

Southwest FOUNDATION news

Upcoming Class Reunions!

2003: May 25

1974: Aug 16

1973: Sep 8-9

Do you have a reunion planned or class news to share? Please visit SouthwestFoundation.org to find and share information about your class.

give TO THE MAX 
Nov. 16, 2023

Did you miss Give to the Max Day?

You can still contribute to our fundraising. See page 2 to view the amazing academic & enrichment opportunities our staff and students are planning.

MARK YOUR CALENDAR!

March 14-24 Spring Musical: Pippin

Don't miss the biggest show of the arts season! An acrobatic ensemble cast tells the story of a young prince who longs to find passion and adventure in his life, in this coming-of-age musical. Reserve tickets at showtix4u.com.

May 15: Southwest's Legacy FUNdraiser at France 44!

You are invited to the party of the year at Southwest's Legacy FUNdraiser! Join us for an evening of fun and fundraising with Southwest parents, alumni, staff and supporters. The evening will feature hors d'oeuvres, games, music from Jazz Band students, a raffle, Southwest swag, and a silent auction while we raise funds to support our school. Reserve your tickets today at SouthwestFoundation.org.

Students Give Back During BLAST Day

Southwest's 'Be Loving And Sharing Together Day' occurred the Friday before winter break. The tradition is a time where students and staff participate in service-based learning as they give back to our greater community. Students totaled 1,386 volunteer hours for more than 10 local non-profit organizations.



Students prepared food for The Sandwich Project at BLAST Day 2023.

The most popular activity was at Feed My Starving Children where an incredible 79,272lbs of food (367 boxes) was packed! Other offsite activities included 100 choir, band and International Club members visiting The Waters, and 5 groups of students volunteering at SW's feeder elementary and middle schools.

Students also ran a food drive amassing 915 lbs for local food shelves, \$900 in gift cards were distributed to families in the community and many bags of donated food, hygiene and clothing items were unpacked in the new *Laker Locker*, a free store for students in need.

The lunchroom was bustling as 432 Sandwiches were made for The Sandwich Project and delivered to Department of Indian Workers for distribution, and 19 Tie Blankets were made for the Ronald McDonald House.

Good fortunes were spread as 12 Holiday Packs were assembled for adopted families in our community, and cards, snowflakes and crafts were delivered to local nursing homes.

Students loved the day of giving back and felt it was perfect way to end the year.

Welcome Prospective Anthony Families!

This year marks an exciting update for the Southwest Foundation as we welcome Anthony Middle School families to our newsletter distribution. We want our prospective Lakers to get a glimpse of how Southwest is anchored in excellence, and read about our many opportunities in academics, athletics and arts. As enrollment season is here, students and families who are interested in a school tour can sign up using this code or calling (612) 668-3125.



Later this spring, the school will be in contact with the families of all incoming Laker freshmen with information about dates and times to register for classes.

Welcome to the Class of 2028 to Southwest!

Athletic Hall of Fame Inductees



The 2010 Boys Soccer Team return to Southwest for the HOF event.

This year's SW Athletic HOF induction event was held before a large gathering of alumni, students, faculty and community members in the SW auditorium on September 30, 2023.

Current Inductees:

Coach - Frenchie Rogers

Family - Coralie & Brittney Lockner

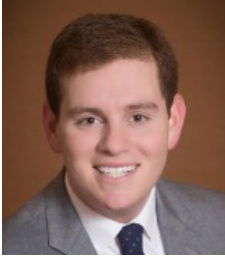
Booster - Jack Rice

Teams - 1955-59 Girls Badminton & 2010 Boys Soccer

Athletes - Nate Augspurgen (rugby), Jeff Rotsch (hockey), Callie Pastor (track and basketball), Dick Nelson (cross country) & D. Bowers (swimming).

The HOF committee is looking for new members. Meetings are twice per year: in the Spring and at the fall HOF event. If interested, please email SWHSHOF@gmail.com.

From the Chair



Happy New Year Foundation Supporters!

