



southwest FOUNDATION news

Upcoming Class Reunions!

1980s All Classes: June 17
1955: August (date TBD)

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

Southwest Alumni Flying High

Many accomplished Southwest alumni have recently had their day in the sun. We are humbled to share their highlights!



Tracy McMillan '83

1983 graduate Tracy McMillan has a new Hulu series set in Minneapolis titled *UnPrisoned*. The show, starring Kerry Washington and Delroy Lindo, is a dramedy telling the story of an adult daughter and father who are navigating their relationship and reconnecting after the latter is released from prison. Fellow Minneapolis-natives Jimmy Jam and Terry Lewis composed the show's music. *UnPrisoned* has a 92% score on Rotten Tomatoes.



José Miguel Fresco Hanlon '22

2022 graduate José Miguel Fresco Hanlon competed at the U.S. Nordic Junior Nationals in Fairbanks, AK in March as one of the best skiers in the country under 20. Miguel competed in a series of three races over four days, and finished 17th in the 7.5 km classic technique race, 4th in the freestyle sprint and 6th in the 15 km freestyle race. He will attend New Hampshire University this fall to ski and study medicine.



Erica Nelson '04

2004 graduate Erica Nelson, an astrophysicist and professor at the University of Colorado – Boulder, was featured on *60 minutes* discussing the groundbreaking investigation of five galaxies believed to have formed quickly after the Big Bang via the James Webb Telescope. The *60 Minutes* episode ran on April 9, 2023, and is available online. Nelson states the appearance may have been the highlight of her career.



Claire Forrest '09

2009 graduate Claire Forrest had a book released May 2, 2023, titled *Where You See Yourself* based on her lived experience as a wheelchair user who has cerebral palsy. In the Scholastic Preview she talks about "wondering if New York was too much for a girl in a wheelchair to conquer." It is currently at #1 in its category on Amazon. Her work has been in HuffPost Personal, Bustle, and SwimSwam.com, and is available at ClaireForrest.com.

Athena Award Winner



Senior Virginia Johnson is the 2023 Southwest Athena Award winner. Virginia will be honored at the Athena banquet, along with the winners from all of the other metro area high schools on May 5, 2023. The Athena Award is given to one senior female student-athlete from each high school who has distinguished herself in athletics. At Southwest, the winner is determined by nominations from coaches and a vote conducted by all women's coaches and the athletic director.

Virginia had a six-year career as a Southwest basketball player, with five of them on varsity. She finishes her career as the second all-time leading scorer with 1,647 points and all-time leader in assists. She was a three-time captain, was named All-City three times, Conference Co-Player of the Year twice, All-State Honorable Mention and All-State Academic her senior year. She also played on back-to-back conference champions her junior and senior years (two of the four in school history). Virginia plans to continue her academic and basketball career at Smith College in Massachusetts next year.

You are invited to attend a

**SOUTHWEST FOUNDATION
FUNDRAISING EVENT**

LAKER LEGACY

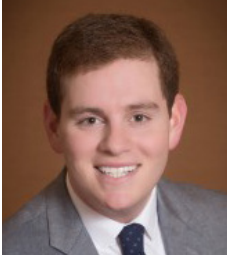
THURSDAY, MAY 18TH 2023

7:00 PM

\$75 PER TICKET

You are invited to the party of the year as the Southwest Foundation Laker Legacy event returns! Join us May 18 at the new France 44 event space for an evening of fun and fundraising with other Southwest parents, alumni and supporters. The evening will feature hors d'oeuvres, games, music from Jazz Band students, a silent auction and short speeches from staff, all while we raise funds to support our students. A limited number of tickets are available for purchase at SouthwestFoundation.org.

From the Chair



Greetings friends,
I don't know about you, but early spring is my favorite time of year. As Minnesotans, we earn the positivity that comes with the change of season by powering through a record-setting winter.

