

# Marian Catholic ALUMNI ASSOCIATION



JULY 2023

## BENEFITS OF MARIAN CATHOLIC EDUCATION EXTOLLED BY XAVIER PROFESSOR

A 2007 Marian Catholic High School graduate who is enjoying a rewarding career at Xavier University, the sixth oldest Catholic university and fourth oldest Jesuit university in the United States, credits his Marian Catholic education with the success he is now enjoying.

**Pat Filanowski**, son of Stanley and Kathleen (Bardzak) Filanowski of Cumbola, is an assistant professor and program director for the Exercise Science program at Xavier University in Cincinnati, Ohio. His mother grew up in Brockton and is a 1973 graduate of Marian Catholic.

"Reflecting on my experience at Marian Catholic, I can confidently say it played a pivotal role in shaping the trajectory of my career endeavors," said Pat, whose twin brother Brian (also 2007 Marian Catholic graduate), is also succeeding nicely as an associate wealth management advisor for Northwestern Mutual in Center Valley.

Pat said, "The knowledge and skills I acquired at Marian Catholic during my transformative years served as a solid foundation for the pursuits I am engaged in today. Marian Catholic not only provided me with a diverse range of academic subjects, but also taught me valuable life lessons, such as perseverance, discipline and the importance of setting goals."

For Pat, being a part of a great tradition at Xavier is a rewarding career as the university is known for being a premiere liberal arts institution whose NCAA Division I athletic teams, known as the Xavier Musketeers, compete in the Big East Conference.

Employed there since 2018, he heads up the Exercise Science program that has about 200 students in the Department of Sport Science & Management.

"The guidance and mentorship I received from dedicated Marian Catholic teachers, coaches, and community members cannot be understated," Pat said. "Their support, belief in my potential, and willingness to go the extra mile empowered me to push beyond my limits and pursue ambitious dreams. They instilled in me the confidence to chase after what truly inspires me and to persist in the face of challenges."

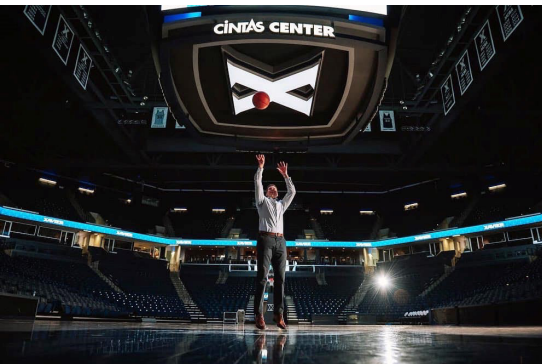
Exercise Science focuses on the anatomy, physiology, biochemistry and biophysics of human movement and the application to exercise, physical activity and therapeutic rehabilitation. Pat pointed out, "Our students learn to create and execute science-based exercise programs while learning to promote wellness for individuals of different ages, sexes, fitness levels and abilities. Upon graduation, they



are prepared to work in health promotion, fitness facilities, colleges and universities, clinical rehabilitation and in sport and athletic conditioning programs, and may be eligible for a variety of certifications."

During his time at Marian Catholic, Pat participated in cross country, track and field, and basketball. Later, he and his brother attended DeSales University, where they ran on the cross country and track teams. They were members of DeSales' conference championship cross country team in 2007 and the university's championship track team in 2011. He earned a B.S. degree in Sport and Exercise Science from DeSales University in 2011.

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**BENEFITS OF MARIAN CATHOLIC EDUCATION**

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Shortly thereafter, Pat became a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and then went on to earn his master’s degree in Exercise Science from East Stroudsburg University in 2013. After working for about a year as a sport performance coach at St. Luke’s Sports & Human Performance in Allentown, he began his pursuit of his PhD in Exercise and Health Science from the University of Massachusetts in Boston.