It appears Winter procrastinated, but nevertheless arrived at our doorsteps. I will admit being cooped up by frigid temperatures and frozen roads leaves me with a bit more time I occasionally fill scrolling social media. My undoubtedly carefully curated algorithm usually spits out dog videos — here's to you @dogsofinstagram — and Michigan Wolverines content, but now by virtue of a healthy amount of toddler-centric online activity, a lot of my latest targeting is in the vein of parenting hacks and the like. For example, yesterday I saw a short video about the brevity of early parenting. You only get 18 holiday seasons, a dozen or so birthday parties to plan, some mornings waiting at the bus stop, and precious few years before your kids stop living in a world with their parent(s) at

Brad Idelkope, '03

the epicenter. Then it's gone. "Make hay while the sun shines," as the saying goes.

Each high school class that goes through Southwest passes through an even shorter window. This set of graduating seniors get four years with some woefully short on in-school time. As a community and a Foundation, we have to make those days count. That's a huge part of what the Southwest Foundation aims to do — help make the high school experience special — one dance, class, extra book, or field trip at a time. The time is never as long as it feels in the moment, but with your help we can enrich the journey through Southwest for literally thousands of people.

We just completed our grant approvals and I am thrilled to have a small part in that process alongside my fellow board members. You'll see some of the highlights in this newsletter and everywhere else the Foundation disperses good news. If you can give to our cause, please do so, but if you aren't we thank you for your support.

Happy New Year all, let's make it count.

~Brad Idelkope

From the Principal



The halls of Southwest are once again filled with energized students and dedicated staff members as we have returned from winter break. We welcomed over 320 incoming freshmen this fall, and we are so

fortunate to have such tremendous students who embody the best of the Laker ABCs (Academics, Behavior, and Community) each day. On behalf of all Laker students and staff, I cannot thank the SW Foundation enough for all the support provided for our students each year. Your generosity truly makes a difference in the lives of our Lakers. Our winter sports season is in full swing, and our fine arts department is preparing for *Pippin*. I encourage everyone to come out and watch our incredible Lakers in action.

Thanks again for all you do. Go Lakers!

~Dr. Ed Bennett

'23-'24 Grant Requests

Each year the SW Foundation accepts grant requests from student groups, staff and administration that receive no district funding. Current fundraising allows awarding half of the \$110,000 requested. To help ensure all requests are funded, please donate today.

- IB programme, testing scholarships & ACT Prep
- Food & hygiene products for students in need
- PTSA's teacher supply requests
- High interest books for English class libraries
- Books for Spanish students voluntary reading
- Math Team competition & preparation costs
- Sensory & SEL items for student support suite
- Support of the annual ASL night
- Special Ed music exploration class curriculum
- Printing costs of Southwest Siren Arts Magazine
- Partnership with *Heart of the Beast* for 9th grade Social Studies classes
- Yearbooks for low-income household students
- Senior Last Day, Awards & Graduation costs
- Films/curriculum for Francophone cinema class
- Specialized art supplies for Studio Art Club
- French NHS graduation chords & Club materials
- Author visit & books for 9th grade English classes
- Pollinator garden perennials for Biology class
- Baking Club equipment and ingredients
- Mentorship exchanges and gear for the DJ club
- Biology class curriculum & supplies
- Robotics Team control system upgrades
- New stadium signage & wireless microphones
- A/V equipment for the commons & auditorium
- Food costs for Mindful Nutrition, Spanish & Special Ed classes cooking units
- Support for summer Community Theatre show
- PE department & Ping Pong Club equipment
- International Club end-of-year event

Transportation for field trips:

- AVID student college tours
- English/Philosophy classes to Buddhist Temple
- Spanish food markets for Spanish classes
- Homecoming Band & Cheer tour to feeder schools
- Japanese class trip with exchange students
- Senior Class Party transportation
- State Capital for SW Activists for Change club

SW's Sweet New Club



Helena Wheeler, Mia Adams & Iyanah Legg sample their masterpieces at a recent Baking Club meeting!

