

Rick and Dr. Deb Follman Endowment

Lake Region State College was a great beginning of college for many members of the Follman family. It provided a wonderful environment to gain college credits towards chosen majors or to find passions and then confidence for going beyond to achieve goals.

The field of education has been a life-long vocation for Deb Follman. There are currently six additional educators in the family, many who began their teaching degrees at LRSC: daughter, Angela (Follman) Wakefield; sister-in-law, Kathy (Koshney) Schwanke; and four nieces—Kylee (Hambek) Roney, Samantha (Hambek) Stenvold, Jessie Schwanke, Sara Schwanke. Deb's mother, Lorraine Schwanke, was the mentor of this family of educators and modeled a love of teaching even after she retired with forty-two years in education.

Rick and Deb Follman grew up in the Lake Region area. After graduating from Leeds High School, Deb attended Mayville State University, earning a BS in Elementary Education. She taught first grade in Devils Lake Public Schools for fifteen years. She attended the University of North Dakota while she taught and earned a Master in Educational Leadership. She became the principal of Sweetwater Elementary School in Devils Lake in 1998. In 2010, she graduated from North Dakota State University with a Doctorate in Education and continues to serve in the principalship role. She has also served as adjunct professor at Lake Region State College, Mayville State University, and UND. Rick began his college education at Lake Region State College, transferring to UND and earning a BA in Economics. Growing up on a farm, Rick has remained connected to



the agriculture industry as the Finance Manager of Cenex Harvest States (CHS) in Devils Lake.

Rick and Deb have two children—Angie, who attended LRSC and graduated from UND with a BS and an MS in Elementary Education. She is married to Jim Wakefield, also a graduate of LRSC, who farms near Devils Lake. They have two children, Jaxson and Piper.

Their son Matt attended LRSC and graduated from Mayville State University with a BA in Business Administration. He worked for a time with TrainND through LRSC as an account specialist. His wife Erin graduated from UND with a Doctor of Medicine Degree and is completing her residency in surgery in Fargo. They have two children, Olivia and Patrick.

Lake Region State College has been a connection to the world of higher education and careers for the entire Follman family for many years. This endowment was established as a way to give back to the college and to help others prepare for the field of education.