Pat said it was at UMass where he learned to become a researcher and educator, earning his PhD in 2018. Since then, he has worked in academia and has taught many undergraduate courses covering a wide range of topics in exercise science,

including applied kinesiology, exercise physiology, exercise science practicum, advanced research methods, strength and conditioning, exercise program design, health fitness assessment, and adapted physical activity.

Pat said his research “has focused on evaluating physical activity in families with children living in low-income, under-resourced neighborhoods and providing them access to free and safe spaces in their communities where they can be physically active together. My current research focuses on assessment and evaluation of the intensity, enjoyment, and feasibility of physical activity in children and their parents.”

While Pat is obviously a busy man these days, he is unlikely to forget where he

came from, saying, “Beyond the curriculum, my entire high school experience and being a part of the ‘Coal Region’ of Pennsylvania offered ample opportunities for personal growth and self-discovery. I had a lot of support from my family, the Marian community, and various mentors along the way. Looking back, I am grateful for the comprehensive education I received at Marian. My parents made it a point that my brother and I attend Marian Catholic to get the best education possible, and I am happy that they did. It laid the groundwork for my continued academic and professional endeavors, fostering a sense of curiosity, resilience and determination that propelled me forward.”



**2023 COLT FOOTBALL SCHEDULE**

August 19	Holy Redeemer (H), scrimmage
August 25	Schuylkill Haven (H)
September 1	Minersville (H)
September 8	Catasauqua (A)
September 15	Sayre (H)
September 23	Nativity (A), at North Schuylkill HS
September 30	Mahanoy Area (H) – Homecoming
October 6	Shenandoah (A)
October 13	Williams Valley (H)
October 20	Tri-Valley (A)
October 27	Pine Grove (H)

## MARIAN CATHOLIC GRAD IS ‘WOMAN OF INFLUENCE’



Lehigh Valley Business has selected 2000 Marian Catholic High School graduate **Katy Kresge**, MBA, associate vice president of campus operations at Cedar Crest College, Allentown, as a 2023 Women of Influence recipient.

Women of Influence Awards honor high-achieving women for their career accomplishments. The honorees are selected based on their professional experience, community involvement, and a commitment to mentoring.

“This year’s Women of Influence are professionally successful and committed to making a difference, inspiring change, and mentoring the next generation of leaders,” said Suzanne Fischer-Huettner, managing director of Lehigh Valley Business/BridgeTower Media.

Kresge has been working in higher education in the Lehigh Valley since 2005, having previously held positions at DeSales University and Lehigh University. She came to Cedar Crest in the fall of 2021 and served as director of Conference Services until December 2022, when she was promoted to associate vice president for Campus Operations. She currently oversees Maintenance, Grounds, the Rodale Aquatic Center, Conference Services and General Services, as well as the College’s contracted partners.

Kresge is committed to community engagement, particularly initiatives that educate and empower women. She serves on the Stakeholders Committee for the

Lehigh Valley Women’s Summit, providing logistical and venue support to the Summit and all associated events. She is also a passionate supporter of Habitat for Humanity of the Lehigh Valley, regularly volunteering during Women Build Weeks and participating in She Nailed It, Habitat’s signature fundraising event. She also serves as a fitness coach at KSP Fitness in Bethlehem, where she enjoys helping members build both strength and confidence.

“Katy Kresge is truly a Woman of Influence on our campus,” says Cedar Crest College President Dr. Elizabeth Meade. “Her skilled leadership of Campus Operations allows us all to work, learn, and grow on a campus that is clean, safe, well-maintained, and optimized for student success. She serves as an important role model for our students, many of whom have worked closely with her during her time in Conference Services.”

## FORMER COLTS TO ‘GET BACK IN THE HUDDLE’

The **Marian Catholic Colts Football Alumni and Gridiron Club**, which launched its inaugural get-together last Fall when its members honored Coach Stan Dakosty on his induction into the District 11 Hall of Fame, will hold its second annual event on the weekend of the opening of the 2023 football season.

The “Get Back in the Huddle” event is a perfect opportunity for former gridiron players and friends of the Marian Catholic football program to reunite in the excitement of the upcoming 2023 Colt program, as well as to raise funds to assist the program and its participants.