Southwest has a delicious new club this school year! Senior Mia Adams is the leader of Baking Club. "My original goal was to learn new recipes and connect with others in the Southwest community who are as passionate about baking as I am," she says.

"It's been such an amazing experience to see so much excitement and enthusiasm around everyone's creations!" Advisory Kim Kolstad shares that students are enjoying socializing and talking about baking techniques. "We are learning a lot about the science of ingredients and heat!" she says.

The students naturally enjoy eating their tasty creations but are eager to share too. Before winter break the group baked cakes in appreciation for some of their Southwest teachers. Other club plans include giving out cookies, having picnics and outings, and overall, just spreading the positivity!

The club applied and was awarded a Southwest Foundation grant to purchase needed equipment and ingredients this year. Baking cocoa has been one of the most sought after purchases as Kolstad shares they can never have enough of it. Adams says, "Starting baking club has been a new venture for me, but the connections I've made and the new things I've learned have made it more than worth it."

SOUTHWEST LAKERSTORE .COM

SHOP LAKER GEAR ONLINE 24/7,
365 AND PICK UP ON SCHOOL
DAY FRIDAYS DURING LUNCH!

Alumni Turned Staff

Southwest High School opened in 1940, and in its 83-plus year history has undergone countless changes and renovations. However, some faces have stayed the same throughout the years. The *Navigator* is the fourth iteration of the school newspaper following *The Anchor*, *The Southwester*, and the original publication, *The Arrow*. This past fall student journalists caught up with some alumni who chose to return to their alma mater for work.

Val Rittler ('83) worked at various other MPS schools before taking a position at Southwest in 2003, and has been teaching social studies since. As a student she participated in multiple sports and clubs, and was even a writer for *The Southwest Arrow*. "Southwest really helped me with my writing skills and athletic discipline. It was a community that put a lot of effort into raising young people to become healthy adults. I feel lucky that I got to be a student here," Rittler said.

Shukri Ahmed ('18) shared similar feelings about the community at Southwest. "Working alongside my former teachers is fun, especially because they were a part of my youth and now they are a part of my adulthood." Ahmed is a Special Education Assistant, along with fellow recent graduates Muna Mohamed ('18) and Jayden Moses ('20).

Nathan Hamel ('99) had the unique experience of being asked by his Japanese mentor to teach the class where he learned the language when Kyoko French retired. "Everything comes full circle... it's nice to get to have relationships with [teachers] from both sides," Hamel said of returning.



Jayden Moses

Students bank a lot of hours at school in their formative years and can find passions or skills through their classes, clubs and sports. This can lead students towards their careers.

Throughout its history, Southwest has always had strong fine arts programs which is reflected in the numerous alumni who have become musicians, writers, poets and theatre artists. English teacher Drayton Cousins



Shukri Ahmed



Robbie Brink



Emma Campbell



Drayton Cousins



Graham Evavold

('09) said, "I was a big theater kid in high school. Of course, I loved English class and also art class. Southwest did a great job preparing me to be a strong writer and reader."



Dan Froehlich



Nathan Hamel



Jodi Marker-Perelman

Dave Premack ('04) was in Student Council and was Editor of the student paper but recalls spending more time in the auditorium and blackbox than class. He now is Technical Director for the



Muna Mohamed



Kyle Munshower



Dave Premack



Val Rittler

theatre program and runs Southwest Community Education. Working alongside Premack in Community Ed is Emma Campbell ('16), who danced and was on the Golf team. She is now

the assistant golf coach. Her favorite teacher was "Ms. Jodi" as she is known to students.

Jodi Marker Perelman ('87) is another alumni who found her way back to these halls.

"My Southwest experience taught me how to be proud of where I came from and who my peers were. Accepting all people from different backgrounds is important to be successful in your career and life," she said. Perelman started a Deaf and Hard of Hearing program at Southwest in 2006 and teaches American Sign Language.

Kyle Munshower ('14) is a facilitator with the nonprofit Project Success that hosts workshops at Southwest regularly for students in addition to offering theatre experiences, college tours and institute classes. "I like when things I do feel meaningful," said Munshower.

