

Meet a Board Member: Dan Froelich

Dan Froehlich, Southwest Foundation Board Vice Chair, is an 1975 alum of Southwest High School. After SWHS, Dan played junior college basketball before moving on to the University of Minnesota where he earned a degree in speech communications. He then went to law school and has practiced primarily in the labor and employment law.



Dan and his wife Liz, a Washburn grad, have raised three children: Katie, Peter and Joey. All three graduated from MPS including one from Southwest. Dan has been a coach for over 35 years, focused mostly on basketball. Now that he is “semi-retired” he has been the head coach of the SWHS Girls Basketball Program for the last seven years.

Dan got involved because, in his words, “I believe we must do everything we can to help keep public schools strong. Since I have a vested interest in Southwest High School, and still live in the community, it was a natural fit to contribute my time and energies to helping that school.”

His primary goal is to connect with alumni, many of whom had rich and beneficial experiences at SWHS and some of whom are now in a position to give back. “With the challenges and adversities faced by public education, we need our alumni involved and helping. I also serve on the SW Athletic Hall of Fame committee. This not only is a tool to reach and draw back alumni, but is an effective means to connect current SW students with the rich history of SWHS. The Distinguished Alumni Committee, which I also fully support, has the same goals.”

In his spare time Dan likes to watch, study and coach basketball and would love to break 80 on the golf course. A music buff Dan enjoys local shows and listening to alt-genres. Dan also enjoys time with his wife at their cabin near Grand Rapids and took both a solo BWCA canoe trip and cross country road trip last year.

Dan is a valued member of the Southwest Foundation really making a difference through both his work with the girls basketball team as well as his work on the Foundation and we are very appreciative.

SOUTHWEST HIGH SCHOOL BUSINESS DIRECTORY

We are creating a business directory of alumni, parent, and student owned businesses and would like to include you! If you are a Southwest alum, current Southwest parent or student, and have a business, any type of business located anywhere, please let Joanne Kaufman know by email at joanne@southwestfoundation.org, give us a call at 612-504-0479, or fill out the form on our website at www.southwestfoundation.org.



Our mission is to work with Southwest High School and its alumni to create an exceptional educational experience for all Southwest students. The Foundation raises money to support academic, athletic, and artistic opportunities for students and to provide scholarships to graduating seniors.

We meet regularly and all meetings are open for anyone to attend. Check our website for agenda updates and meeting dates.

There are lots of ways to support the Foundation! If you’d like to get involved, contact our director to talk about what might work best for you!

2017-18 Board Members

- Adam Barrett ‘00, Chair
- Dan Froelich, Vice Chair (staff and graduate parent)
- Paul Roach ‘88, Treasurer
- Tracy Smith, Secretary (current parent)
- Nikki Lindberg, Communications (current parent)
- Una Edwardson (current parent)
- Alex Heller ‘07
- Kirsten Mair (current parent)
- Stamatka Platanova (staff)
- Kristin Ruffner (current parent)

The Southwest Foundation is a non-profit 501(c)(3) organization EIN #41-1732130.

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Joanne Kaufman, Executive Director
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Honoring Molly Malone

From 1996 to 2000, Molly Malone walked the same hallways and staircases at SWHS as her mother Nancy and “Nanni” Mary Wing. She was a brilliant and hard-working IB student who gravitated towards science, and possessed a competitive spirit that enraptured those watching her excel at volleyball and basketball. Molly went on to Gustavus Adolphus College where she studied Biology en route to becoming a Physician Assistant.



Molly’s drive to compete and compassion towards those she encountered remained at the forefront of her interactions and accomplishments. More than anything however, she yearned to bring children into this world and nurture with devotion and pure love.

On May 29, 2014, 12 days after giving birth to her first and only child, Molly was stricken with an undiagnosed heart condition that abruptly took her life.

In memory of the principles and interests that propelled Molly, her widower Kushal Chottepanda, family (cont.)

