On top of this, the teachers at Holy Family have strengthened my faith over the past four years through their dedication and passion for educating others. Last, I have been greatly impacted by Father Bob White of St. Victoria's. He served as the football chaplain while I was at Holy Family, and I have attended many of his Masses as well. He is an example of both humility and courage, while encouraging others to do the same.

#### *What do you find most rewarding about your faith?*

Doing service is by far the most rewarding part of my faith. By striving to live out my beliefs of love and respect, I find joy in helping others. Everyone is given certain abilities and talents, and I find it very rewarding when I know that I have used my abilities in order to help someone else.

#### *How did you make the most of your years at HFCHS?*

At Holy Family I strove to get involved in the school. It took me a little while to do so, but looking back, I am very happy that I was able to step outside of my comfort zone and become involved in new activities, clubs, etc.

#### *Who has influenced you and your faith? How?*

My parents have had an incredible impact on my faith. They have provided examples of what it means to be a faithful parent, sibling, spouse, and friend, and have instilled in me the importance of strong character and the responsibility that we have as Christians to serve others. They taught me of God's love and instructed me on the practice of my faith, in the process helping to form me into the person I am today.

#### *What do you find most rewarding about your faith?*

The most rewarding thing about my faith is that it is centered on service and love of one another. My experiences at Holy Family have taught me the importance of servant leadership, and my experiences serving the community have been even more rewarding and memorable because it provides me with the opportunity to act as the hands of Christ to those in need.

#### *How did you make the most of your years at HFCHS?*

I tried to get involved in a number of different activities and take advantage of the many opportunities offered at Holy Family. I tried to challenge myself academically, spiritually, and athletically and make the most my education. I was fortunate to meet a diverse group of people and make some really strong friendships.

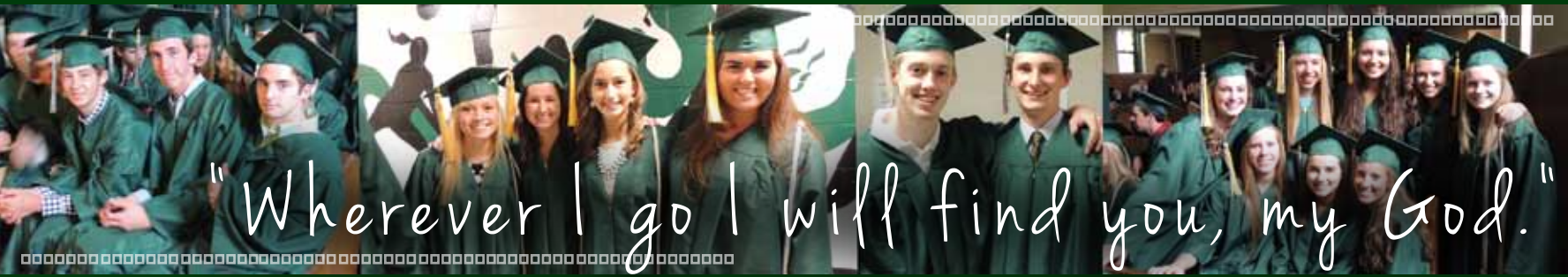


# graduation 2013 destinations

<b>Victoria Anderson</b>	University of St. Thomas	<b>Patrick Danker</b>	University of Minnesota - Twin Cities
<b>Alyssa Anton</b>	University of Notre Dame	<b>Paul Datta</b>	University of California - San Diego
<b>Benjamin Baker</b>	University of St. Thomas	<b>Daniel Dennehy</b>	University of Minnesota - Twin Cities
<b>Austin Barrett</b>	Marquette University	<b>Andrew Elton</b>	University of Wisconsin - Madison
<b>Emily Bauer</b>	Drake University	<b>Anthony Eskew</b>	St. John's University
<b>Jordan Baumann</b>	Minnesota State University - Mankato	<b>Claire Fenske</b>	Saint Louis University
<b>Kyle Bavender</b>	Iowa State University	<b>Samuel Forbes</b>	University of North Dakota
<b>Parker Bazoff</b>	Normandale Community College	<b>Leanne Forner</b>	University of North Dakota
<b>Cortney Beckman</b>	St. Mary's University	<b>Jonathan Fritz</b>	University of St. Thomas
<b>William Bigham</b>	University of Minnesota - Duluth	<b>Taylor Gallagher</b>	University of Wisconsin - Stout
<b>Emily Bodin</b>	Butler University	<b>Alexis Gannon</b>	Bucknell University
<b>Bethany Bornhorst</b>	University of Missouri - Columbia	<b>Benjamin Gaslin</b>	University of St. Thomas
<b>Mackenzie Braden</b>	West Virginia University	<b>Daniel Gilles</b>	University of St. Thomas
<b>Haley Bremer</b>	University of Wisconsin - Madison	<b>Thomas Green</b>	Augustana College
<b>Kaylee Buesgens</b>	University of Minnesota - Twin Cities	<b>Joseph Greening</b>	Minnesota State University - Moorhead
<b>Megan Bunker</b>	Gustavus Adolphus College	<b>John Gregg</b>	University of North Dakota
<b>Connor Byrnes</b>	St. John's University	<b>Joseph Grunow</b>	St. John's University
<b>Anna Carrica</b>	Hennepin Technical College	<b>Ryan Hanlon</b>	Normandale Community College
<b>Christopher Ceglia</b>	University of Minnesota - Twin Cities	<b>Colin Healy</b>	University of St. Thomas
<b>Carolyn Collins</b>	Marquette University	<b>Matthew Helmerichs</b>	Drake University
<b>Samantha Connolly-Nutting</b>	University of St. Thomas	<b>Lauren Hilgers</b>	University of Denver
<b>Alexandra Curoe</b>	Saint Louis University	<b>David Hiscox</b>	University of St. Thomas
<b>James Curran</b>	University of North Dakota	<b>Shannon Holloman</b>	Barry University
<b>Rebecca Dahlin</b>	Loyola University	<b>Katie Holmes</b>	Minneapolis Community and Technical College