Southwest has many former athletes that are now coaches, including Girls Basketball's Dan Froehlich ('75), Wrestling's Graham Evavold ('16) and Robbie Brink ('06) who serves as the Girls Volleyball coach. He summed up the magic of working at one's alma mater. "Being at Southwest as a student, coach, and teacher for this many years — my favorite thing is being a part of the legacy that's in the building and helping the foundation grow."

The alumni all had different routes back to Southwest, but they shared a passion for positively influencing the next generation through their efforts in coaching, teaching, and mentoring students as well as programming work behind the scenes.

"I didn't imagine working at Southwest when I was a high school student, but now that I work here I am happy that I can make an impact on the students' lives," Ahmed said.

This article was written by Sam Scott for The Navigator, Southwest's student newspaper, and has been edited for this publication.

AVID College Tours

Southwest AVID (Advancement Via Individual Determination) students visited two colleges in November.

The first visit was to MN State Mankato, where AVID senior Nadira Yusuf, enjoyed learning about the unique majors Mankato offers like Aviation and Applied Leadership. Students were given food vouchers for the school cafeteria and Senior Ka'Janea Banks gave the ice cream machine a 10-out-of-10. She also noted that the school is known for their low tuition and high financial aide rates. Despite it being 85 miles from the Twin Cities, as Ruqiya Omar mentioned, everyone enjoyed the tour and three AVID seniors have already applied for the fall.

The second visit was to the Dougherty Family College (DFC) at the St. Thomas Campus in downtown Minneapolis. Students took

a tour of the campus, learned more about the program and were able to have lunch in the dining facility. "The food was great and the people there were so sweet. It looked like a really good option to use as a stepping stone," said sophomore Zerina Mohamed. Senior Nahwo Abdi pointed out that purple is the color for both DFC and Southwest. Senior Keyli Juarez Lopez also enjoyed the food and thought it was cool that the college is connected to the skyway system. Abdiqani Hussein, also a senior, learned that if you attend DFC you can matriculate to the four-year school in St. Paul for free. "You will most likely be debt free [and that] they have a school in Rome," he added.

These college visits, as well as other programming for AVID, is made possible with the support of the Southwest Foundation. Southwest AVID students thank the Southwest Foundation for providing such enriching opportunities. To continue these important educational milestones, please make a donation today.

Alumni Corner

Ava Kian ('19) as MinnPost's race and health equity reporter was recognized by the National Association of Black Journalists during its 2023 Salute to Excellence Awards. She was also named 'Journalist of the Year' by the Minnesota Society of Professional Journalists.

Chuck Aoki ('09) led the Skol chant at the Vikings game on New Year's Eve for NBC with fellow MN Olympian Suni Lee. Aoki is currently preparing for the 2024 Olympic games in Paris.

Maurie Glover ('86) was nominated for a regional Emmy award with FOX9 News.

Max Voda ('16) became associate conductor of the City of Lakes Community Band.

Steven Mosborg ('74) was recently featured in Voyage Minnesota for his photography work.

To share an alumni update, please email us at info@SouthwestFoundation.org.

Southwest KUDOS

Band, Choir, Guitar & Orchestra students for creating beautiful music at the Southwest @ Orchestra Hall December concert.

English teacher **Drayton Cousins** who achieved tenure in MPS.

National Merit Commended Scholars **Grace Davis, Amra Kelly**, and National Merit Semi-Finalist **Esalina Vincenty**.

Cheerleaders, Dance Company & Band members that travelled to Southwest feeder schools to spread SW Homecoming spirit!

Link Crew students for running a wonderful first day of school program for 9th graders.

Debate students **Ella Burke, Alexa Filipczak, Ava Sellal & Olaedo Ngwu** for the JV Classic; **Henry Heiken, Siri Brooks, Anna Robertson & Lucy Vokes-Ruffcorn** for the Novice Classic, & **Anna Bomar, Aoife Moka-lla, Jack Brevason & Muhammad Sallam** who participated at the State tournament.

AD **Jared Mountain** was inducted to the MN State High School Baseball Coaches Hall of Fame!

