

CATHEDRAL

MAGAZINE

A publication of Cathedral High School

SPRING/SUMMER 2020





ST. CLOUD
CATHEDRAL HIGH SCHOOL
CLASS OF 2020

Our Mission

Inspired and informed by Catholic tradition, our mission is to educate people while inspiring them to virtuous lives.

About the cover: *Snapshots of Distance Learning at Cathedral.*

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From our Principal

Kathy Crispo

Dear Cathedral friends, families and alumni,

As I sit and reflect on all that has happened since the last Cathedral magazine publication, I am left in wonder. So much has changed. It is times like these in which I am grateful for my faith. Having been given the opportunity to grow in that faith as Cathedral's new principal is a blessing beyond measure.

Arriving in February, I was able to enjoy this new position, surrounded by amazing and gifted students, for a little over a month before the Minnesota Department of Education and governor Tim Walz enforced statewide school closures due to COVID-19. In that short time, I bore witness to the values and tradition that the Cathedral community has withheld for generations. Our slogan, "The right school DOES make a difference," is so appropriate. It is clear to me that Cathedral IS the right school for our youth and even more so throughout this global pandemic.

While certainly not ideal, distance learning was far less of a challenge for Cathedral students than many other schools, primarily due to our smaller class sizes. At Cathedral, our teachers not only know every student by name, they take the time to get to know their strengths, weaknesses, passions, and God-given gifts. Watching our counselors and teachers in action during distance learning left me incredibly proud and assured that our students are not just a number; no student falls through the cracks at Cathedral.

Even so, the emotional struggle was felt by all during distance learning, especially by our seniors. We recognize that this year did not end how our seniors envisioned it would when they began their journey at Cathedral.



PHOTO COURTESY OF YUPPY PHOTO

The Class of 2020 will go down in history across the world as the class that suffered the most disappointment in their final months of school. Simultaneously, they have also likely gained some of the most profound insight into coping with adversity and stress. Despite being forced to remain socially distant from classmates during their final months at Cathedral, we believe this experience will bring the class of 2020 closer together as alumni; no other class will share this year-end and graduation experience, and they will be bonded forever and stronger for it.

Class of 2020, we salute you!

We know you will go on to do great things, and we can't wait to hear about them. Come back and visit us when it is safe to do so! By then, we'll be able to share our long-awaited new academic building with you!

Blessings,

Ms. Kathy Crispo
Principal



PHOTO COURTESY OF YUPPY PHOTO

Who's New At CHS

Scott Warzecha PRESIDENT OF CCS

We are pleased to announce that Scott Warzecha, alumnus of St. Francis Xavier School in Sartell and Cathedral Class of 1979, has been selected as president of Catholic Community Schools (CCS). Warzecha began on April 1, replacing Lynn Grewing, interim head of CCS, who resigned in January.

Warzecha was born in St. Cloud and was the founder and CEO of Netgain Technology, a healthcare cloud service provider headquartered in St. Cloud. In 2014, he was named Central Minnesota Entrepreneur of the Year and Minnesota State Small Business Owner of the Year. He lives in St. Augusta with his wife of 33 years, Gloria. They are members of St. Mary's Cathedral in St. Cloud and have two adult children who live in the Twin Cities.

"I look forward to building on the already-strong foundation of academic excellence in our Catholic schools, forming students who love God and neighbor, and preparing them to be citizens who serve others and make the world a better place for everyone. I also want to ensure that Catholic education remains an affordable option for every family who desires it."

Kathy Crispo PRINCIPAL

Cathedral welcomed Ms. Kathy Crispo (previously Kockler) as the new principal in February. This isn't the first time Kathy has worked for Cathedral, however. Kathy started her career as a Business Education teacher at Cathedral in 1992. She became the Director of Technology early on in her career at Cathedral, where she grew the department from one classroom of daisy chained computers to a school wide network for students and staff from 1992 - 2007.

Following her time at Cathedral, she had the opportunity to be the principal at Saint John's Preparatory School for five years. From 2012 until returning as principal of Cathedral this year, she served as the principal at St. Francis Xavier School in Sartell. Kathy and her husband Richard live in St. Cloud.

"My three children attended and graduated from Cathedral. It was here where they developed a strong sense of self and care for others. I have and will always be grateful for the time, people and experiences they had here. I am so happy to be back at Cathedral and look forward to sharing the amazing experiences and opportunities that Cathedral has to offer with current and future students and families."



PHOTO COURTESY OF YUPPY PHOTO



Bo Yang CHINESE TEACHER

Bo joined Cathedral in October 2019 to teach Chinese. She grew up in China with her parents and younger brother and graduated from Yunnan University in 2018 with a major in TCSOL (Teaching Chinese to Speakers of Other Languages.) She taught Chinese in Thailand from May 2017 to March 2018, then in Cambodia from August 2018 to July 2019.

"As a Chinese teacher, I am very happy to see students learn something about China through me. Thank you for welcoming me into the Cathedral family!"

Distance Learning



Education looked a little different this spring across the world as schools adjusted their curriculums for distance learning amidst the coronavirus pandemic. Arriving in early February, Cathedral's new principal, Kathy Crispo, had barely gotten her feet wet before Minnesota school closures were announced.

More than ten years ago, before most schools were thinking about it, Cathedral pioneered its Laptops for Learners program. Over a three-year phase-in period, every student and every teacher was provided with a brand new Apple Mac Air Laptop 24 hours a day, seven days a week. At the time this was unheard of. The investment, both financially and in terms of a cultural shift, was enormous. The Cathedral faculty and administration - not to mention the students and their parents - used the computer as a tool to greatly enhance and enlarge learning, transforming it in many instances.

The Laptops for Learners initiative put Cathedral at a huge advantage this year. Cathedral already had a distance learning system set up for snow days, so while Governor Tim Walz allowed schools two weeks to come up with their distance learning plans, Cathedral students actually resumed classes after only two days following the state-wide school closure announcement.

This extended period was certainly not without its challenges, however. While trying to manage some of the stress, Cathedral adopted the following goals:

- Provide structure in the day for students
- Offer regular opportunities for teachers and students to connect
- Reduce the number of classes taught in a day
- Provide additional time for planning, preparation, homework and care for self

While it wasn't perfect, Cathedral did pretty well.

Stronger together while apart.

The last couple of weeks of distance learning were filled with exams, which can be stressful enough when the world is NOT in the middle of a pandemic. To make sure her class was ready and felt supported, Advanced Placement Human Geography teacher Ms. Darcy Frank-Henrichs delivered care packages to all of her students prior to their AP test. Just one heartwarming example of Cathedral faculty going above and beyond the call of duty!

The National School Choral Award is given to the top senior guy and gal that showcased excellence in the choir program: students leading by example, showcasing musical skill, and making our choirs better by their presence. This award is voted on by concert choir members and then approved by the Cathedral choral director, Mr. Rydberg. This year, we are proud to name Shane Corbett and Liz Hamak the 2020 National School Choral Award Recipients. Congratulations!