Seems like an apt metaphor for a senior class that endured as much hardship and difficulty in the last three years only to come through showing impressive drive and flexibility. I am proud that our Foundation can continue to support such a resilient student body and we will continue to do so.

Speaking of graduating classes, I recently learned that the Hennepin County Library system has digital versions of historical Southwest Yearbooks from 1944-1988 available online. A gentleman with no prior history with the Foundation reached out looking to add a few missing pieces to his family tree project. Luckily, our dedicated Library Media Specialist, Michael Ries, pointed me to the landing page: <https://digitalcollections.hclib.org/digital/collection/Yearbooks>. I'm not embarrassed to admit I went down the rabbit hole looking through a few

SW BY THE #S

- Students speak 28 different languages
- 68% of 2022 graduates attended a four-year college/university and another 17% enrolled at a community college
- 8 Nationally Board-Certified teachers
- 90% of students take one or more advanced academic course
- 1,000 students participate in 28 athletic programs with 3.5 average GPA
- The class of 2023 has 43 IB Diploma and 14 Career certificate candidates
- 63 advanced academic courses offered
- 1,218 college credits earned by 354 students through concurrent enrollment in 2022
- 912 IB and AP exams taken in 2023

historical Wagistanians. I even tracked down my parents' senior yearbooks from St. Louis Park and West High from the 1960s. File that under "The More You Know."

The Foundation also has exciting plans for 2023. From the Laker Legacy at the newly finished France 44 venue, the Southwest Athletics Hall of Fame and much more, please consider learning about the events we are working on and joining if you are able. Many of them are featured in this newsletter. If you need more information or would like to get involved, please get in touch.

See you out there, *Brad Idelkope*

From the Principal



As I near the end of my first year as Southwest's principal, I wanted to take a moment to thank everyone who contributes to the Foundation for all the wonderful support for our Lakers! We've had such

a great year that would not have been possible without your support. Here are only a few of the ways the Foundation has made a difference for our kids: ACT preparation classes; teacher supplies to support student learning; mannequins for CPR training; art club supplies; books for students in our Autism/DCD program; items for our nutrition labs; snacks for students who have diabetes/allergies/other health conditions.

Of course, this is not a complete list, but every single item matters. I've seen firsthand how the course of student's day can change in an instant when they stop by the nurse's office, get a snack, and a warm hello from a staff member. Thank you for making such an incredible difference for our kids.

Looking forward to a great '23-'24 school year at Southwest. Thank you, Southwest Foundation! *Ed Bennett*

Honoring the Southwest 1970 Hockey Team



The 1970 Hockey State Champion Team was inducted into the Minneapolis Hockey Hall of Fame on Mar 11.

On March 7, 1970, the ultimate high school hockey border battle took place when Minneapolis Southwest and archrival Edina met for the Minnesota state championship. Edina was the undefeated defending state champions.

Southwest and Edina did not meet during the regular season that year, allegedly because Edina did not think they would be a worthy opponent, even though Southwest had defeated Edina in each of the previous two regular seasons and had made it to the 1969 state tournament.

Southwest swept through league and non-conference play without a loss, with only a 2-2 tie against Washburn to mar an otherwise perfect record. Southwest then defeated Harding 3-2 in the Twin City Championship game and went on to win the District 17/Region 5 championship with a 3-1 victory over Washburn.

In the state tournament quarterfinal Southwest defeated North St. Paul 4-3 in overtime, after entering the third period down 3-0. The winning goal was scored 38 seconds into OT by Paul Miller, his third of the game.

In the semifinal Southwest topped Hibbing 3-1. In the meantime, Edina won their quarter and semifinal games, defeating both Warroad and St Paul Johnson in OT.