Southwest @ the Olympics

Congratulations Rosie Frankowski, class of 2009, on your success! We were able to connect with her in Alaska, and Rosie was gracious to share a little about herself and her path to the Olympics as an elite athlete.

I grew up one block from Pershing Park, where my parents still live. When I am able to visit, I like to run around Lake Harriet, eat Thai food in Uptown, and bake with my Mom. I am still in touch with a lot of classmates, but only a few still live in Minneapolis.

And it is true—I started skiing as a freshman at SWHS. Originally I wanted to pursue volleyball, but the expense of traveling sports led my parents to say “no way.” I decided to try skiing, as my friend, Edwina Gantzer, was on the ski team.

I would say to anyone who wants to try a new sport, go for it!

At first I didn’t really like skiing; I was a terrible skate skier and it was hard. But I got better, and by spring I decided to run track. By the end of the season, I was running distance events and realized I loved running.

Sophomore year, I joined cross country, and ran varsity for a good portion of the season. When ski season started, I was skiing better than ever. Skiing varsity, I was 2nd for our team behind Libby Ellis, who was ranked (cont.)

Presented by **DORAN**

Southwest Foundation
LAKER Legacy
a fundraiser

May 10 • 7:00-9:30pm

Loring Social (1629 Hennenpin Ave S)

Join us for our inaugural Laker Legacy event. This fundraiser hopes to bring in at least \$25,000 in support of our great teachers and students. Learn more online at www.southwestfoundation.org.



Arts Update

The Music, Theatre and Dance departments are all on tour around the country during the month of April: *Theatre and Dance* in New York City; *Donne Voce* in St. Louis; *Southwest Singers/Coro Basso* in San Diego; *Guitar* in New Orleans; and *Band/Orchestra/Jazz* in Chicago. Students will all have the opportunity to attend performances, learn about local culture, participate in masterclasses with professional artists, be involved in exchanges with local high schools as well as performing! These trips are pivotal to the growth of our students and provide a wonderful capstone for our learning throughout the year.

Upcoming Performances

- April 26th - 7pm - Wind Ensemble, Chamber Orchestra and Jazz One - Seniors Home Concert
- May 1st - 7pm - Donne Voce, Coro Basso, Southwest Singers, and Chamber Singers - Home Concert
- May 19th - 7pm - STRUT - Guitar Festival
- May 16-20th - 7pm - The Heidi Chronicles

Lake Harriet Bandshell Series

- May 21st - 7pm - Dance
- May 22nd - 7pm - Guitar
- May 23rd - 7pm - Choir
- May 24th - 7pm - Band/Orchestra
- May 30th - 7pm - Jazz



Letter from our Chair

As an alum, 5-year Foundation board member, and newly elected Chair, it is my honor to champion the values of my alma mater and work towards ensuring that the paths of purpose and opportunity exist with equal distribution to every student who enters Southwest High School's doors.

Something IB teaches and SWHS strives to provide, is that the journey of education contains many layers. Curriculum is necessitated by guidelines and measurements, but beyond that exists questioning, experiential learning and critical thinking.

The Foundation helps provide opportunity where the MPS resources run dry, through individual contributions from parents, alumni, and community members.

We hope each student can find that spark, be it as part of a Model UN debate, competing on our accomplished Math Team, or as a sprinting member of the Ultimate Frisbee Club.

It is the fundamental principle of the Southwest Foundation to assist with the creation of exploratory paths. This is done through distribution of grant funds requested directly from teachers, administrators, and most importantly, students.

We are facing major cuts to our budget and need to reduce the stress already building on the shoulders of

(Molly Malone cont.)

and closest friends established a foundation bedrocked in a mission that simply asks, "what would Molly do?"

The Molly Malone Chottepanda Foundation (www.mollymalonechottepandafoundation.org) honors Molly by raising funds for issues closest to her soul: education, children, and the Southwest community.