Distance Coaching



Alex Lenzmeier #8
Sr. Outfielder/1st Baseman



Nathan Budde #19
Sr. Shortstop/Pitcher



Matt Larson #21
Jr. Catcher/Outfielder



Logan Simones #13
Jr. Outfielder

Distance learning was a common topic throughout the COVID-19 pandemic as educators discussed new ways to connect with students. Distance coaching, while perhaps less heard of, was an equally challenging topic.

Cathedral's spring coaches, along with coaches from all schools, had to adapt and find new ways to stay connected with student athletes – not knowing whether or not our seasons would resume. Much like Distance Learning, coaches used Zoom and other means to creatively stay connected with their teams. Many activities including online team Masses with Fr. Doug, playing games on Zoom, and service projects were utilized as ways to stay connected.

This was a challenge for veteran coaches, for sure, but imagine trying to do it as a new head coach who had never met with his players in person.

"If you're passionate about these kids and passionate about them improving and getting better at something, whether it be golf or baseball or even just mentoring them in life, and you can't do that, yeah that's frustrating," Zwilling said.

"I wrote 2,000 words on singles tactics and 3,000 words on doubles tactics," Dobbelaere said. "The positive part about these documents is that they can use these for years to come. Whether it's now or in the future, these kids can reference these documents at any time in the future."

The great Cathedral sense of community and extra effort of coaches and student-athletes helped all get through a very difficult spring. We hope to all be together in the fall.

When school shut down on March 13, new head boys' golf coaches Josh Zwilling '98 and Alex Koopmeiners '10 were set to start practice with their team the following Monday. New boys' tennis coach John Dobbelaere would've had his first practice with the team the Monday after that.

A May 29 article from the *St. Cloud Times* quoted each of the new coaches:

"It was challenging. It was definitely interesting," Koopmeiners said. "You're meeting kids through Zoom and you're trying to establish any type of relationship and trust you can, while also being very careful about the [MSHSL] rules."





Girls' Swim and Dive: Conference Champions (first time ever) – Section 2nd Place – Mary Morris '22 State Participant in 100 backstroke (16th) and 200 individual medley.

Boys' Cross-Country: Conference Champions and Section Champions – finished 11th at State Meet



Girls' Soccer:
Conference Champions

Volleyball: Gold Team Academic Award

Boys' Basketball: Jacob Stolzenberg '20 broke school record for career 3-pointers made.



Boys' Hockey: Section Champions, 3rd place in State, Jack Smith '20 and Jon Bell '21 – All State Tournament team, Blake Perbix '20 - All State.



Boys' Alpine Ski: Louie Stuck '21 State Participant

Boys' Swim and Dive:
Carsten Reuter '22 – State Participant in 100 freestyle



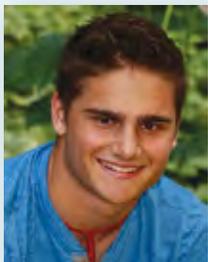
Dance Team: Conference Champions

Boys' Nordic Ski: Section Champions

Boys' Soccer: Conference Champions – Jake Manar '21 – All State

Gymnastics: Taylor Schaefer '23 – State Participant – 2nd place in vault and 7th place in all-around

Class of 2020 Awards



Shane Corbett '20
MSHSL Triple-A (Arts, Academics, and Athletics) Award



Elizabeth Hamak '20
MSHSL Triple-A (Arts, Academics, and Athletics) Award,
Michael Pull Award



Taylor Mathiasen '20
Exchange Club Honor Athlete



Mack Motzko '20
Michael Pull Award



Ben Reuter '20
Julie Korman Heart of a Crusader Award



Larkin Vangsness '20
Julie Korman Heart of a Crusader Award



Andrew Weisser '20
Exchange Club Honor Athlete

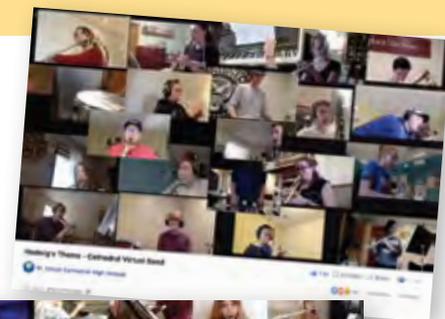
Virtual Performing Arts

Perhaps one of the biggest challenges for instructors during distance learning has been with the performing arts. There simply isn't a good App or online instruction tool that allows for synchronized sound in real-time. Zoom or Google Classroom work just fine if people are speaking one at a time, but as soon as you try to sing or play a song together, you realize very quickly that there's a lag in the sound, and the result is not pretty!

Band Director Donnell Lastine-Chopp and Choral Director Jonathan Rydberg had to get creative and pick up a few

new tech skills they hadn't needed prior to this year.

Students were instructed to record their parts individually, and then each part was layered, one on top of the other, to create virtual choral and band music. The videos were shared on both our Facebook page and YouTube channel, and if you haven't heard them yet, you should. The students are phenomenal! If you didn't know better, you wouldn't realize there were countless hours spent piecing it all together. Talk about dedication!



CHS Band/Choir Trip

February 27 - March 5, 2020



Like any good trip, we've got to get there first. For us, this meant a 25 hour bus ride to Orlando, Florida, which was, surprisingly, a lot better than any of us expected. We sang songs, played games, ate snacks, and really enjoyed each other's company. Our first stop was Cocoa Beach, which was chilly, but fun, as we got to be in the sun. The next day was spent at Disney's Magic Kingdom, and there was hardly enough time to get everything in. Between the castle, the rides, the food, and the fireworks, there was something for everyone. We spent the next 2 days at Universal Studios, which was the highlight for most people. It truly felt like we were in a movie everywhere we looked. The theming and attention to detail was breathtaking! Clearwater beach was another highlight, with lots of sunshine and sand. We also attended Mass in Orlando, and stopped in Nashville on the way back for dinner and live music. This trip was definitely one to remember, and with COVID-19 closing down most everything a week after we returned, I am so lucky to have been able to experience this once in a lifetime opportunity with some of my closest friends. ~ Liz Hamak '20

Thoughts from home

Cathedral students share their thoughts on distance learning

Online Mondays might be worse than actual Mondays.

It really opens your eyes to how good we have it and that we need to be grateful.

I miss my grandparents because I haven't been able to see them during this time.

I eat, I sleep, I repeat.

My family is running out of things to clean!

... it felt like I was in a ghost town. There were not many cars on the road and I don't know how to explain it, it just all feels different, the world feels different.

One good thing that comes from being at home is being with my dog all day. Another good thing about being home is spending more time with my dad.

I miss talking to my friends in the hallways and being surrounded by other students. I miss playing sports and having fun with all my great teammates. From now on I'll know school isn't all that bad and I should appreciate it more.

I never would have thought that I would miss school, but I sure do. I miss seeing my friends and just any people other than my family.

Not being able to see my friends has been tough, but the anxiety of how this whole situation is going to turn out boggles my mind too.

One of my fears because of COVID-19 is that us seniors won't be able to have our last prom and won't have a graduation ceremony.

I miss working in the engineering shop because obviously we can't do that anymore.

It is hard to believe that a tiny virus can go from being social media and being a joke to most Americans and now being a really serious thing being in every state of the US.

There were many fun activities, movies, board games, and even making dinner together.