-Saint John Baptist De La Salle

<b>Elizabeth Jansen</b>	Butler University	<b>Morgan McLinden</b>	University of Wisconsin - Madison
<b>Morgan Jensen</b>	University of Minnesota - Twin Cities	<b>Hannah Meidl</b>	Augustana College
<b>Charles Johnson</b>	Augustana College	<b>Jessica Menden</b>	St. Mary's University
<b>Lucas Johnson</b>	Augustana College	<b>Austin Miller</b>	University of Nebraska
<b>Mitchell Johnson</b>	North Dakota State College of Science	<b>Luke Miller</b>	Marquette University
<b>David Kemmerer</b>	University of Wisconsin - Madison	<b>Meaghan Moakley</b>	University of Wisconsin - Madison
<b>Madeline King</b>	College of Saint Benedict	<b>Brian Monahan</b>	University of Notre Dame
<b>Keller Knoll</b>	Augustana College	<b>Max Mork</b>	University of St. Thomas
<b>Stephen Kohler</b>	Montana State University	<b>Laura Morton</b>	College of Saint Benedict
<b>Nicole Kramer</b>	Marquette University	<b>Laura Muehlbauer</b>	St. Olaf College
<b>Bridget Krumholz</b>	Purdue University	<b>Blake Mueller</b>	University of Minnesota - Twin Cities
<b>Rollin Lacy</b>	Creighton University	<b>Kevin Mullaney</b>	University of St. Thomas
<b>Jeffrey LaPrade</b>	University of Denver	<b>Grant Munch</b>	Iowa State University
<b>Robert LaRose</b>	Yale University	<b>Rachel Nead</b>	Normandale Community College
<b>Brady Lass</b>	Gustavus Adolphus College	<b>Victoria Nelson</b>	Tiffin University
<b>Kayla Lindeman</b>	North Dakota State University	<b>Elizabeth New</b>	St. Olaf College
<b>Mitchell Linsley</b>	Montana State University	<b>Dalena Ngo</b>	St. Olaf College
<b>Catherine Lochner</b>	Kansas State University	<b>Emily Nord</b>	University of Wisconsin - Stout
<b>Andrew Lorusso</b>	South Dakota State University	<b>Bennett Nowak</b>	University of North Dakota
<b>Sarah Loughran</b>	Indiana University	<b>Kyle O'Neil</b>	University of St. Thomas
<b>Travis Louhi</b>	Minnesota State University - Mankato	<b>Matthew Oen</b>	North Dakota State University
<b>Justin Luke</b>	North Dakota State University	<b>Derek Ogren</b>	University of St. Thomas
<b>Michaela Mandel</b>	University of Wisconsin - Eau Claire	<b>Shamus Olson</b>	University of Iowa
<b>Charlie Marschall</b>	University of Minnesota - Duluth	<b>Spencer Olson</b>	University of Minnesota - Duluth
<b>Alexandra Mason</b>	University of St. Thomas	<b>Lindsay Overby</b>	University of Denver
<b>Mason McCormick</b>	University of Texas - Austin	<b>James Papa</b>	University of Wisconsin - Madison
<b>Kailey McCoy</b>	College of Saint Benedict	<b>Chase Paradise</b>	University of Nebraska - Lincoln



# graduation 2013 destinations

<b>Conor Pausche</b>	St. John's University	<b>Nicholas Smith</b>	University of Minnesota - Twin Cities
<b>Denice Perez</b>	Minnesota State University - Mankato	<b>Joseph Sperr</b>	University of North Dakota
<b>Rielle Perttu</b>	University of Minnesota - Rochester	<b>James Spinner</b>	North Dakota State University
<b>Suzanne Peterson</b>	University of Wisconsin - Stout	<b>Anthony Stark</b>	Workforce
<b>Cassie Phillips</b>	Northwest Missouri State	<b>Peter Staudohar</b>	Creighton University
<b>Colin Pistulka</b>	St. John's University	<b>Samuel Stenson</b>	Junior Hockey
<b>Matthew Pohlen</b>	University of Kansas	<b>Eleanor Stepaniak</b>	University of Minnesota - Duluth
<b>Madeline Prosser</b>	University of Minnesota - Twin Cities	<b>Andrew Sundquist</b>	University of Minnesota - Twin Cities
<b>Emma Proudfit</b>	College of Saint Benedict	<b>James Sutton</b>	University of North Dakota
<b>Connor Puff</b>	University of St. Thomas	<b>Keller Swansen</b>	University of Wisconsin - Stevens Point
<b>Matilde Quintieri</b>	Italy	<b>Maxwell Taunton</b>	Rollins College
<b>Nicholas Redwing</b>	South Dakota State University	<b>Daniel Taylor</b>	University of Wisconsin - Eau Claire
<b>Samantha Renfro</b>	Drake University	<b>Isabel Tompkins</b>	College of Saint Benedict
<b>Casey Rickett</b>	University of St. Thomas	<b>Matthew Tucci</b>	University of St. Thomas
<b>Conner Riddle</b>	Grand View University	<b>Benjamin VanDenBroeke</b>	University of North Dakota
<b>Garrett Riebling</b>	University of Arizona	<b>Hannah Weiby</b>	University of Colorado - Boulder
<b>Leo Rohan</b>	University of Minnesota - Duluth	<b>David Westerhaus</b>	St. John's University
<b>Kristen Rosland</b>	Creighton University	<b>Anthony Williams</b>	University of Saint Mary's
<b>Makala Ross</b>	North Dakota State University	<b>Andrew Wilson</b>	Undecided
<b>Jack Schliesman</b>	St. John's University	<b>Elizabeth Wilson</b>	University of Minnesota - Twin Cities
<b>Lindsey Schneider</b>	University of Alabama	<b>Lindsay Wirth</b>	University of Colorado - Boulder
<b>Samuel Schultz</b>	North Dakota State University		
<b>Joseph Seifert</b>	University of St. Thomas		



*Jeffrey Peterka '05 was the Commencement Speaker at the 2013 Graduation Ceremony*

*Recipients of the David Lano Memorial Scholarship are Isabel Tompkins, Peter Staudohar and Alexandra Curoe.*



# L Senior projects

HOLY FAMILY CATHOLIC HIGH SCHOOL  
LEADERSHIP  
INSTITUTE

The Leadership Institute Senior Project is an opportunity for Holy Family students to demonstrate profound care for others by creating their own leadership roles in the school community and the world at large. The variety of projects developed are as diverse as the leadership talents within the class. Many students surpassed expectations by combining their talents, interests, and enthusiasm:

1. Matt Pohlen and Ben Baker coached the Guardian Angels 7th and 8th grade boys basketball team which included scheduling practice time and arranging car pool rides to games.
2. Morgan McLinden arranged opportunities for Voices of Fire to perform at Ronald McDonald House and a local nursing home.
3. Mason McCormick and Brian Monahan organized a group of students to tutor at Eisenhower Elementary School in Hopkins.
4. Bethany Bornhorst and Becky Dahlin started a Blood Drive Club providing opportunities for HF students to donate blood throughout the year.
5. Kyle Bavender and Paul Datta tutored middle school math students at St. Joseph School in Waconia. They began with three students and eventually had a large group. Along with math help, they discussed good study habits for high school.
6. Maddie Prosser and Haley Bremer started a Baking Club which initially started as a social opportunity but grew into providing treats for HF fine arts events, the children's Halloween party and a cancer fundraiser.
7. Leanne Forner and Emily Nord maintained the bulletin boards near B wing including monthly birthdays, awards, sport events, news items , etc .
8. Libby New organized sandwich making and delivery to the homeless of the Twin Cities.
9. Michaela Mandel and Sarah Loughran organized the music ministry for Masses including selection of music, recruitment of vocalists and musicians, and rehearsals.