The stage was set for the championship game, between two unbeaten teams. What a game it was. Neither team scored in the first or second periods. With ten seconds left in regulation Edina star Bobby Krieger had a breakaway on Southwest goalie Brad Shelstad, but was stopped when Shelstad made a miraculous save, some say the greatest save ever in state tournament history. The game went into overtime, ending 6 minutes 14 seconds in, as a Bobby Lundeen slap shot deflected off Bill Shaw's chest and into the Edina goal.

Southwest became the first (and remain the only) Minneapolis team to win the state title. The team was led by Hall of Fame coach Dave Peterson, who spent 27 seasons with the program and then coached the US team in two Olympics. The players, who had come from the neighborhoods and rinks of Pershing, Linden Hills and Armatage, had won it all, not only for Southwest High, but also for all of Minneapolis.

To commemorate the historic 1970 season, the team was inducted into the Minneapolis Hockey Hall of Fame on March 11, 2023.

You can learn more about the city with the greatest hockey history in North America at www.mpls hockeyhof.com!

Editor's Note: This story was originally written by Chris Middlebrook for MplsHockey.com. It was edited for length to fit this publication.

Golf Event & Athletic HOF Sept 29-30

Mark your calendars for the SW Foundation's annual golf event! A 1:00 pm shotgun is scheduled for Friday, September 29, 2023, at Meadowbrook Golf Course. Sign up information is at SouthwestFoundation.org. We are looking for businesses, groups or individuals to sponsor a hole (\$200) or donate prizes for both the golf event and a raffle. Please contact Allison Krueger at fullswingconsultants@gmail.com if you are interested.

The annual Southwest Athletic Hall of Fame induction celebration will be held September 30, 2023, with a program in the auditorium and reception in the commons of Southwest. Nominations of candidates can be made at swshof.com. We are also accepting new committee selection members. See page 4 for information.



Student Artists' Creative Juices Overflow



Student artwork on display in the Southwest Commons.

One can't enter Southwest without immediately being presented with the reminder of the school's robust arts scene. From visual art displays in the main staircase, to posters promoting upcoming auditions and performances, the arts are big players! While much attention is regularly garnered to deserving athletic accomplishments, student artists have been busy creating all year long.

In February, Southwest and Anthony Middle School students performed together in the annual winter bridge concert. February also marked the successful annual *Hot Notes on a Cold Night* Fundraiser, which was highlighted by over 100 students showcasing their talents in choir, theatre, guitar, dance, band and orchestra performances. And a special performance was given by Southwest's #1 arts patron, Principal Bennett. February also saw performances from students during an in-school Black History Month celebration which included a fan-favorite fashion show.

March was crowned with the annual main stage musical, *Mamma Mia*, involving 100 students in the cast, pit band and crew. The run was a smashing success, selling out nearly all shows, a feat not done in many years.

In April, students went on tour across the country (Choir to San Diego, and Dance, Guitar, Band, Orchestra and Theatre to Chicago) to take master classes, do exchanges with area high schools, attend performances and experience the local art scenes. Music students also performed at Orchestra Hall on April 25, following the MN's Orchestra concert at Southwest. The April 26 International Festival included music and dances at lunch.

The spotlights will shine bright again in May in a flurry of end of year events and performances. The annual Film Festival of student works will premier May 11. A new choir show to Southwest's program, *ReVue: Legends, Icons & Stars*, runs May 17-20. The annual spring concerts will hit the stage May 22-June 1 and will feature second semester work of all



A scene from the spring musical, *Mamma Mia*.

performing arts students. Visual arts classes have their end-of-year showcase, the Young Artists Party, on May 25, and on May 31 many will come together to perform at the Somali Cultural Celebration. Visual artists, photographers, poets and creative writers are



University of Illinois staff Conduct SW students on tour.

also busy preparing for the spring release of the *Siren*, Southwest's student literary magazine. Printing costs are being funded by the Southwest Foundation.

Don't miss the chances to see Southwest arts students showcase their work! Visit southwest.mpls.k12.mn.us for more information.