Unified Classroom is the worst creation in the history of mankind.

I work at a grocery store and it's always crowded. Now I'm labeled an emergency worker and people start thanking me for working and thanking me for risking my life, so yeah, life changed a lot.



Student Writers

Larkin Vangsness '20

As a senior, during this pandemic, I will remember most the things I missed out on that we would do during a “normal” year. I missed my last sports season as Crusader and our graduation day isn’t when it was normally scheduled. I am also missing out on things like “Senior Skip Day” and “Senior Skills Day.” Throughout this pandemic we have had online school, or distance learning. The teachers have done a great job, but I miss being in school everyday, getting to see all the teachers and staff. I miss hearing my classmates do the morning announcements and stopping by Ms. Miley’s room for a piece of candy each day. Distance learning has not been easy to say the least, but that is not what I will associate with this time. I will think about how I spent time with my family, corresponded with friends through cards and letters in the mail. My family got a dog, I talked to my grandparents over the phone often, and had countless Zoom calls. This is not the way any of us planned to end our senior year, but I have learned a lot from my time in quarantine and will remember it forever.

Mack Motzko '20

Never in my wildest imagination did I think something like the coronavirus could come into the world and have such an effect. I had heard of previous pandemics that happened in the past but never thought with the healthcare systems in the world today a global pandemic could occur. This time has certainly changed how we all operate. Staying home, social distancing, and wearing masks and gloves in public is the new normal. The biggest thing I will remember from the Covid-19 pandemic is how the entire economy basically shut down. There was no going to school, all nonessential businesses had to close, and professional sports were cancelled. It was such a drastic change worldwide and one that none of us were ready for. I’ll also remember the hardship of this time. Seeing so many people sick and dying around the world has been devastating. I am a strong believer, though, that a lot of good can come out of this. I believe our world will become a lot more sanitary and prepared if something like this were to ever happen again. God, I hope it never happens again! I do know we will get through this hard time no matter how long it takes. As for me personally, doing online school certainly was not how I imagined finishing my senior year of high school. Learning virtually and not seeing friends’ faces in school has been very challenging. It has been difficult, but I saw a Tik Tok that shows us seniors are actually fortunate. If we were seniors during the World Wars, we would be fighting in them. Our war right now is to just stay home. I know we will beat this virus and that better times are ahead!





May 22, 2020

Dear Class of 2020,

Today should have been different. This morning, you should have prayed with Bishop Kettler, ate a delicious breakfast at the school and received awards.

Later, you should be picking out your Sunday best, and then covering it up with your graduation gown. You should be putting your cap on, struggling to remember what side the tassel should be on. You should be standing in solidarity with your classmates as you go through one of the most important moments of your life - graduation. One by one, you should be receiving your diploma, and then throwing your caps in the air in celebration.

You should be together.

We will celebrate your graduation on July 23rd, which can't come soon enough, but until then we want to acknowledge you today on what would have been your graduation day and offer our congratulations. You survived possibly one of the most difficult years in Crusader history!

There are a few things happening today that we want you to be aware of:

- Some of you shared some reflections with us. We will be sharing one per day at noon on our Facebook page, in the order that they were submitted, starting today. We encourage you to read them, reflect on them, share them, and maybe write your own to be shared.
- We will also be sharing a Class of 2020 photo album on our Facebook page, highlighting the Top 10 Seniors. At 8 p.m., the time your graduation ceremony would have begun, visit our Facebook page for a tribute from the 10th and 11th grade band members as they play Pomp and Circumstance.
- This evening when it gets dark, take a drive. The City of St. Cloud water tower on I-94 near McStop, the Lincoln Plaza downtown, and the new parking ramp downtown will be lit up in blue and gold in your honor. You might also notice some of the digital billboards around town displaying your senior class pictures.

We look forward to seeing you on July 23 for your Baccalaureate Mass and graduation ceremony.

Congratulations, seniors, and God bless you all!

Sincerely,

Ms. Kathy Crispo
Principal



Distance Praying

During a typical school day, students begin and close every day with prayer over the school intercom. Campus Minister Augusta McMonigal continued this tradition with daily emails to the students, staff and faculty, which were also shared with the wider community on *Facebook*. Below is her final prayer shared on the last day of school:

You've done it! Pat yourself on the back!! The school year is officially wrapped up. You have stepped up and met challenges with grace and determination. We are so proud of all of you. Today's prayer is from an unknown author but looks forward to the future with maturity and joy!

Take time to claim your strength; they are gifts of God.

Take time to have fun; it's God's way of teaching you your strengths.

Take time to grow yourself; only you can grow you.

Take time to trust yourself; God trusts you.

Take time to be self-reliant; it is better than being dependent.

Take time to share with others; they will bless you, and you will bless them.

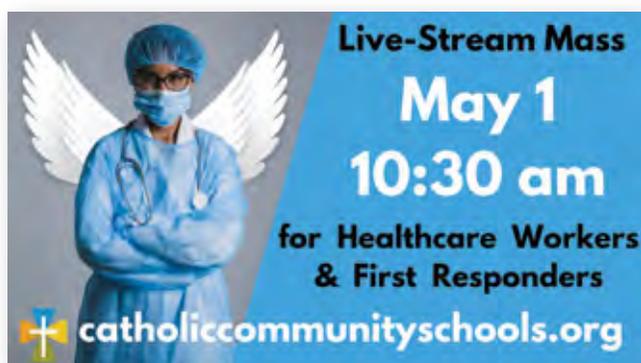
Take time to have hope, you are a child of God.

Let's put ourselves into the hands of the Lord, and pray that God will bless us and our families during the wonderful months of summer. May we all help make our home a place of relaxation, joy, love, peace and safety. May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of summertime. Lord God, Creator of all things, guide our steps and strengthen our hearts, during these months of summer and vacation days. Grant us refreshment of mind and body. We ask this through Christ our Lord. Amen.

As a community of faith, Cathedral also gathers weekly for Mass during the school year. When distance learning ensued, Cathedral Chaplain Fr. Doug Liebsch decided to continue the tradition virtually by leading Mass in the Cathedral chapel each week, which was shared with the wider community via *Facebook Live* and the Cathedral *YouTube* channel. These 30 minute Masses were a beacon of light, offering hope to us all and creating a sense of togetherness in the midst of our isolation.



PHOTO COURTESY OF PUPPY PHOTO



In addition, Fr. Doug created weekly prayer videos for the Cathedral students, which can also be found on Cathedral's *YouTube* Channel.

Cathedral was also involved in Catholic Community Schools' first live-streamed Mass, dedicated to healthcare and first responder workers and live-streamed throughout the St. Cloud Hospital. If you missed it, you can view it here: <https://youtu.be/tdnWTt9zL3E>.



Healthcare Spotlight

Josie Anderson '16, a brand new 2020 graduate from the University of Minnesota with a degree in Neuroscience, works the night shift as an ER Tech at Fairview Southdale in Edina. She lives with roommates, and as with most healthcare workers, her routine has changed in recent months.

"I've been a lot more cautious about what I am doing and who I am seeing. I haven't seen my family since the stay at home order was in place," Josie said. "My roommates all work from home, and we've been very cautious. I don't want to bring anything from the hospital home, so I change before I go home and have work shoes that stay at work."