Additional projects included working with Patchwork Quilt in Minneapolis, enhancing fitness education at a local middle school, working at food shelves, peer tutoring at Holy Family, working with youth hockey, recycling, assisting with cancer fundraisers, organizing the annual Celiac Walk food fair, lending a hand at the Humane Society, and taking on additional responsibilities in the Holy Family freshman mentor program.



# national merit recognition and AP scholars

The National Merit committee makes its selections from among those juniors who complete the PSAT. National Merit Finalists represent the top one percent of college-bound students taking the test, and National Merit Commended Students represent the top three percent of students taking the test. We have two outstanding National Merit Finalist and two National Merit Commended Students in the Class of 2013.

The National College Board's Advanced Placement program provides motivated and academically prepared students with the opportunity to take rigorous college level courses while still in high school and earn college credit, advanced placement, or both for successful performance on the AP exams. AP Scholars earn at least a 3.0 average grade on three or more exams. AP Scholars with Honor earn at least a 3.5 average grade on four or more exams. \*\*Additional AP Scholars are announced by the College Board during the summer months. Those students will be published in a future issue of *Passages*.



**Alyssa Anton**  
AP Scholar  
Hometown: Chanhassen  
St. Hubert School  
University of Notre Dame



**Patrick Danker**  
AP Scholar  
Hometown: Shorewood  
St. Therese School  
University of Minnesota - Twin Cities



**Haley Bremer**  
National Merit Commended Student  
Hometown: Chanhassen  
St. Hubert School  
University of Wisconsin- Madison



**Paul Datta**  
AP Scholar  
Hometown: Hopkins  
Immaculate Heart of Mary School  
University of California- San Diego



**Christopher Ceglia**  
AP Scholar  
Hometown: Eden Prairie  
Immaculate Heart of Mary School  
University of Minnesota- Twin Cities



**Alexis Gannon**  
National Merit Finalist/AP Scholar  
Hometown: Excelsior  
St. Hubert School  
Bucknell University



**Alexandra Curoe**  
AP Scholar  
Hometown: Chaska  
St. Hubert School  
St. Louis University



**Robert LaRose**  
National Merit Commended Student /  
AP Scholar with Honor  
Hometown: Waconia  
Clearwater Middle School  
Yale University



"You have received talents  
and graces from God."

-Saint John Baptist De La Salle



**Laura Muehlbauer**  
AP Scholar  
Hometown: Chaska  
Shakopee Area Catholic School  
St. Olaf College



**Madeline Prosser**  
AP Scholar  
Hometown: Excelsior  
Minnetonka Middle School West  
University of Minnesota- Twin Cities



**Elizabeth New**  
National Merit Finalist/AP Scholar with Honor  
Hometown: Minnetonka  
St. Therese School  
St. Olaf College



**Dalena Ngo**  
AP Scholar  
Hometown: Shakopee  
Shakopee Area Catholic School  
St. Olaf College



**Conor Pausche**  
AP Scholar  
Hometown: Mound  
Our Lady of the Lake School  
St. John's University



# academic all-state 2012-2013

The criteria for selection of Academic All-State are unique to each sport. Some sports select only team recipients and some select both team and individual recipients. Following is the Academic All-State list for winter and spring sports:

ALL STATE  
ACADEMIC

## Academic All- State Individual Awards

Rob LaRose- Football  
Isabel Tompkins- Tennis  
Emily Bodin- Volleyball  
Molly Eastman- Cross Country  
Morgan McLinden- Dance  
Aly Anton - Basketball  
Aly Anton - Softball  
Emily Bauer - Softball  
Liz Jansen - Softball  
Claire Oberle- Track and Field

## Academic All- State Individual Awards Continued

Aly Anton- Track and Field  
Ali-Ryan Mosley -Track and Field  
Eileen Curran - Track and Field  
Emily Reddan - Track and Field  
Taylor Courchene- Track and Field  
Molly Eastman - Track and Field  
Maria Eastman - Track and Field  
Ellie Stepaniak - Track and Field  
Allie Bodin - Track and Field

## Academic All-State Team Awards

Boys and Girls Cross Country  
Football  
Girls Hockey  
Girls Nordic Ski  
Dance Team  
Girls Swim and Dive

# academic awards 2012-2013

The following awards were announced at the academic recognition ceremony on April 25, 2013. These awards are considered the highest level of academic achievement for their respective areas.

## Theology Awards

9th grade: Michael Curran  
& Katheryn Furlong  
  
10th grade: Claire Pernet  
& Jon Coppens  
  
11th grade: Emily Kirsch  
& Nick DiLorenzo  
  
12th grade: Andrew Elton  
& Laura Muehlbauer

## Science Awards

9th grade: Robbie Bremer  
& James Farner  
  
10th grade: Will Phillips  
& Chris Pohlen  
  
11th grade: Will Farner  
& Kevin Monahan  
  
12th grade: Andrew Elton  
& Rob LaRose  
  
Overall: Greg Helmer

## Social Studies Awards

9th grade: Allison  
Maddock & Jack New  
  
10th grade: Matthew  
Puklich & Samantha  
Smed  
  
11th grade: Joe Hanel  
& Rachel Trieff  
  
12th grade: Daniel Gilles  
& Ben Gaslin

## American Patriot Award

Carson Beckman  
Katie Dennehy  
Maddie Flom  
Peter Morgan

## Youth in Government Awards

AJ Spaulding  
Carson Beckman  
Peter Morgan  
Katie Dennehy  
Maddie Flom  
Nick Smith  
Chris Ceglia  
Mason McCormick  
Patrick Danker

## French Awards

Elizabeth Wilson  
Kenzie Braden  
Denice Perez  
Jamie Papa  
Luke Johnson  
Matt Oen

## Spanish Awards

Haley Bremer  
Alexis Gannon  
Robert LaRose  
Meaghan Moakley  
Laura Muehlbauer  
Denice Perez  
Madeline Prosser

## Italian Awards

AP Italian: Lindsay  
Overby & Mati Quintieri  
  
Italian III: Katie Galieto  
& Lydia Kirsch





On April 25, 2013, fifteen seniors were presented with their gold laurel wreaths recognizing Honor Society Two Year Members. L to R: Elizabeth New, Madeline Prosser, James Papa, Austin Barrett, Brian Monahan, Rob Larose, Blake Mueller, Laura Muehlbauer, Morgan Jensen, Samantha Renfro, Nicole Kramer, Alexis Gannon, Isabel Tompkins, Hannah Meidl and Alexandra Mason. Forty-seven students were presented with their laurel wreaths recognizing Honor Society One Year Members. Fifty-four students were presented with corsages recognizing Honor Society Inductees.