Athletic Update



Girls Volleyball had another playoff season.

It was a wonderful fall season for Southwest as we had 500 athletes compete in 10 different programs for 25 different teams. Our Girls Soccer, Volleyball, Swimming and Cross Country teams all won city conference titles. Volleyball finished 2nd in Region 6AAAA for the 2nd year in row. **Sam Scott, Nate Meyer** and **Annika Midness** all qualified for the State meet in Cross Country and **Scott**



Conference Champion Girls Cross Country team!

and **Meyer** were both named All-State. **Scott's** momentum continued as he finished 2nd in the State Cross Country Meet for the



Sam Scott, Annika Midness & Nate Meyer advance to State.

second year in row and was named the MN Gatorade Player of the year. He then went on to place 12th in the country at the Nike Cross Country National in Oregon which made him All-American. He has signed with the University of Minnesota to run Cross Country next year.

Jared Mountain, Athletic Director

Remembering Kelly Doran



Southwest alum Kelly Doran ('75) passed away on December 28, 2023. Kelly founded the Doran Companies and later The Doran Group and was one of the leading

developers in the Twin Cities area. Kelly never forgot his roots at Southwest. He was one of the early members of the Southwest Foundation and often donated generously to support needs at the school.

He also sponsored scholarships for Southwest grads attending the University of Minnesota to live rent free in his campus apartments.

Kelly was very proud of his time at SW, including his position as a starting guard on SW's last Twin City Champion football team.

He will be greatly missed by the Southwest community.

Girls in the Shop



Girls in the Shop students measuring and cutting lumber for their birdhouse construction project.

According to the American Association of University Women, only about 34% of the STEM workforce is female-identifying, and only about 16% of the engineering and architecture workforce is such. There is a gender gap between men and non-men in the field of STEM, both in and out of school and the workplace, and some of the students at Southwest have taken the initiative to make a difference.

This fall, Southwest students and robotics team members Haley Durkee, Brianna Dykoski and Ryan Heuer led the nine week-long program 'Girls in the Shop.' Held in the wood shop on Mondays after school, the program aimed to increase girls and non-binary people at the schools' interest in STEM through learning and utilizing technical skills through hands-on projects. The program welcomed all gender identities and encouraged participation in hands-on engineering, computer science and STEM activities as an inclusive learning experience. From Sep-

tember 18 to November 20, participants engaged in a variety of projects to develop and grow these important skills. Co-leader Haley Durkee said, "[The program] was largely a success! We were able to complete four projects utilizing the technical skills of woodworking, soldering and CAD." The group built birdhouses, designed custom 3D printed figures on Onshape, and soldered an alternating flashing light circuit into their 3D printed figurines. For their final project, they built a trebuchet.

The program received funding through a robotics Diversity, Equity & Inclusion grant from FIRST Upper Midwest, part of which was also spent on running a science fair at Windom Elementary on December 6. The student leaders thank Carol Cafferty, Lynn Meyer, Tim Dirr, and Brenda Everitt who were volunteer supervisors for the program and helped make everything run smoothly.



Haley Durkee, Marlow Johnston, Ryan Heuer & Olaedo Ngwu with their Girls in the Shop projects.

The students hope the program continues for years to come. You can follow them on Instagram at @girls.intheshop.

This article was written by Lili Malone for The Navigator, Southwest's student newspaper, and has been edited for this publication.



The Southwest Foundation is a non-profit 501(c)(3) organization whose mission is to work with Southwest High School and its alumni to create an exceptional educational experience for all students. The Foundation raises money to support academic, athletic and artistic opportunities for students and to provide scholarships to graduating seniors.

There are many opportunities to become involved with and support the Southwest Foundation. We are currently seeking volunteers, committee members and board members. To learn more or to donate, visit SouthwestFoundation.org.

Current Board Members
Dan Froehlich '75, Alumni Engagement, Coach, Parent
Brad Idelkope, '03, Chair
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Allison Krueger, Parent
Jodi Marker-Pereiman, '87, Faculty
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