What she wears at work has changed, too. You can't see both of them, but in the picture below she's wearing two masks under her protective face shield, an N95 and a regular mask. "We reuse them as there's a mask shortage, but our hospital is a lot better off than others. We have been given five sets of masks. After five days, theoretically, COVID will die on the masks, so we rotate them."

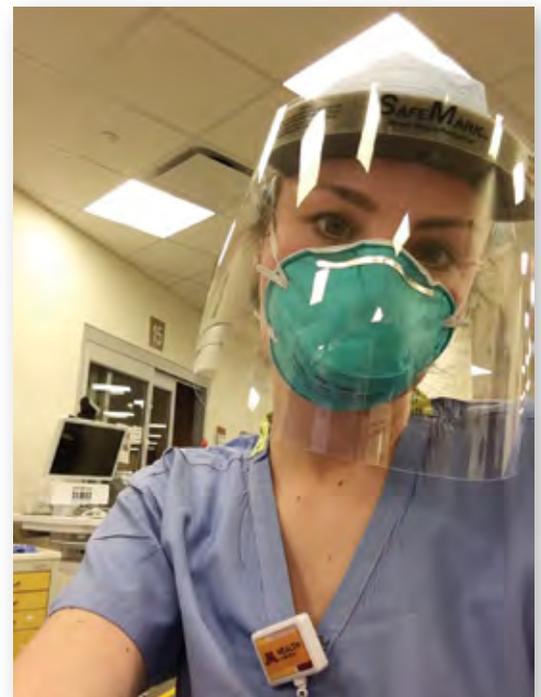
Never in a million years did she imagine her entry into the medical field would begin with a worldwide pandemic, and she is grateful for Cathedral and her parents for providing her with such a solid foundation of faith. "It is easy in times like these to lose hope, and suicide in healthcare workers is on the rise as stress and anxiety climb," Josie said.

In addition to her rising concern for her peers and coworkers, Josie admits that the biggest struggle is seeing so much death. "It really saddens me because I watch people die from this, almost daily, and they often do not get to be with their family members because of the current restrictions."

The struggles continue outside of the hospital, too. "I don't want to tell people I work in ER because people look at me differently when I say where I work," Josie admitted. "It's already an isolating time, but working here puts up another barrier." Thankfully, there's also been a lot of good. "We've had amazing support from the community. We get food and gifts donated daily, and the surrounding businesses have been great. It has allowed us to not have to go to the grocery store as frequently because we get fed there, there's a lot of places I hadn't heard of before this that I love now and will definitely support in the future!"

Despite entering the medical field in the midst of a pandemic, the new 2020 graduate has no regrets. "I always felt drawn to the medical field. The gross stuff that most people can't stand, I find interesting," she said with a laugh. "I'm so grateful for Cathedral and the people there who believed in me. Lynn Grewing, in particular, was so supportive of me. She told me, 'You can do this!'" Josie recalls, adding that she is still in contact with a number of people from Cathedral who check in on her and are proud of her.

To Cathedral students who are considering careers in healthcare, Josie recommends being open to exploring all options. "I didn't realize how many medical fields and career paths there are. There's so much out there - you will find a fit for you!"



Healthcare Spotlight

Dr. Steve Jameson '80

While attending Cathedral High School, Steve Jameson knew he wanted to practice medicine. As early as seventh grade, he volunteered at the St. Cloud Hospital.

"In eighth grade, I was given the opportunity to volunteer in the emergency room and loved it," Dr. Jameson said. "I witnessed the management of a large variety of medical and traumatic conditions and knew that I wanted to be one of these physicians."

After graduating from Cathedral in 1980, he attended the College (now University) of St. Thomas in St. Paul and then on to the University of Minnesota - Minneapolis for medical school. After his education, he completed a four-year emergency medicine residency (which included a one-year internship at Hennepin County Medical Center) at the Medical College of Wisconsin in Milwaukee. He has been practicing emergency medicine in St. Cloud since 1993.

"Jeff Windschitl '80 and I took very different paths but started working in the ER here the same month," Dr. Jameson said. "I called several of our friends from town to let them know when Jeff and I worked together for the first time on an evening shift. One of them quipped, 'There's another good reason to wear a seat belt.'"

Dr. Jameson said he has seen the Emergency Trauma Center at the St. Cloud Hospital grow from about 20,000 annual visits to around 65,000. Emergency physicians care for patients of all ages and with any condition, and seek the help of a multitude of on-call consultants when needed. Dr. Jameson

also works in a variety of rural emergency settings in the state and has practiced medicine internationally.

"I knew going into high school that I would need to do well in biological sciences. Fortunately, Fred Rupp had recently begun teaching these courses at Cathedral. Fred is a phenomenal mentor and a strict instructor. I credit him with the success of a multitude of graduates from the class of '80 that went on to become physicians," Dr. Jameson said.

Dr. Jameson feels he is living his life dream, even with the Covid-19 pandemic.

"Some people think we are heroes in the ER and elsewhere in the hospital. Thank you to those who think this, but that grossly overstates what we are. I know people who have faced real threats in the military and police force, literally putting their lives on the line. When you earn a purple heart, you are clearly a hero. I'm embarrassed to be called a hero when doing a job I enjoy, and when my risk of dying from an infection acquired at work is vanishingly small."

"Practicing emergency medicine is the biggest reward," he said. "It is challenging, exciting, and full of opportunities."

To students considering the medical field, Dr. Jameson offers this advice, "The field of medicine is going through some seismic changes. Do not enter here blindly. Seek this profession only after making a well-informed decision."

Dr. Nick Salay '03

Growing up on TV shows like "ER" and "Rescue 911," Nick Salay knew he wanted to go to medical school, and gives credit to the education he received



L-R: Dr. Steve Jameson '80, Dr. Nick Salay '03, Dr. Jeff Windschitl, '80

at Cathedral for preparing him for undergraduate and medical school. "The lessons and skills I learned in my extracurricular activities, including sport teams, were pivotal experiences that were necessary for me to be successful in my career. Working in teams, communication skills, problem solving and life-work balance were all practiced throughout my years at Cathedral," he said.

Dr. Salay has been working at the St. Cloud Hospital Emergency



PHOTO COURTESY OF YUPPY PHOTO

Department since July 2016, after completing three years of Emergency Medicine residency in Peoria, Illinois. Prior to that, he completed four years of medical school education at the University of Minnesota Medical School and four years of undergraduate education at the University of Minnesota-Duluth.

As an emergency physician, Dr. Salay works in the Emergency Department to rapidly diagnose and treat acute care scenarios, from common colds to

resuscitations of critically ill and dying medical and trauma patients.

Although he said his role during the pandemic has not changed much, it has been a learning experience, both for him and for the patients he serves.

“We have changed the way patients enter the emergency department, where certain patients are treated, and what personal protective equipment we use when interacting with patients. We are continually learning new things about the disease, seemingly daily,” he said.

“The biggest reward for me is interacting with patients,” Dr. Salay said. “Patients in the emergency room are potentially having one of the worst days of their lives. I find it rewarding to be able to help patients during this time.”