The weekend will begin with helping the Colts to usher in the campaign on Friday, August 25. Alumni can informally tailgate prior to the 7pm start against Schuylkill Haven, and the ex-players will line the field for the 2023 Colts’ entrance to the Men of Marian Stadium.

The following day, Saturday, Aug. 26, will be the official Football Alumni Gathering at the Mountain Valley Golf Course, 1021 Brockton Mountain Drive, Barnesville, giving participants an opportunity to renew their connection with the football program, reconnect with former teammates and have an impact on the current and future student-athletes.

The event will be from 4-8pm and will include presentation of the Colts’ Gridiron Club Award.

The cost is \$49 per person, which includes dinner. For more information, go to [www.coltsgridironclub.com](http://www.coltsgridironclub.com) and/or the Colts Football Alumni & Gridiron Club Facebook group. Scan the QR code for more information!





The Marian Catholic Blue & Gold Club is proud to present our 2023 Golf Classic on July 31, 2023 at Valley Country Club in Sugarloaf. Cost: \$110 per golfer with various sponsorship opportunities available. Registration is limited to the first 100 golfers and we anticipate a sell-out event! Register early to ensure your spot – we are eager to see you on the course! All proceeds benefit the Marian Catholic Blue & Gold Club which helps fund our sports teams and extra-curricular activities including band, cheer and performing arts. Please visit our website for more details and opportunities!  
<https://www.mariancatholic.org/post/bgc-golf-classic>

## WELCOMES THIRD CHILD

**Amanda (Majetsky) Yaari, '99**, and Adam Yaari welcomed their third child, a son, Avery Ulysses Palmer, who arrived on May 21, 2023, at 4:38 p.m. Avery was delivered at New York-Presbyterian Weill Cornell Hospital in New York at 8 lbs. 7 oz. and measuring 20.5 inches. Avery joins two older sisters, Madeleine Grace (4.5 years) and Caroline Elizabeth Anne (2 years). Congrats to the Yaari family!

## IN MEMORIAM...

*Marian Catholic alumni and friends are asked to keep in their thoughts and prayers the families of the following:*

- Mrs. Mary Eileen Ashfield**, 71, of Mahanoy City, passed away on June 28, 2023. She was the wife of Jay Ashfield. Born in Coaldale she was a daughter of the late Alfred and Bernadette (Hanlon) Swetz. She graduated from Marian Catholic High School and was the sister of Bernadette, wife of Ted Hafer, Alfreda Pugliese, and the late Anne Gurka.
- John Joseph Lattanzi**, 64, of Tamaqua, passed away on July 2, 2023. He was the husband of Beth (Davies) Lattanzi. John was a son of the late Daniel Lattanzi and Marion (Maff) Lattanzi, and graduated in 1977 from Marian Catholic High School. His survivors include a daughter Olivia and siblings, Madeline, wife of David O'Brien, Daniel and Joseph, and his wife, Cindy.
- David J. Ogradnick**, 56, of McAdoo, passed away on June 4, 2023. A son of Jerome V. and Beverly (Brezinski) Ogradnick of McAdoo, he was a 1984 graduate of Marian Catholic High School.
- Mrs. Isabelle (Zelonis) Yacobenas**, 104, formerly of Tamaqua, passed away on July 1, 2023. She was the wife of Joseph J. Yacobenas. Her daughter, Alice Miller, graduated in 1968 from Marian Catholic High School and has been on the faculty at St. Jerome's Regional School, where she will begin her 50th year in Catholic education this Fall. Alice's daughter, Ann Marie Polinger, graduated from Marian Catholic High School in 1999.

## SHARE YOUR NEWS WITH US

Our alumni are important to us – we want to know how you are doing! Share any important news or updates from our Marian Catholic alumni that occurred throughout the year by emailing us at [alumni@mariancatholic.org](mailto:alumni@mariancatholic.org).