## Choral Awards

Choral Director's Award:  
Morgan McLinden

Vocal Music Program  
Special Service Award:  
Casey Rickett

Music Citizenship Award:  
Michaela Mandel

The Choral Award:  
Sarah Loughran

## Music Awards

Quincy Jones Award:  
David Kemmerer

Citizenship Award:  
Brady Lass

Louis Armstrong Jazz  
Award: Luke Miller

John Philip Sousa Award:  
Dan Gilles

## Fine Arts Awards

Freshman Rising Stars:  
Timothy Pumper &  
Aubrey Marshall

Sophomore Rising Stars:  
Claire Pernat &  
Daniel Mahota

Junior Spotlight:  
Dylan Woolf &  
Caitlin Hartman

Senior Spotlight:  
Clay: Eleanor Stepaniak &  
Benjamin Gaslin

Drawing: Hannah Weiby

Painting: Lauren Hilgers

## Photographic Recognition Awards

Elise Brausen  
Haley Bremer  
Ali Cornelison  
Katherine Gammon  
Claire Oberle  
Madeline Prosser  
Sally Stark  
Rachel Trieff

## Photographic Eye Awards

Joe Esenther  
Ava Hall  
Victoria Nelson  
Emily Nord

## Service Awards:

Presidential Gold Award:  
Spencer Stewart-Hester

Presidential Bronze  
Award:  
Anne Velázquez

## English Awards

Samantha  
Connolly Nutting  
Alexis Gannon  
Laura Muehlbauer  
Lindsay Overby



# senior athlete of the year

## Aly Anton

As a member of the soccer, track and field, softball, basketball and cross country teams, Aly Anton has accumulated twelve varsity letters. She was an All-Conference Cross Country team selection her junior and senior year, captain of the girls cross country team her senior year, and also a member of the Section Champion and State team her sophomore year. In track and field, she holds the school record in the 4x400m relay and competed at State her senior year in the 4x400m relay. While participating in basketball, Aly was captain of her team senior year, received the teams Hustle Award for her sophomore and senior seasons, and was All-Conference her senior and sophomore years. In softball she was on the Conference Championship Team her freshman and sophomore years, All-Conference Honorable Mention her junior year, All-Conference her senior year and team captain her junior and senior years. Aly was Academic All State in track and basketball. Aly will attend the University of Notre Dame this fall.



## Tom Green

As a member of the track and field and football teams, Tom Green has accumulated six varsity letters. Tom is on the school's track and field honor roll for a shot put over 40 feet and a throw in discuss over 120 feet. As a junior, he scored the most points on the team among the throwers. He was also the captain of the track and field team his junior and senior years. Tom is the 2013 Wright County Conference champion in the shot put and was selected for the 2013 WCC All-Conference Team. In football Tom was instrumental on teams that have played in three straight State tournaments and was a member of two State Runner Up teams. He was also a member of the Conference Championship Team his sophomore year. Tom was Player of the Week twice his senior year and received Scout Team Player of the Year his sophomore year, as well as Best Blocker and Most Dedicated Player his senior year. He was also All-Conference as well as team captain his senior year. Tom has signed an athletic scholarship to play football at Augustana College in Sioux Falls next fall.

## LASALLIAN educator of the year



**Karen Holdvogt** has been teaching at Holy Family since the fall of 2007. She holds a Bachelor of Arts in Elementary Education and a Bachelor of Arts in Spanish from the University of MN-Morris and recently completed her Master of Arts in Curriculum and Instruction with a certification in Differentiated Instruction from the University of St. Thomas. Miss Holdvogt is the moderator for the Fire for Life Club and fans will often find her managing the scoreboard at Fire soccer, volleyball, basketball and lacrosse games.

**What do you like about teaching at Holy Family?** I like how much we focus on individual students and really work hard at building strong relationships between the school and the families. These relationships then form the bigger community. I love how we take time to build and appreciate this community as I see this every day in the building when I walk down the halls or go to Convocation. The teachers here create an environment that focuses on these relationships with students as well as have high expectations for learning. My individual classroom and the relationships I have with my students is just one piece of the larger school community.

**What is your teaching philosophy?** I believe first of all that every student can learn, and it is my job as the teacher to embrace each student's unique learning style and strengths to help him or her achieve in my classroom. I believe that teaching and learning involves everyone in the classroom which requires active learning and a willingness from each person there to do his or her best every day.

**What piece of Lasallian education has resonated with you?** Going to a Lasallian high school, Totino Grace High School, I heard the phrases "Let us remember we are in the holy presence of God" and "Live Jesus in our hearts, Forever" every single day as a teenager just as we do here at Holy Family. Now as an adult, these daily reminders resonate with me the most. They show me just how important the work that we do here is because we are part of God's plan by helping to shape the lives of our students. These daily phrases call to mind the bigger goal of a Lasallian education which is to teach the minds and also to touch the hearts of our students. These phrases also show the importance of every moment and every day that we as teachers have with them.



## Fr. James E. Peterson *myhollyfamilyStory*

On May 25, 2013, Holy Family alumnus James Peterson '04 was ordained Father James Peterson at Cathedral of St. Paul. After presiding at Masses of Thanksgiving at his home parish, St. Hubert Church in Chanhassen, and his teaching parish, Immaculate Heart of Mary, in Minnetonka, he has begun his first assignment as an associate pastor at St. Odilia's in Shorewood, MN. Most of his pastoral efforts will be directed toward the parish's significant Hispanic population. He will also teach classes and celebrate school Masses at St. Odilia School. In addition, Fr. Peterson accepted an invitation to join the Holy Family Mentorship Program acting as a resource and advocate for Holy Family students and alumni considering vocations.

The journey to his priesthood began many years ago when as a young boy in Cedar Rapids, IA, James faced bullying, poor grades and a lack of close friends. To help him find understanding in his hardships, his mother encouraged him to grow in his faith by teaching him to pray the Rosary. James began to develop a close relationship to the Blessed Mother Mary. He became active in his church as an altar server with his sisters Renée '04 and Sarah '05 and found the experience of being so close to the celebration of the sacraments enriching. It was then an associate pastor shared with James his realization that God may have a vocational calling for him. The pastor wrote, "James, I realize that you're very young and have the rest of your life ahead of you, but I see many priestly characteristics in you. You have a reverence for the sacraments, an inner joy, and a genuine disposition. If God would call you to the priesthood one day, be open to it and pray about it."