Dr. Jeff Windschitl, '80

Dr. Jeff Windschitl '80 is no stranger to the field of medicine.

“My father was a physician,” he said. “He worked long hard hours, holidays and weekends were not traditional by any means. I didn’t realize this until later in life where I saw other more traditional families.”

During his senior year in college, he spent a month living with and working with a local family doctor.

“We saw patients both in the clinic and in the hospital. This experience cemented in me the desire to try medical school. I also had the mindset that if I didn’t try to get in, I would regret it for the rest of my life,” he said.

Growing up in Sartell, he graduated from Cathedral in 1980, then attended St. John’s University. He was accepted into medical school at the University of North Dakota and completed his residency in emergency medicine at William

Beaumont Hospital in Detroit, Michigan.

After finishing his residency, he went to Phoenix, Arizona, to work for Indian Health Service at The Phoenix Indian Medical Center. He returned to St. Cloud in 1993 as a physician in the St. Cloud Hospital emergency room.

“As an emergency physician, we see basically whatever needs to be seen,” he said. “All ages, any problems, we will see and render whatever treatment is appropriate. We are also the front door to the hospital as most hospitalized patients have their first experience with us.”

Like others, Dr. Windschitl’s work has been affected by the COVID-19.

“Overall emergency visits are significantly decreased. Patient care is more labor intensive, as a lot of patients we see require a lot more work and precautions,” he explained. “The pandemic has taught me that no matter how much we think we are in control of our future, nothing is definite.”

Dr. Windschitl feels that Cathedral gave him the tools to succeed in any field he would have chosen.

“Teachers like Fred Rupp stimulate learning and take a personal interest in helping students become the best well rounded person possible. Cathedral also taught me how to learn. This is a skill that you need for the rest of your life.”

His advice to those pursuing a medical career?

“Make sure you have a passion for the job so you can put up with the frustrations and disappointments to come,” he said.

“The biggest reward is that, occasionally, you make a difference.”

Essential Workers

Emily Coborn '04 says strong sense of community fostered at Cathedral helped her prepare for pandemic.



Emily Coborn '04

Pounding the pavement along the Mississippi River in front of Cathedral preparing for her next track meet, Emily Coborn '04 learned one of the best lessons: how to be part of a team.

That experience, along with her education at Cathedral, has served her well in her role as vice president of operations for the Eastern region of Coborn's, Inc. She oversees 37 grocery stores in Minnesota, South Dakota and Wisconsin.

When the COVID-19 pandemic hit, Emily, like many essential workers, was responsible for providing the public with food and essentials.

"One of the biggest challenges has been product supply," she said. "Especially with beef, pork and poultry. There was a growing number of processing plants that experienced interruptions due to the pandemic. We've had to ask our guests for their patience and they have been extremely understanding during this time."

From the outset, Emily and the Coborn's team took a positive stance on how they would face this difficult time, always putting people first.

"We encouraged all our guests to wear masks in our stores and have required employees to make it part of their uniform. They really embraced this and even had some fun with it, wearing masks that expressed their own personal styles."

Whether it was in cross country, basketball or track, being a team player was always important to her and still is to this day.



“As a company, I am so proud of the way that our team as a whole, especially our teams on the frontlines who have been so steadfast and taking the guidance we are providing from the CDC. Their commitment to keep showing up day in and day out is a reflection of the strong sense of community we have in our markets. I’m proud of our team, acting as one true team, focused on the same goal of serving our community. We’ve shared a lot of laughs and very positive attitudes. It has brought out the best in our people,” she said.

Emily also believes that the steps she has taken professionally during this time are “just a matter of doing the right thing,” another value she believes was enhanced during her formative years at Cathedral.

“When we look back at this time, we want to be able to see and remember that we took care of people. We kept them safe and we let them know how much they are valued. We are committed not only to the needs of our guests but to our team of almost 10,000 employees. We are committed to them because they are committed to taking such good care of our customers. It’s really the employees who inspire me the most,” she said.

Overall, Emily appreciates her education at Cathedral, especially the relationships she maintains with her classmates today, the administration and the teachers, who all played a pivotal role in her life.

“The Cathedral experience and the values that it instills in its students is something that you carry with you for life,” Emily said. “Being able to think bigger than yourself, to think about being a good citizen and a good steward in our communities and doing our part to serve the greater good, all those are lessons that I have carried forward. They have served me well as we all try to navigate this COVID pandemic.”



Campaign for Cathedral

After many years of visioning, planning, fundraising and almost a year of construction, the spaces and views imagined for Cathedral's first new building in 52 years are finally being realized.

Now, in the final months of construction, the view of the mighty Mississippi River from the community room can be seen, allowing us to embrace what has always sat just outside our back door for the first time.

Crews have opened up walls to establish the physical connections of stairs, ramps, elevators and hallways that will connect the north gym, new building, 1938 Center Building and the Holy Angels Performing Arts Center with ADA compliant accessibility. Once complete, the only limitation will be access between the center and south buildings, currently connected via a tunnel under 3rd Street, which will require a skyroof connection for ADA compliance.

The exterior is water tight and nearly complete, with an attractive multicolor brick that pulls the different brick colors of the north gym, Center Building and South Building together. Windows that will bring in the tremendous amounts of natural light we've been seeking for years are installed - bringing the outside in.

From here on out, the crews will be working on the final details and finishes and we are planning to begin moving in equipment and furniture during the month of August.



The new academic building will become the primary entrance to Cathedral, with our main offices and administrative staff relocating here, providing a new chapel for prayer and reflection, much needed upgrades to our learning spaces for the sciences, visual arts, and applied engineering, study spaces for student and staff collaboration, and an attractive and very functional connection from the new community room to the north gym athletic space - the last new building built on campus in 1967.

McGough and ATS&R have been great partners and with diligence have kept this project moving through unforeseen challenges. While we don't know what the 2020-21 school year will look like yet amidst COVID-19 challenges and restrictions, we are told we may be able to be fully moved in and enjoying this new space by September 1, 2020. This is nothing short of extraordinary and we thank all of the project team members that have made this possible.

We look forward to celebrating our Grand Opening, dedication and ribbon cutting ceremony with the Cathedral community. Stay tuned for future notifications and invitations to tour the new school building!

What are faculty and staff looking forward to?