Specifically, scholarships are awarded every year to Southwest Laker girls who possess a STEM focus and the tenants of volunteerism and compassion. In 2018, 3 scholarships in the amount of \$5,000 each, will be awarded from a pool of applicants.

Money is raised for the Molly Malone Chottepanda Foundation throughout the year, however, the organization's annual fundraiser takes place in the form of a walk around Lake Harriet on May 18, 2018.

The Southwest Foundation is honored to work with scholarship funds like the Molly Malone Chottepanda Foundation that share its core values and purpose of helping our students succeed.

those who work within the walls of our school.

Join us in support of opportunity for our students; invest in their journey.

To those who possess the resources to help preserve and enhance Southwest High School, I ask for your help.

To learn more about opportunities we help facilitate and to contribute visit the Southwest Foundation at www.southwestfoundation.org

Thank you,

Adam Barrett
Class of 2000
Chair,
Southwest
Foundation



(Olympics cont.)

nationally in the top 3 in skate and top 10 for juniors. Libby quickly became one of my best friends. Along with Edwina, and the three of us were pretty much inseparable, and along with my teammates, were instrumental in fostering my love for the sport.

James Dundon was the SWHS head coach, and one of the toughest coaches I have ever had. He taught

We ARE Southwest: Math Team

David McMayer has been head coach of the Math Team for 12 years. For 12 years, Southwest has won the Minneapolis Division and has earned an invitation to the Minnesota State High School Math League (MSHSML) State Tournament. Approximately 170 schools across the state participate in the MSHSML. Southwest generally finishes the season within the top 20 in the state and finished in 7th place this year!

As a coach, McMayer is understandably proud of the superstars — the students who are seemingly able to correctly answer more questions than others. He is also proud of those who persevere. This year, they will induct two more seniors into the 100 point club. Both of these students have participated in math team

me that the process is just as important as the outcome. Kate Ellis, also a SWHS coach, was a huge inspiration for me. She was a strong advocate for girls. She instilled the idea that hard work beats talent when talent doesn't work hard. Without these people, I would have never reached where I did in skiing.

At Northern Michigan University, I was part of a strong women's team, claiming 3 All-American finishes, including runner up at the 2014 NCAA Championships.

I now live in Anchorage and ski for the APU Nordic Ski Center. This season I qualified for the Winter Olympics and raced the 30k classic, finishing 21st. I then went on to join the US Ski Team on the World Cup. I train year round, racing November-April, and training May-November.

Outside of skiing, I adjunct teach at Alaska Pacific University in the Liberal Studies Department. I am also a program manager at Anchorage Downtown Partnership, where I run a summer program. Working helps me balance my athletic pursuits with the "real world," and helps pay for my travel and racing.

SWHS taught me to find my passion and follow it. We had amazing teachers who encouraged creativity, challenged us and have inspired me beyond my years at SWHS. I would encourage students to explore every opportunity you get.

Explore your various passions, be creative and be kind and humble.

competitions for four years, and their achievement will be acknowledged on the math team century club plaque, located in the flexible learning area on the second floor.

Southwest boasts some of the highest participation rates in the state. This year, 58 students were involved. During his tenure, McMayer has coached nearly 800 different students, and has seen over 650 individuals participate in at least one competition.

At each practice McMayer is continually searching for moments when a student might be able to serve as a mentor or a tutor for another. "Solve an equation for a friend and they might be able to turn in their homework. Teach them HOW to solve the equation, they will likely do better on the test, better in class, and eventually may be able to teach another. We learn most by teaching others."

Math team members stay after school for peer tutoring on Tues-

day and Wednesday, often working on extra material well beyond the requirements of their math classes. McMayer enjoys their conversations and recognizes their intentional approach to learning.

Math team is not only an activity for students who want to engage with material outside of the normal curriculum, but a great activity to connect with others, engage in advanced learning, and be part of the larger Southwest community.



Math Team, one of many clubs and activities supported by the Foundation.