James' family moved to the Twin Cities where he attended St. Hubert School in Chanhassen and eventually entered Holy Family as part of the first freshman class. As he took classes in theology, his faith continued to grow and he found it strengthened by the convocations that included prayer and time for reflection. He was a frequent server and reader at all school Masses, and the twice-annual Reconciliation services allowed him to experience what he describes as "the profound mercy of the Lord."



Along with a family that continued to support and challenge James to grow in his faith, James credits many teachers and staff members at Holy Family Catholic High School as having had a large impact on his discernment to the priesthood:

*From the first days of our school's existence. Mr. Bosch encouraged me and my classmates to prayerfully think about God's plan for our lives. The priest chaplains, Fr. Christopher Beaudet and Fr. Dan Haugen, also had a big influence on my path to the priesthood. Additionally, the faith-filled and joyful witness of Jeff Lenzmeier (art teacher and head coach for track & field as well as my freshman year of basketball), Mrs. Livermore (Student Council coordinator and math teacher), Jena & Jorge Oconitrillo (Spanish teachers and Spanish Club leaders), Michelle & Josh Barnard (English teacher and directors of HFCHS theatrical productions), Mr. Kannel (math teacher), and Mrs. Brown (Principal of HFCHS) were influential. There were so many others who positively influenced me from among the teachers, support staff, and parents of my fellow students. I was tremendously blessed to be formed in such a supportive environment. While I graduated from Holy Family in the Spring of 2004, my heart still burns brightly with a green and white Fire. I am so honored and blessed to have had the experiences that I did at HF and will cherish the memories for a lifetime.*

Share one of your family stories by clicking on the  
*myhollyfamilyStory* link at the top of the front page of [www.hfchs.org](http://www.hfchs.org)



# MSHSL

# Visual Art

## COMPETITION 2013

Holy Family sent 18 art pieces to compete in the Minnesota State High School League Visual Arts Show. Every piece sent to the show received a rating of excellent or above, a Holy Family first! Excellent awards: Hannah Weiby, Megan Zeien, Spencer Olson, Caitlin Hartman, Cassie Phillips, Rachel Trieff, Katherine Gammon, Claire Oberle, Joseph Esenther, Sally Stark, Daniel Mahota. Superior Awards: Hannah Weiby, Lauren Hilgers (2), Emily Nord, Rebecca Dahlin, Eleanor Stepaniak, Shamus Olson

1. Emily Nord '13 *Roses* 2. Daniel Mahota '15 *fluted tea set* 3. Shamus Olson '13 *Blue Steel* 4. Caitlin Hartman '14 *Pretty in Pink* 5. Cassie Phillips '13 *Spider Man* 6. Sally Stark '16 *Simplicity* 7. Megan Zeien '14 *This Head Does More Than Look Good* 8. Ellie Stepaniak '13 *Twist and Turns* 9. Spencer Olson '13 *Malfatto* 10. Claire Oberle '15 *Cinque Terre* 11. Joseph Esenther '16 *Cold Respect* 12. Katherine Gammon '14 *St. John's Abbey* 13. Hannah Weiby '13 *Clavicle* 14. Lauren Hilgers '13 *Surfer Wagon* 15. Lauren Hilgers '13 *Just Chillin'* 16. Rebecca Dahlin '13 *Blue Diversity* 17. Hannah Weiby '13 *Hand* 18. Rachel Trieff '14 *Teaxs*









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HOLY FAMILY FIRE  
TRACK AND FIELD







Holy Family Catholic track and field sent five athletes to compete in five events at the MSHSL State AA Track and Field Championship meet held at Hamline University's Klas Stadium in June.

When sophomore sprinter Claire Oberle crossed the line for her third race at the Section 2AA championship meet, she qualified for state in three events: 100M dash, 200M dash, and the 4 x 400m relay with Aly Anton, Eileen Curran, and Ali Ryan-Mosley. Claire was ready for the challenge. In her first race at State, she finished in 12.33 seconds, the second fastest time in Holy Family school history, and advanced to the 100 meter dash finals. With six runners separated by less than 0.01 seconds, places 3-8 up in the air, the photo at the finish showed Claire holding onto 3rd place, her highest ever finish in any of her State Championship meets.

In the 200M preliminaries, Claire sprinted to the 4th fastest 200 meters of the day, and 2nd fastest in Holy Family school history, to hold onto the second qualifying spot with a time of 25.36 seconds. Running in Saturday's final with Minnesota's 100 meter champion right beside her, she was able to secure a sixth place finish with a time of 25.60 seconds, and her second All-State award of the meet, doubling her All-State Track and Field awards to four for her career.

The Holy Family girls 4X400 meter relay team of juniors Eileen Curran and Ali Ryan-Mosley, senior Aly Anton and Claire Oberle broke their own school record by running to secure the final State qualifying spot. Running in the same heat as the eventual 2013 State Champion team and three of the top four teams in the state, the Fire finished in 11th place out of all teams in both heats, missing the 9th and final Saturday qualifying spot by a mere second. While falling just short, they had shattered their week-old

school record by nearly 2.5 seconds in a new Holy Family Catholic school record clocking of 4:02.80.

Sophomore Chazz Johnson competed at the State Championships for the second year in a row, competing in both the 100 meter dash, and in the long jump. Running in Friday's preliminaries, Chazz missed the finals in the 100m dash, posting a 14th place time. On Saturday, he returned to Hamline having won the Elite Meet Long Jump championship earlier in April, and holding one of the top five jumps in the State. His last 2013 State preliminary jump was his best of the competition at 21 feet, 4 ½ inches, putting him second in the first flight of jumpers and securing his place in the finals. With no jumpers improving their marks in the final three jumps, Chazz won a tie-breaker with a fellow competitor to finish in 6th place overall and earn his first ever All-State award.

The Fire girls and boys track and field programs concluded another successful season and their second and final season as a member of Class AA. In all, the girls and boys programs broke a combined eight school records in 2013, won three Wright County Conference event championships, two Section 2AA event titles, qualified five athletes for the MSHSL State track and field championships, and had a staggering amount of Minnesota Class AA Honor Roll standards. By virtue of their performances on the track and in the classroom, Holy Family Catholic also claimed nine Academic All-State Athletes.

Note: Athletes not advancing to State winning Wright County Conference Championships in their events were: Erin Brown- 100M hurdles; Eileen Curran, Molly Eastman, Maria Eastman, Ellie Stepaniak- 4 x800 relay; Tom Green- Shot Put.