"I'm looking forward to the beautiful light coming into the visual arts rooms, and having the art rooms next to each other for collaboration. Equally important for both faculty and students will be the installation of safety equipment in the room that we currently do not have, like trench drains, a spray booth and soldering hoods."
~Dan Nelson, Art Teacher

"With three times our current applied engineering space, **this new space will allow for program growth, and simple needs such as getting equipment and completed student projects in and out will be made easier.** The move will also allow for a Wood Shop in the existing space of the South Building for upcoming middle school students." ~Deacon Jim Trout, Applied Engineering Teacher

"With the whole science department under one roof, I'm excited to be able to collaborate with my colleagues in classrooms that have individual laboratory spaces reflecting the needs of a life science, chemistry, physics or astronomy class."
~Erik Ellingboe, Science Teacher

"Having science labs incorporated into each classroom rather than all science classes sharing the same lab space will allow for continuity of the labs to the learning."
~Meaghan Baynes, Science Teacher

"Jesus invites us, 'come to me, all you who are weary and are burdened, and I will give you rest.' **The new chapel will offer an oasis for students and staff alike to take refuge in the Eucharistic presence of Jesus** as we seek his peace in the midst of our daily labors and activities."
~Fr. Doug Liebsch, Chaplain

"Cathedral continues to strive to give our students, families, and community the best experience and opportunities possible. **This new addition will provide many new avenues to expand our vision, programming, beliefs and passions.**"
~Tony Keller, Art Teacher



Property Expansion

Fr. Tom Knoblach '79

“Hope is not a strategy.” You are perhaps quite familiar with that expression; I still recall the first time I heard it at a hospital meeting when the group was discussing how to improve a particularly challenging situation in patient care. The speaker commented, “We can hope things will get better, but hope is not a strategy.”

The recent months of the COVID-19 pandemic and the many cascading consequences for our families, schools, businesses, hospitals, parishes, and so much more underscore the need to plan ahead and consider responses before they are needed. We can hope for the best, but preparing for what might come is essential.

Of course, not all planning is disaster planning. We can and must also prepare for positive futures, positioning ourselves for future growth and enhancements to build on the foundations laid by our ancestors and create a legacy for those who will follow.

The new academic building is one inspiring example of a long and careful process to plan and accomplish a vision for the next generation of learners. Connecting the 1938 building and the North Gym allowed Cathedral to enhance the existing campus. But that displaced parking, and we felt the space crunch acutely. Thank you to our families and faculty and staff who have lived with the needed adaptations during construction.

One of the great assets of Cathedral, aside from “its robust academic curriculum and its Christ-centered service principles,” is “a tight-knit community of engagement and support.” Countless examples demonstrate that community that spans generations.

These two ideas of preparation for the future and those who support Cathedral to build that future come together in a visible way in the recent growth of our campus footprint. We offer our profound thanks to the Hall brothers, John and



RED = CATHEDRAL PROPERTY

BLACK = NEW CATHEDRAL PROPERTY ACQUISITIONS

Dan '81, who very unexpectedly donated land just southeast of the school on the Mississippi River last November as Mathew Hall Lumber became part of Simonson Lumber. This generous gift was made in their names and in memory of their brother Loran Hall '74, who passed away suddenly and far too early on July 4, 2018. The Hall family has been a great neighbor to Cathedral for generations, and this donation is another chapter in that story.

In the weeks soon after, thanks to the generous consideration of Michelle (Hennen) '77 and Steve Sauer '79, Cathedral also finalized its acquisition of the Erickson Electric property adjacent to the campus to the west.

Both of these properties came at the perfect time to address our parking needs, but also create new possibilities for the future of the historic Cathedral campus. The Cathedral Board has just begun brainstorming on what might develop with these new spaces that give us added flexibility and room to grow. What will be done with these properties? We don't yet know. But we are confident that with creativity, vision, and the collective wisdom of the Cathedral community, we will have more than just hope that things will all work out ... we will have a strategy that this same community will bring to life when the time is right.



The Pajama Game

Less than four weeks from opening night, the cast and crew of Cathedral's Spring Musical "The Pajama Game" found themselves without a director. Less than four weeks! Cancellation or postponement was strongly considered. However, in the ensuing few weekend days, Cathedral students reached out to administration and said – "We've got this!"

So we collectively went to work to make it happen. Kris Maehren, a teacher at St. Katherine Drexel, and Aimee Miron, a theater veteran with ties to St. Francis Xavier, agreed to join forces and co-direct the production, meeting the students for the first time on the same day they were contacted - just 25 days before the debut. Instrumental Director Donnell Lastine-Chopp and Vocal Director Jonathan Rydberg, along with Costume and Prop Designer Tim Elhard, took on extra responsibilities as well.

But it was the students who took ownership – working overtime to learn lines, musical numbers, and choreography. With the help of some local experts who were very generous with their time and talent, students took control of the new and improved sound and lighting system - thanks to facility upgrades paid for with last year's Celebration of Seasons Fund-A-Need - giving new meaning to educational theatre.



The bottom line: "The Pajama Game" debuted as scheduled on Thursday, February 20 to rave reviews. This group of students and their advisors had not only survived, but had exceeded all expectations. Imagine the conversations at their 10-year reunion!

The future looks bright for Cathedral Drama. Aimee Miron and Cathedral English teacher Jeremy Wollersheim will take the reigns of the Theatre Department, and Tim Elhard will continue as well. This exciting new leadership, combined with the state-of-the-art sound and light systems in Holy Angels Performing Arts Center, promise to make 2020-21 the best theatre season ever at Cathedral.





CELEBRATION

You helped us raise
over **\$115,000!**
Thank You!

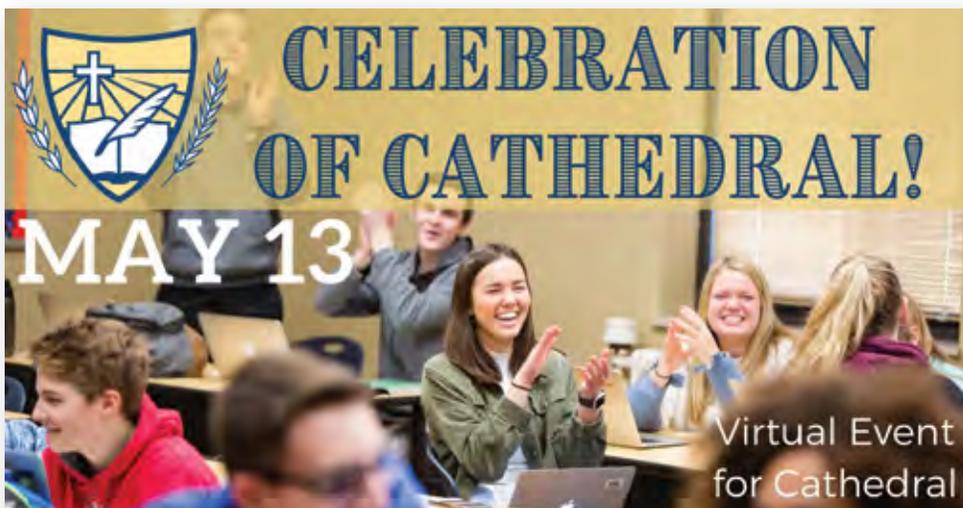
In the midst of the COVID-19 pandemic, we were forced to cancel our annual Celebration of Seasons event. This is Cathedral's most important annual drive fundraiser of the year, bringing the community together to ensure Cathedral remains strong and vibrant for students today and for generations to come.

Last year, Celebration of Seasons netted a record \$161,000 for the school. We needed to find a way to still bring in the income generated by this event, so the event committee got creative. Led by Alumni Committee Chair Jeff Hess '86 and Abby (Keenan) Schneider '99, a new event was born: Celebration of Cathedral.

The result was a daylong virtual celebration of all that is Cathedral. Joining in were alumni, current students, faculty and staff, and a few other surprise friends of Cathedral sharing their talents and testimonials through videos. Celebration of Cathedral included a 50/50 raffle and silent auction as well and ended with a touching tribute to our Cathedral Class of 2020.