Upcoming Arts Events

- Film Festival, May 11 @ 7pm
- ReVue, May 17-20 @ 7pm
- Guitar Concert, May 22 @ 7pm
- Choir Concert, May 23 @ 7pm
- Dance Concert, May 24 @ 7pm
- Young Artist Party, May 25 @ 5pm
- Band/Orchestra Concert, May 25 @ 6:30pm
- Somali Cultural Celebration, May 31 @ 7pm
- Jazz Band Concert, June 1 @ 7pm

Tickets available at the door for all events

Dr. Betsee Parker Donation Funds DCD Curriculum

Teacher Kelli Montbriand has students in the Autism and DCD (Developmental Cognitive Disability) programs at Southwest. Her students enjoy many subjects, including reading, despite being significantly below grade level. She strives to create an inclusive classroom that supports her students, but it hasn't always been easy. "It is challenging to find books that are both low-level and high-interest for these students," she says, and adds, "They still deserve books that are age-appropriate in terms of content (dealing with issues of racism, coming of age, biographies, history, etc.)." Last year she went to multiple libraries for classroom book sets which took substantial time and planning. That changed this year as she applied and was awarded a \$400 Southwest Foundation grant to purchase a classroom set.

Down the hall in Sheri Bode's DCD Literacy and Math classes, she also had a classroom need that was unfunded. Each week, she and her students read stories from the *News-2-You* curriculum that include adapted recipes.

"They still deserve books that are age-appropriate."

The lessons involve learning cooking vocabulary and practicing measuring ingredients, but she didn't have a budget for the food. She applied for a \$250 grant to purchase the food as she stated, "This would be so beneficial for our students to be able to actually make the recipes rather than just reading about them. Our students need to build functional skills." Her grant was fulfilled, and her students loved the complete learning experience.

The selection of the annual grant awards is highly competitive as requests often top \$100,000 while fundraising falls far below that level. Grants are examined on a number of criteria, but these grant requests required no debate; they were approved unanimously.

Funding was possible due to the generosity of Dr. Betsee Parker ('69). In 2018, she made a sizable donation to Southwest with a portion for teachers to find innovative, impactful ways to expand their classroom presence and subsequently give kids reasons to "want to learn." These teacher's request fulfilled her mission perfectly. You can support the amazing staff, students and programs at Southwest, just like Dr. Parker, with a donation today. Visit SouthwestFoundation.org to learn about the impact you can make.

Southwest KUDOS

Senior **Nesteho Abdi**, Junior **Irene Howard** & Sophomore **Ava Sellal-Sausser** who serve as Citywide Student Council members.

Director of Instrumental Music, **Reid Wixson**, on being a runner-up for Teacher of the Year!

Junior **Oliver Adler** & Sophomore **Jayce Bender** for placing first and second in the MPS Citywide Check It Out Chess Tournament.

Seniors **Malcom Munnich**, **Mia Kovan** & **Nathalie Lambelet** who are National Merit Finalists!

Sophomore **Halimah Abdullah** who is one of two MPS students to serve as a Student Representative to the Minneapolis School Board.

The **SW Art Students** whose "13 Moon's on Turtle's Back Landscapes" is getting acclaim while displayed at the office of MN House of Representatives Majority Leader, Jamie Long.

Sophomores who completed and presented their Personal Projects as part of the IB Middle Years Program requirements.

Senior **Malcomb Munnich** who was ranked one of top 50 at the State Math Invitational.

Athletic Update

Southwest Athletics had another successful winter season with over 290 students participating on 24 different teams. Our athletes also shined in the classroom as they averaged a 3.73 GPA with many making MN All-Academic Teams.



Southwest Girls Basketball after claiming the City Title!

On the hardwood Southwest had one of their best years ever! Girls Basketball won their second city conference title in row for the first time in school history. They finished with a 20-6 overall record and a 11-1 record in conference. The senior heavy team was led by **Virginia Johnson** and **Jhanae Green** who both finished their high school career with over 1,000 points.