# Signingday



On April 17, 2013, Holy Family Catholic High School had three additional athletes sign Letters of Intent to play collegiate athletics for a total of seven athletes this year:

**Mackenzie Braden** signed her National Letter of Intent to swim at West Virginia University. Mackenzie competed on the Holy Family Varsity Swimming and Diving Team for three years. Mackenzie was named to the Wright County Conference All-Conference Team her freshman, sophomore, and senior years. In addition, she was named to the Section 3A All Section Team in the 200m and 500m freestyle and her senior year was named Section 3A Swimmer of the Year. She holds the 3A Section records in both the 200m and 500m. As a freshman, Mackenzie finished in the top 16 at State in the 200m and 500m freestyle; her sophomore year, she was named Academic All State and was named to the Class A All-State Team. As a senior, she was again named to the Class A All-State Team, finishing 3rd in both the 200m and 500m freestyle. Mackenzie was voted team MVP all three years. As a member of Team Foxjet swimming club, she was named a USA Swimming Academic All-American in addition to winning the Minnesota State 500 yard freestyle. She was also on the Junior National Team for the Foxjet Swim Club where she was the State Champion in the 1500m freestyle.

**Tori Nelson** signed her National Letter of Intent to play women's lacrosse at Tiffin University. Tori began her lacrosse career as a freshman at Holy Family. She is a four year letter winner, a member of Minnesota Lakers Select Lacrosse, an All-State selection her senior year, and one of the most accomplished players in school history. Tori has led the program to a top ten ranking in the last two years.

**Paul Datta** signed his National Letter of Intent to fence at the University of San Diego. Paul is a four year letter winner and this year was captain of the fencing team. Highlights of his high school career include taking first place in the 2011, 2012, and 2013 St. Paul Academy Invitationals, first place in the 2012 Midwest High School Invitational, and first place at the Minnesota High School Championship Fencing meet in 2013. He has also participated in 42 non-school events, open to fencers of all ages. He took first place in the Capitol City Youth Classic in 2010, the Chris Brown Memorial in 2012 and 2013, and the Minnesota Open in 2013. Paul has participated in the National Junior Olympics all four years. He also did well enough at various meets to have his name engraved on a traveling trophy called the Heartland Cup, given to the fencer with the best cumulative record at Midwest, nationally-ranked open tournaments. Paul has become one of the best high school foil fencers in MN, one of the best foil fencers of any age in Minnesota, and one of the top 100 under-19 foil fencers in the United States.



# fire dance TEAM



The Holy Family dance team started the season with new coaches, head coach Kristin Macklin and her assistant coach Megan Rasmussen, and goals of having a positive dance experience and making a return trip to the State tournament. Improving and gaining confidence with each meet, the Fire dance team finished the regular season as the Wright County Conference Jazz Champions, fifth in high kick, and third place overall. After a solid third place finish at the Section Class 3AA tournament, the jazz team was headed back to the State tournament for the tenth time in twelve years to compete in the Minnesota State High School League State Jazz Championship where they placed tenth this year.

Coach Macklin shared the following thoughts on the season, "We had an amazing group of talented girls that were driven to succeed. Throughout the season, there were many laughs and many obstacles, including injuries to overcome, which is what brought the team closer together. The girls started off the season with strong performances at the first competition and as the season went on, continued to improve. In the end, the jazz team reached their goal in making it to the state tournament."

Senior Kailey McCoy and juniors Savannah Kiffmeyer, Laura Kubisiak, and Kimberly Plante received All-Conference Honors. The team earned Academic All-State Honors and senior dancer Morgan McLinden received an individual All-State Academic Award.



Jazz Team's **10<sup>th</sup>** Trip to STATE

2013 DANCE PHOTOS BY JARED WIESELER



# winter sports wrap

## Girls Basketball:

Head Coach: Jenny Swartout  
 Season Record: 13-13  
 Post-season Record: 1-1  
 All Conference: Emily Bauer '13,  
 Michaela Rasmussen '14  
 All-Conference Honorable  
 Mention: Aly Anton '13,  
 Hannah Meidl '13,  
 Hayley Thompson '14  
 All-State Academic: Aly Anton '13



## Boys Basketball:

Head Coach: Joe Burger  
 Season Record: 12-13  
 Post Season record: 2-1  
 Section 6AAA Runner Up  
 All-Conference: Joe Hanel '14,  
 Brent Hentges '14  
 All-Conference Honorable  
 Mention: Joe Sperr '13,  
 Colton Stenerson '14



## Girls Hockey:

Head Coach: Ryan Rice  
 2012-13 Section and State Class AA  
 Academic Champions  
 Season Record: 19-5-1  
 Post Season Record: 0-1  
 All Conference: Abby Hanscom '15,  
 Megan Menzuber '16  
 All Conference Honorable  
 Mention: Sarah Rosland '14



## Boys Hockey:

Head Coach: Noel Rahn  
 Season Record: 18-7  
 Wright County Conference Champions  
 Post Season Record: 0-1  
 All Conference: John Peterson '15,  
 Shane Gersich '15, Garrett Riebling '13,  
 Joey Marooney '14  
 All Conference Honorable  
 Mention: Ryan Swanson '14,  
 Dylan Woolf '14, Will Garin '16,  
 Derek Lacombe '14, Sam Stenson '13,  
 Matt Runyon '15



## Nordic Skiing:

Head Coach: Nathan Kennedy  
 Boys and Girls teams received the State  
 Academic Gold Award

## Fencing:

Head Coach: Zach Brown  
 Top Placing Team:  
 Mens' Foil- 3rd in State Standings



# spring sports wrap



## Baseball:

Head Coach: Bryan DeLorenzo  
 Season Record: 14-5  
 Post-season Record: 2-2  
 All Conference: Rollie Lacy '13,  
 Keller Knoll '13, Connor Herd '14  
 Honorable Mention: Joe Seifert '13,  
 Conner Riddle '13, Matthew Requet '14  
 All Section: Keller Knoll '13,  
 Rollie Lacy '13, Matthew Requet '14  
 MN High School Baseball West All-Star  
 Team: Keller Knoll '13, Rollie Lacy '13  
 All-State: Keller Knoll '13, Rollie Lacy '13

## Boys Golf:

Head Coach: Rob Nelson  
 Season Record: 5th in conference  
 Post Season Record: 5th in Section  
 All Conference: Aaron Wilson '14

## Girls Golf:

Head Coach: Kristi Nelson  
 Season Record: 4th in Conference  
 Post Season Record: 5th in Section  
 All Conference: Lydia Kirsch '14,  
 Emily Kirsch '14, Meaghan Moakley '13,  
 Julia Andersen '14

## Girls Lacrosse:

Head Coach: RJ New  
 Season Record: 7-4  
 Post Season Record: 0-1  
 All State: Tori Nelson '13