We'll be honest. We were a bit worried that doing a virtual fundraising event might only be half as successful as the real deal, but the Cathedral community proved us wrong! You responded generously, raising over \$115,000 for student-centered technology. Thank you to all who helped pulloff this first-ever virtual event with such success.

Missed the event? It's all online! Go to our Cathedral High School *YouTube* Channel (<https://www.youtube.com/user/CHScrusaders>) to celebrate Cathedral with us!



THE VEES
TOMMY VELLINE '84, MATT VELLINE, JEFF VELLINE

N OF CATHEDRAL!

While we couldn't be in each other's physical presence, we were still able to celebrate - from the comfort of our own home with social media!

Our co-hosts for the day were Cathedral Activities Director Emmett Keenan and local celebrity Kevin Lynch of Fox Sports North, whose parents both graduated from Cathedral in 1953 and 1956. The two of them introduced hourly videos, shared on Cathedral's Facebook page and YouTube channel, which highlighted some of the experiences Cathedral students, faculty and staff have had throughout this distance learning period. The day culminated with a very special compilation of entertainment by current students and alumni, including The Vees, Fred Savage & The Unbeatables, and The Locals, special guest videos from Sr. Mary Jo Sobieck '87, Olympic Silver Medalist Anne Schleper '08 with her husband Denard Span and Las Vegas Knights hockey player Nate Schmidt '10. We finished the evening with a touching tribute to the Class of 2020.

Here are just a few snapshots of some of the day's highlights.



FRED SAVAGE & THE UNBEATABLES



SR. MARY JO SOBIECK '87



THE LOCALS: MAGGIE O'DONNELL '19, BENNETT VELLINE '20, KATIE POETZ



MATT VELLINE '83, BENNETT VELLINE '20



VEGAS GOLDEN KNIGHTS HOCKEY PLAYER NATE SCHMIDT '10



OLYMPIC SILVER MEDALIST ANNE SCHLEPER '08 WITH HER HUSBAND DENARD SPAN

In Memorium

Please join the Cathedral Community in prayerful memory of deceased alumni, parents and friends.

Nicola "Nikki" Abel	Theresa Heying	Marge (Truzinski) Pattock '40
Robert "Bob" Alvord '49	Gay Hieserich	Karl Petters '54
Donald Anderson	Michael T. Hinkemeyer '58	Kevin Pfannenstein
Mary Birr	Phylis (Geering) Janey '45	David Pflueger
Mary Jane (Heimann) Blenker '40	Glenn Joplin	Michael Phillipp
Sandra (Yaeger) Bodeker '57	Carol (Adams) Jovanovich '51	Loretta M. Plafcan
Geneva (Spaniol) Boerger '36	Harvey J. Kalla '48	Patricia (Connelly) Platnenberg '67
Thomas Bossert	Francis Kalusche '54	Kathleen (Rahm) Plemel '66
James Botz	Jerome "Jerry" Kapphahn '68	David Rieter '64
Evelyn Bragelman	Linda Keene	Dorothy Mary Sauerer
Robert "Bob" Claesgens '53	Albert Keppers '50	Ervin Schaefer '43
Michael Court	Richard Kierzek	Roman Schneider '41
Marilyn Crandell	Donna (Hagen) Knettel '47	Arnold James Schwankl '43
Marcella T. Curtis	Ione Koltes	Robert Sis '51
John Davis	Roberta (Lay) Kosel '53	John "Jack" Sjogren '67
Louise deChambeau	Patricia (Walsh) Kost '48	Alfred Slivnik
Mary Ellen (Kasner) Dietman '48	Dee Kotsmith	Georgina (Salzer) Smith '64
Thomas Dunn	Bernadette "Bernie" Kuefler	Marvin Spoden '44
Ron Ebnet	Renee Kuznia	Lorraine (Paul) Spoden '57
Mary Ann (Stadtherr) Egerman '66	Harold Landwehr	Marlyce Stainbrook
Melvin Eickhoff	Douglas Landwehr '70	John "Jack" Staller '61
Susan (Ruether) Eickhoff '78	Arlys Larson	Wilfred "Fred" Streit '50
James "Jim" Eisenschenk	Kenneth Malikowski	Rose Ann (Laudenbach) Taufen '64
Betty Erlander	Nancy Maroney	Cheryl Ten Voorde
Thomas Feia '76	Marlene Maus '69	Peter Terrahe '59
Marion Ferkinhoff	John McAlpin '52	Colleen (Graham) Thielman '46
Robert Fischer '50	Carol (Lansing) Meyer '57	Paula Tholl
Clarence Fish	Mary (Schneider) Mix '41	Lawrence Paul Tillemans
Lieutenant General Howard M. Fish '41	Frank Morrissey	Trela Turck
Kenneth Fladung '57	Robert Mullally '47	Delphine Urbanski
Bob Fleege	Marvin MUYRES	Major Thomas Virnig '95
Theresa Goche	Phil Niezgocki	Eugene "Gene" Waldorf '54
Robert Goenner '61	Rev. Jerome Nordick	LeRoy Warnert
Howard Gray	Ralph Opatz '43	Bernadette Witte
Robert "Bob" Gross	Carlos Ortega Conde	Dennis Zaun
Fred Hennemann '65	Luverne (Zabinski) Orth '48	
Muriel Henry	Audrey (Speiser) Owen '45	
Tom Herzog	Donald Pallansch '51	

This list of names includes alumni, parents and friends whom we have received notification of departing since our last publication through May 28, 2020.

Caring, Connected in Community

Chris Schellinger, Director of Advancement

Dear Cathedral friends, families and alumni,

Recently, a current Cathedral parent shared with me ways in which these last several months have highlighted for him how Cathedral demonstrates caring, connectedness and community.

“Yes, reading, writing and academics are important, but what I love most about Cathedral is that they really care about our kids. Kids learn better, flourish and become overall better people, future workers, citizens and children of God when they are loved and cared for.”

This parent went on to share, “In these trying times of distance learning, having our kids be part of a school that really stays connected and cares for each child as an individual is more important now than ever.”

Our faculty and staff really do care about our students, and they were determined not to let any student fall through the cracks during this difficult distance learning period. Whether it was one-on-one Zoom meetings, phone calls, mental health survey check-ins, or personally delivering care packages to homes, their dedication to seeing each student succeed was made clear.

Despite a worldwide pandemic forcing us to remain physically distant from each other, we continue to grow closer as a community of faith, learning and love.

This caring and connectedness goes beyond our current families to the wider Cathedral community as well. We’ve offered to pray for you and your loved ones, we’ve shared weekly Mass with you from the Cathedral chapel online, and we’ve been more active on social media than ever before - even hosting our first ever virtual fundraising event, Celebration of Cathedral. We are doing our very best to keep you connected to the Cathedral community that you know and love.

We continue to pray for you, and we ask that you pray for us and support us in ways that are meaningful to you. These are challenging times, but we will get through them together.

Sincerely,

Chris Schellinger

Director of Advancement

P.S. Wondering about what’s new at Cathedral? In town and have time for a tour? We’d love to have you stop by for a visit!
Call me at (320) 257-2139 or email me at cschellinger@catholiccommunityschools.org.