The Boys Basketball team had their best record in 35 plus years finishing second in the conference and a 19-8 record. Southwest beat North High School, ending their 75+ city conference

winning streak. Junior **Liam Farniok** led the team with an average of 24.2 points per game.

Boys **Coach Keenan Shelton** won coach of the year in the city and in Region 6AAAA. Coach Keenan also coached in the State All-Star Game. These were well-deserved honors.

Girls Gymnastics won the City Conference and Twin City Championship. They were led by junior **Keira Murphy** who had the highest all-around score for a SW gymnast in many years.

The Girls Alpine Team qualified for the State Meet at Giants Ridge and finished in fifth place. The team consisted of **Ingrid Hartzell**, **Elli George**, **Avery Patterson**, **Lucy Renz**, **Lia Rulf** and **Eva Voyakin**. **Parker Hunt** qualified for state for the Boys Alpine Team.

The Boys and Girls Nordic Ski team continued their success sending six skiers to the state meet in Biwabik. The skiers were girls **Zoe Sumner**, **Tessa Dahlquist** and **Keira Dahlquist**, and



SW Nordic skiers with their coaches at State!

greeted by their eMentors and enjoyed a luncheon together. Another highlight was touring the headquarters, including the engineering and prototyping shops where they saw 3D printing, extreme climate testing, machining, and sound engineering firsthand.

The AVID program is one of the great strengths of Southwest High School. It is a four-year class dedicated to offering academic and personal support to students from demographic backgrounds that are traditionally under-represented in college. More importantly, AVID students develop a community of support for one another as they navigate high school and the college admissions process.

The AVID students are learning a lot from this program. Nanissa Delaney shared, "You have to work hard to get what you want in life and be willing to fail before winning," and Hailey Ortiz added, "[I learned] how to professionally communicate and build a connection with someone."

Special thanks to the nonprofit Best Prep, who's eMentors program helps urban students achieve their career and college goals.

Brian Meyer, AVID Teacher

on the boys side it was **Wes Sumner**, **Sam Scott** and **Jack Bode**.

In Boys Swimming **Ben Kell** qualified for state in the 50 and 100 Backstroke

Under coach Jackie Benaly, our competitive Cheer Team finished first and second in two of their meets and the program continues to grow.

The Athletics program would like to thank the Southwest Foundation for their continued support from branding to other mini grants that help Athletics reach their full potential.

Jared Mountain, Athletic Director

Seeking Athletic Hall of Fame Committee Members

The SW Athletic HOF committee is looking for new members! While all ages are welcome, the committee is especially looking for alumni who graduated between 1990 and 2013. The committee meets once a year to select each year's class of inductees from the nominations submitted by alumni and community members. The committee also hosts the induction celebration in September of each year. If interested, or if you have questions, please email swshof@gmail.com. You can get more information about the Athletic HOF at www.swshof.com.



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, Dir. of Alumni Engagement,
Coach and graduate parent
Brad Idelkope, '03, Chair
Maria Kimmes, Faculty
Allison Krueger, Parent
Jodi Marker-Perelman, '87, Faculty
Jackie Noble, Parent
Dave Premack '04, Communications
Paul Roach '88, Treasurer
Ann Smith, Parent
Gwen Spurgat, Parent

3414 West 47th Street
Minneapolis, MN 55410



AVID Visits TORO

Each year Southwest AVID (Advancement Via Individual Determination) sophomores participate in Best Prep's eMentorship Program, where students communicate with business professionals about college and career planning, time management, work-life balance, networking and growth mindset. Through the exchange, students develop their professional writing skills while gaining valuable insights.

In the middle of the eight-week program, the students visit the campus of the corporation and meet their eMentors. This year they visited Toro Corporation and were welcomed with red carpet treatment. Students were



Students enjoyed a luncheon with their TORO mentors.