## Boys Lacrosse:

Head Coach: Mike Livingston  
 Season Record: 7-4  
 Post Season Record: 0-1

## Softball:

Head Coach: Pat Hallahan  
 Season Record: 10-5  
 Post Season Record: 2-2  
 All Conference: Aly Anton '13,  
 Emily Bauer '13  
 All-Conference Honorable Mention: Liz  
 Jansen '13, Claudia LaRose '16  
 All-Section: Rachel Prosser '15  
 Minnesota High School All-Star Girls  
 Softball Team: Emily Bauer '13

## Boys Tennis:

Coach: TJ Garin  
 Season record: 5-6  
 Post Season record: 1-1  
 All-Conference: Sam Forbes '13  
 All-Conference Honorable Mention:  
 Zack King '13, Ben Forbes '15,  
 AJ Spaulding '14, Jake Sandefur '17





# alumni updates

## 2003

**Patrick Maus '03** and his wife, Lizzy, welcomed the birth of their son, Graeme Patrick, on April 2, 2013. Graeme was six weeks early, weighed 5lbs 13oz, and was 19 inches long. Patrick is employed at HFCHS as a social studies teacher.



**Katie Peyton '06** received her certification as a holistic health coach and started her own nutrition and wellness coaching business, Limitless You Health Coachings ([www.limitlessyouhealth.com](http://www.limitlessyouhealth.com)) Katie is also a 2010 graduate of the University of St. Thomas.

As part of their team Exisdanz, **Mette Brink '08** and **Katie Peyton '06** won the title of Hip Hop World Champions in April 2013 at the USASF World Dance Championships in Orlando, FL. Exisdanz also placed 4th in the world in Pom and 7th in the world for Jazz. Mette and Katie are former members and captains of the HF dance team as well as former coaches in the HF dance program.

## 2005

**Zack Chalgren '05** graduated from William Mitchell College of Law, Spring 2012. He passed the bar in the summer of 2012 and is now working as an attorney at Cousineau McGuire Chartered in Minneapolis.



## 2006

**Kate Raddatz '06** started her work as a reporter at WCCO-TV (CBS) on April 1, 2013, after spending the last 16 months at WBAY-TV (ABC) in Green Bay, Wisconsin. She begins her WCCO career on their morning show, Tuesday through Friday at 4:30-7a.m., and her stories will air on the Saturday night newscasts.

## 2007

**Marissa Donatelle '07** is currently in medical school at Vita-Salute San Raffaele University in Milano, Italy. Marissa has a Bachelor of Arts in Biochemistry and a Masters of Art Certification in Holistic Health from St. Catherine's University in St. Paul. Marissa maintains a blog about her medical experience at [milan-medical-school-adventures.blogspot.com](http://milan-medical-school-adventures.blogspot.com)

## 2008

**Charlie Ripple '08** graduated in June 2013 with a Bachelor of Science in Digital Film and Video Production from the Arts Institute International. His Senior Project film debuted at St. Anthony Main with the other film graduates on June 13. Charlie is currently working on freelancing with Procter and Gamble.



## 2008

**Will Green '08** was the recipient of Wayne State College's Music Major of the Year award this spring, and will be presenting his Honor's Project at the National Honor's Conference in New Orleans. The project's abstract is "An Exploration of Music Therapy assisting students who have Downs Syndrome and Autism in the General Music Education Classroom."

## 2009



PHOTO CREDIT: PAUL MIDDLESTAEDT FOR COLLEGE OF SAINT BENEDICT/SAINT JOHN'S UNIVERSITY

**Kate Johnson '09** graduated in May from the College of St. Benedict with a Bachelor of Arts, majoring in Philosophy and Psychology. Kate will attend William Mitchell College of Law in the fall.

**Nicole Stenerson '09** graduated in May from the University of Notre Dame with a Bachelor of Arts majoring in Political Science and Italian. She will begin her job in July at Reynolds & Reynolds as a Customer Solutions Specialist in Chicago.

**Adam Iversen '09** graduated from the University of Minnesota with a Bachelor of GeoEngineering in GeoEngineering. Adam will be headed to India to work with a group funded by the Acara Institute at the University of Minnesota on a rural development project.

**Chris LaPrade '09** graduated in May Summa Cum Laude from the University of Minnesota with a Bachelor of Arts degree, majoring in Biology, Society and Environment. Chris will be attending the Medical College of Wisconsin Medical School this fall.

**Courtney Swanson '09** graduated in May from the University of Wisconsin River Falls with a Bachelor of Science degree in Marketing Communications. She is currently employed by American Metro in Shorewood, MN as a marketing professional and will be working on trade show and social media marketing and research.

**Joe Pumper '09** graduated in May from Rensselaer Polytechnic Institute with a Bachelor of Science in Chemical Engineering. Joe was the president of his undergraduate fraternity (Sigma Chi) over the past year. He is employed at Nestle USA in operations management.



## 2009



**Zack Rockers** '09 graduated in May from the Wisconsin School of Business at the University of Wisconsin-Madison with a Bachelor of Business Administration in Accounting. Zack will be staying at UW- Madison to complete his Masters degree in accounting, and has a job waiting at the Chicago office of Ernst & Young.

**Michael Underkofler** '09 graduated in May from the Wisconsin School of Business at the University of Wisconsin-Madison with a Bachelor of Business Administration in Management and Entrepreneurship. He begins a job with the Huron Consulting Firm in Chicago in August.

**Nick Hauan** '09 graduated in May from the Wisconsin School of Business at the University of Wisconsin-Madison with a Bachelor of Business Administration.

**Henry Roberts** '09 graduated in May from the University of Wisconsin with a bachelor degree in Political Science.



**Amy Forbes** '09 graduated in May from Wake Forest University, majoring in English, minoring in Journalism, and fulfilling the requirements of her Army ROTC scholarship. Amy has accepted a position as Wake Forest Varsity Archery Coach as well as a staff position as Assistant Coordinator, Club Sports and Facilities Operations, while she completes her masters degree.

## 2009

**Kate Heithoff** '09 graduated from Marquette University's Diedrich College of Communications with a Bachelor of Arts degree in Public Relations and a minor in Interdisciplinary Ethics.



**Kayla Hickey** '09 graduated from the University of Notre Dame with a double major in Preprofessional Sciences and Sociology. Kayla is employed as a plexus delivery analyst for Netsmart in Kansas City, KS.



**Zach Hanson** '09 graduated in May from the University of St. Thomas with a Bachelor of Arts in Business/Marketing. Zach and Virginia Zangel (pictured below) married on December 29, 2012.