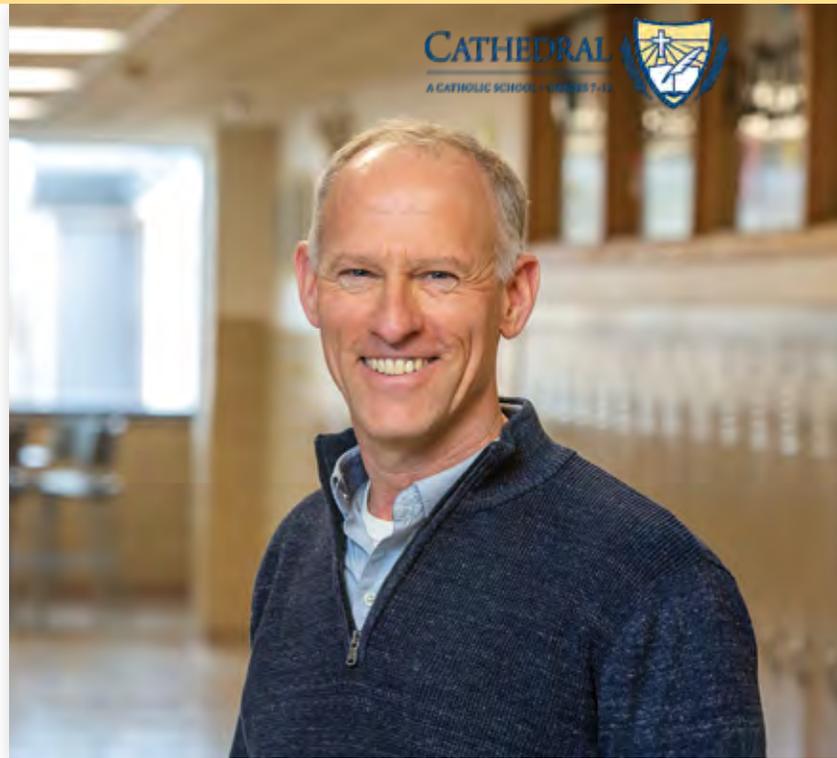


PHOTO COURTESY OF YUPPY PHOTO

Joan and Mike Sager '69 have a longstanding relationship with Cathedral and firmly support its mission of providing a quality Catholic education while inspiring students to live virtuous lives. That is why they've supported student scholarships over the years and have chosen to include the Cathedral High School Education Foundation in their estate plans, benefiting students far into the future.

Both Mike Sager and his mother, Marge Culnane '35, are proud graduates of Cathedral.

"I firmly believe that my Catholic education created the foundation to be a good Christian and a successful businessman," he said.

Mike met his wife, Joan, at St. Cloud State University. They later relocated to the San Francisco Bay area, and both pursued and achieved MBAs in accounting and taxation respectively.

"You would think that since Mike and I have similar degrees that we have similar brains," Joan added. "Nope. We pretty much have opposite skill sets. I met Mike when I was a brand new freshman at St. Cloud State. I was in the library working the 8 to midnight shift of work study. He was in the library then, STUDYING. Who knew! His study companion was "Rocky" Schnettler '69. Mike started as a history major who graduated with a degree in accounting. I graduated with a degree in elementary education. Yep, we were very different people who graduated as a married couple."

During her professional career, Joan worked as a certified public accountant, primarily as an auditor. She later accepted roles as a controller and chief financial officer and was fortunate to retire before reaching retirement age.

"Mike and I decided that, as part of that early retirement, I should devote some of my time to more volunteerism," Joan explained.

For many years, she served as the volunteer treasurer and board member for the Society of St. Vincent de Paul (SVDP), an international Catholic service organization which strives to feed, house and clothe the poor.

Mike and Joan have found great fulfillment in supporting SVDP's restorative justice ministry. This program enables volunteers to visit prisons, pray for victims of violent crimes and also operates Catherine Center, which provides housing, mentoring, education, therapy, spirituality and love for formerly incarcerated women.

Mike also worked his way through the ranks and became a senior tax real estate partner at a large regional CPA firm, Seiler LLP. He recently retired while continuing to represent the firm as a director on a national board.

"We firmly believe our success is due to our strong Catholic foundation," Mike said. "Our personal belief in charity continues as we endeavor to feed and house our neighbor as thyself during this pandemic.

"When we were able, we gave back to Cathedral both through volunteerism and financially. We established an education scholarship for a deserving student from a single-parent home. This student could not otherwise qualify or afford tuition under normal criteria. We were able to fund two four-year scholarships and Cathedral advised us that



both students went on to further their education after graduation.”

The Sagers have made Cathedral part of their estate and will planning, along with their daughter, Michelle, who also supports the importance of giving back to this important educational institution.

“Cathedral’s success has been realized through the support of prior alumni,” Mike added. “We wish to be part of that alumni team as Cathedral moves forward and continues to build a Christian foundation for generations to come.”

Support like the Sagers’ has provided a vital role in the success of Cathedral by helping to fill the financial need experienced by Central Minnesota families each year. Through the generosity of our alumni and friends of Cathedral, the Cathedral Education Foundation will provide support to generations of students and families far into the future. For this we are deeply grateful.

Your Vision Sustains Our Excellence

Gifts to the Cathedral Education Foundation endowment are a long-term investment in the stability and permanency of Cathedral. Endowment funds are permanent funds that provide the school with earned income while retaining the principal. For information on how you can support tomorrow’s students through The Cathedral Education Foundation, email

giving@cathedralcrusaders.org

or call (320) 251-3421.



Making An Impact



The Walz Family in St. Cloud has strong Catholic roots and has always believed in the value of a Catholic education. With six school-aged kids, though, the cost of a Catholic education was out of reach for Jonathan and Carolina Walz.

Jonathan works as a Community Health Worker at CentraCare Melrose, and Carolina is the Office Manager at St. Cloud Mission Office, Downtown St. Cloud. When their oldest child, Nathaniel, came home from his public middle school and begged to be transferred, they knew they had to re-evaluate their education options. Jonathan wanted a school that had fewer fights and less conflict and that shared their family values. They worked with Cathedral’s admissions team to explore their options and determine the financial support available.

Now, as a senior at Cathedral, Nathaniel is beyond grateful for the opportunity to attend a school where he feels safe, could grow in his faith, and is challenged academically.

“I firmly believe that whatever Cathedral costs, it is worth it, every single penny. But, without Cathedral’s Education Foundation, we would not be able to send our kids to Cathedral; we just wouldn’t. You have given my children an amazing, once-in-a-lifetime opportunity.”

- Jonathan Walz, father of four current Cathedral students.

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2020 REUNION WEEKEND IS POSTPONED

DOUBLE REUNION

August 13-15, 2021

Due to the current COVID-19 pandemic, it is not responsible for us to bring a large group together for the 2020 Reunion Weekend. If this was a reunion year for your class, please stay tuned for more information. We invite everyone to watch our website and your email for more information.



www.cathedralcrusaders.org
aschneider@cathedralcrusaders.org