



Saint Agnes School

Arlington Catholic  
High School

# Alumni Newsletter

January 2025

## A Word from Michelle Casey

Dear Arlington Catholic Alum,

Happy New Year! I hope you had a wonderful holiday season and are energized for the year ahead. Reflecting on 2024, I'm reminded of how quickly time passes and how rewarding this past year has been as I settle into my new role. I'm incredibly grateful to be part of the Arlington Catholic community and excited about all we can accomplish together in 2025.

As we kick off this new year, we're preparing for Catholic Schools Week, a time to celebrate the outstanding work happening in our schools. Archbishop Henning will celebrate a special Mass at Saint Agnes Church on Sunday, January 26 at noon. I invite all of you to join us as we honor the spirit of Catholic education.

Watch your mailbox for the newest edition of *Fidelitas Magazine* in the coming weeks. It's packed with exciting updates, stories, and accomplishments from the past year, and I can't wait to share it with you.

I'm also excited to invite you to our annual Quiz Night on Saturday, March 29. It's always a fun evening of friendly competition, and tickets will be on sale soon, so be sure to mark your calendars! I hope to see many of you there.

I'd also love to hear from you! Please don't hesitate to reach out if you want to reconnect or simply share your experiences at Arlington Catholic as a student or professional. Do you have any exciting news or milestones to share? We'd love to celebrate your achievements and keep our alumni community strong. Please also let us know if your contact information has changed so we can stay connected.

Your generosity continues to make a real difference in the lives of our students. Thanks to your support, we can provide the resources that help



our schools maintain excellence—from curriculum improvements to necessary maintenance and repairs. Your donations ensure our schools remain vibrant places of learning and growth for all who walk through our doors.

Again, thank you for your unwavering support and for being an essential part of the Saint Agnes/Arlington Catholic community. Wishing you all the best in 2025!

Warmly,  
Michelle  
781-646-5101  
mcasey@achs.net

## Alumni Spotlight: Ryan Southard '95

Arlington Catholic High School played a pivotal role in preparing me for my life's journey. Reflecting on my years there fills me with warm feelings of comfort and accomplishment.

As the Materials Director for Production Basics Inc., a leading manufacturer of ergonomic workstations, I oversee the procurement of all materials used in our manufacturing process and manage the workflow that transforms these raw materials into finished goods. Bundles of steel and other materials enter through one door, and a few weeks later, pallets of finished workstations ship out another door to a diverse range of customers across North America. It takes an absolute team effort to make this happen, and I am proud to have been a valuable member of this team for nearly 22 years.

During my time at Arlington Catholic, I was fortunate to be part of the Men's Ice Hockey team for four years under the guidance of Dan Shine, one of the most accomplished high school hockey coaches in the state. The culture that Coach Shine and his staff created emphasized hard work and preparation, giving my teammates and I an edge over our opponents every time we took the ice. For three consecutive years, Arlington Catholic Men's Hockey was regarded as one of the top teams in the state, capturing back-to-back league championships and competing in the state finals multiple times. This commitment to excellence forged a special bond among us young men, a bond that remains strong even thirty years later. I tip my cap to Coach Shine for the exceptional program he built and led for decades. I know the foundations and values I experienced on the hockey team are present in the other athletic teams, clubs, and classrooms at Arlington Catholic.

Much like the manufacturing process I described earlier, we all enter Arlington Catholic High School "raw" in some way. Over the course of four years, we strengthen and develop our character and faith, maturing into valuable members of the community with a unique sense of purpose. I encourage today's students to live in the present, "smell the roses," and savor this special time. Join a club. Try out for the team. Be kind. Put the devices down. And, with the Lord as your leader, continue to proudly

represent Arlington Catholic and your fellow students, just as many of us have done before you.



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*We are committed to featuring SAS/ACHS alumni and their lives after graduation in future editions of our alumni newsletter. Do you know of fellow alumni living the mission of SAS/ACHS in their professional or personal lives who would be open to being interviewed by Sister Barbara McHugh and featured in a future alumni publication? Please email Sister Barbara directly at [sbarbara@achs.net](mailto:sbarbara@achs.net) to nominate an alum or yourself!*

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## **Class of 2019: 5th Reunion**

The Class of 2019 held its 5th Reunion on December 27 at The Ford Tavern in Medford. It was a nice evening to rejoice and remember cherished Arlington Catholic memories. A good time was had by all!





## Upcoming Events

**SAVE THE DATE**



**Saint Agnes School /  
Arlington Catholic High School**

*Invites you back for*

# Quiz Night

**Saturday, March 29th**

**ACHS GYMNASIUM**

**DOORS OPEN AT 6:00 PM**

## Reunions

**0's and 5's...It's your reunion year!**

Reunions are run by members of each class and are held every five years. If your graduation year ends in a '0 or '5 your reunion year is 2025!

**[CLICK HERE](#)** to view a message from our Alumni Relations Ambassador, Sister Barbara McHugh, CSJ about planning for your upcoming reunion.

## Class Agents

We need Class Agents for the following classes: 1965, 1966, 1968, 1973, 1976, 1991, 1993, 1994, 2003, 2005, 2007, 2012, 2021, 2022, 2023, 2024

Click below if you are interested!

[Become a Class Agent](#)

## Class Notes and In Memoriam

Submit your class note for the next edition of Fidelitas!

This is a great chance to let your fellow alumni know what is happening in your life. Whether you've just hit a major life milestone, recently traveled somewhere new, or began a new business venture, we want to hear about it!

Click below to submit a class note today!

[Submit a Class Note](#)

### In Memoriam

If you are aware of a graduate of Saint Agnes School or Arlington Catholic High School who has passed away, we would be most grateful if you would kindly email Sister Barbara McHugh at [sbarbara@achs.net](mailto:sbarbara@achs.net).

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