**Diana Hernandez** '09 graduated in May from St. Mary's University- Minnesota with a bachelor degree in English.

## 2009

**Katie Kalb** '09 graduated from Creighton University with a Bachelor of Science degree in Biology. She will be working with AmeriCorp's Denver office serving the southwest region of the United States

## 2010

**Peter Ripple** '10 won the Drake University's prestigious Thomas Dunn English Scholarship. The scholarship is selected by recommendation of English professors and faculty vote.

**Tanner Luke** '10 will be spending the summer as a Consumer Product Sales Intern for Hormel Foods in Kansas City. Tanner attends the University of Wisconsin- Eau Claire and is majoring in Marketing/Professional Sales.

**Bridget Stone** '10 graduated in May from St. Louis University with a Bachelor of Arts in Communication Sciences and Disorders. Bridget will pursue her Doctor of Audiology through the Vanderbilt School of Medicine this fall. Pictured with siblings from left to right: Jackie '11, Nicole '07 and Carl '14



## 2012

**Ryan Dahl** '12 graduated in May from Montana State University with a degree in Welding Technology.

# ALUMNI HFCHS

### Deaths;

We offer our prayers to the family and friends of:

**Anna Villano '09**

**Andy Johnson '06**



## Spring Play - *AFRAID OF THE DARK*



1. Charlie Johnson as General Lee, Mary Pumper as Queen Elizabeth. 2. Anna Brelle as Mrs. Mayhew and Katie Dennehy as Alberta Stone. 3. Megan Manning as Lillums Stone.

## Spring CoffeeHouse



1. Cassie Phillips '13. 2. Dan Gilles '13, John Gregg '13, David Kemmerer '13, and Bennett Hanson '15 performed their cover of Gravity. 3. Jordan Aritt-Steele '16 performed his cover of I Believe I Can Fly and was accompanied by his father.

### Knowledge Bowl

A total of 28 students participated in Knowledge Bowl this year, comprising three varsity and three junior varsity teams, and 16 of those students earned their varsity letters. For the first time in Holy Family's history, top placing varsity team, Australopithecus Peach, qualified for the Regional Championship by qualifying through the Subregional Wild Card Tournament. They placed 7th in the Regional Final. For the fourth consecutive year, Holy Family hosted the Minnesota River Invitational. Fourteen schools and 47 teams attended from the metro area, an increase of four schools and 16 teams from last year.

### Mock Trial

In its sixth year, the Mock Trial team continues to build strength. This year the varsity team beat Eden Prairie, Wayzata, and Park Center High Schools. The Varsity team went undefeated and the JV team went 2-1. Both teams qualified for Region competition held at the Hennepin County Courthouse in downtown Minneapolis.

### Math League

This year's Math League team had one of its best seasons on record, finishing 3rd in the Canterbury Division, 34th in the state and 7th for Tier II schools (small schools.) Over 60 students participated and 14 students earned varsity letters. Senior Rob LaRose finished 6th in the division and junior Will Farner finished 9th in the division.



### Clay Targets


Established in 2008, the Minnesota State High School Clay Target League began with three schools. 3,400 student athletes representing more than 215 schools and 114 high school trap teams participated in the 2013 Minnesota State High School Clay Target League's spring season. Holy Family has been competing as an organized club since 2011.

Conference team designations are determined by team size. Holy Family competes in Conference 4A along with seven other schools. Holy Family Clay Target Club finished 4th in Conference this year. Holy Family had three male athletes finishing the season in the Conference 4A Top Ten: 6. John Vogel '14, 7. Joe Yetzer '14, 10. Patrick Baker '14 and one female athlete: 7. Claire Pernat '15. If an athlete hits 25 targets in a round, he receives a 25 Straight League patch to apply to his shooting gear; Patrick Baker qualified for his patch during Week 5 of the regular season.

The Minnesota State High School Clay Target League State Tournament was held June 7-9 at Alexandria Shooting Park. By total points of the five highest competitors, the Holy Family varsity team finished 52nd in the 87 team field. Senior Travis Louhi led the varsity team with a score of 90 followed by junior Joe Yetzer (86), junior Patrick Baker (83), junior John Vogel (82), junior Colton Chadderdon (75), and senior Bennett Nowak (66). Holy Family's junior varsity team finished 63rd in the 96 teams field and was led by junior Ryan Lynch and freshman Sam Scatterela with scores of 79 each, followed by junior Tyler Besser (76), and senior Parker Bazoff, senior Charlie Johnson, and 7th grader Nolan Marshall (71), junior Matt MacKay (70), and freshman Will Siems (59). Also competing during the regular season were sophomore Claire Pernat, senior Will Egan and freshman Mick Egan.

This winter the Minnesota High School League approved an official partnership with the Minnesota State High School Target League. Starting spring of 2014, clay target will be change from a club sport to a sanctioned sport for the first time in the nation.





## Leadership Team

**Kathleen Brown**  
*President/Principal*

**Mike McGinty**  
*Vice President for Advancement*

**Mary Stenerson**  
*Director of Development*

**Rob Bell**  
*Director of Admissions*

**Laura Podergois**  
*Associate Director of Admissions,  
Alumni Relations and Marketing  
Coordinator*

**Stephanie Svoboda**  
*Communications Specialist*

**John Dols**  
*Assistant Principal/  
Campus Minister*

**Matt Thuli**  
*Assistant Principal/  
Activities Director*

## Board of Directors

**Mary Steiner**  
*Chair*

**John Radick**  
*Vice Chair*

**John Bierbaum**  
*Treasurer*

**Dave Wurm**  
*Secretary*

**Anne Lawler**  
*At Large*

Barbara Brekke  
Thomas Barrett  
Tim Collins  
Tim Curoe  
Tony DeNucci  
Fr. Doug Ebert  
Scott Guillemette  
Steve Hockett  
Dr Bill Hudson  
Bob Kemmerer  
Mark Lano  
Brian LaVelle  
Jean Marschall  
Bill Miller  
Christopher Moakley  
Jenny Richelsen  
Fr. Rolf Tollefson  
Mike Zumwinkle

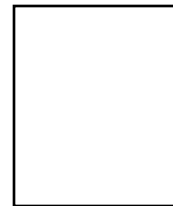




Holy Family  
Catholic High School

8101 Kochia Lane  
Victoria, MN 55386

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Follow Us on Twitter: [www.twitter.com/HolyFamilyFire](http://www.twitter.com/HolyFamilyFire)

# Save the date!

## Holy Family Open House

November 7, 2013 • 6:30pm  
January 23, 2014 • 6:30pm

Meet students, parents, alumni and teachers. See robots, artists, athletes, clubs, service groups. Learn about our curriculum, opportunities and more!

## Spirit of Fire A Holy Family Tradition

November 2, 2013 • 5:30pm

Socialize, sign up for Great Gathering parties, bid on Silent Auction and Live Auction offerings, and enjoy a delicious dinner and refreshments.