



## PRESS RELEASE

DATE: Friday, January 12, 2024  
TO: Twin City media outlets  
FROM: Phil Kuemmel, Activities Director, Park High School  
RE.: Park High School's Triple "A" Award Winners

Park seniors Susan Mbu and Joseph Runion have been selected to represent the school in the Academics, Arts, and Athletics Award program for Region 3AA.

Established in 1988, the Academics, Arts, and Athletics (Triple "A") Award is sponsored by the Minnesota State High School League. The award goes to high school seniors who have a "B" or better grade point average and who participate in League-sponsored athletic and fine arts activities.

Park's female recipient this year is Suzie Mbu. Suzie is a one-year letter winner in cross-country and lettered three times in track and field, serving as a captain in both sports. She is a section leader in orchestra, has participated in both large group and solo/ensemble contests, and earned All-Conference honors. Mbu is also in the school's one-act play. She is a full IB diploma candidate and has a GPA of 3.5. Suzie plans to study pre-med Biology and is undecided about her college.



Joey Runion is Park's male winner. Joey is a three-year varsity letter winner in soccer, earned All-Conference Honorable Mention honors, and help lead the Wolfpack to a fourth-place finish in the state tournament this year. He is a section leader in band, has participated in large group contests, and earned All-Conference honors. Runion is a member of the math team, is a



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PSEO student, and has a 4.1 GPA. He will attend the University of Minnesota and will study pre-med Kinesiology.

Triple "A" Award recipients are selected by a multi-level process involving the League's member schools and administrative regions. MSHSL officials will announce the four award recipients (a girl and a boy from both a Class "A" and Class "AA" school) at a recognition ceremony held in March. Each state award recipient will receive a four-year \$1,000 scholarship.

Additional information about the Triple "A" Award may be obtained by visiting the Minnesota State High School League's website at [www.mshsl.org](http://www.mshsl.org).



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