



## Fall Kickoff brought campus community back together

The MSU Fall Kickoff, coordinated by Staff Senate, launched the new academic year. Colleagues and their families reconnected while enjoying food, entertainment, live music and fun. A clown, face painting and games were favorites among the children.



## MSU releases preliminary enrollment numbers

With official enrollment count four weeks away, first-day enrollment at Minot State University showed student count at 3,376, a decline of 2.5 percent compared to fall 2011, which experienced a 6 percent drop.

“While these numbers are disappointing, we were told to expect this for at least three years,” said MSU President David Fuller, referring to UND’s cautionary advice based on its enrollment decline after the 1997 Red River Flood. “Understanding the housing market and energy industry in our area, we predicted we would be down. This is not surprising.”

Enrollment declines were most prevalent in new freshmen and graduate, Minot Air Force Base and Native American students. Overall, Canadian students showed a slight decline.

Ward County showed a total decrease of 6.2 percent. Other counties showing decreased enrollment trends include many in oil patch country, such as Divide, Williams and Mountrail.

## Aug. 22, 2012

### PIO update

There are a lot of important lessons that can be learned from simple, everyday things.

Take, for example, my dog Zeus.

Every night at dinner, he sits directly across from me and stares unblinkingly through cloudy cataracts. Even though he cannot actually see me, his nose knows exactly where I am. Sooner or later, his determined glare compels me to share a piece of meat/cheese/vegetable/ice cream, because this is what pet owners without children do. His expectations oblige me to comply.

Expectations can impact the outcome of our actions as well. If I decide that today is going to be a crappy day, then that is what I set my mind to seek out and recognize. And sure enough, the day turns out bad. But if I decide to look for good, then I find that instead.

Consider that as we move into a challenging year. Set your mind to search for good, and I guarantee you will discover treats in the most unlikely places.

— Susan Ness,  
public information director

### NEXT ISSUE

Publications Date: Wednesday, Sept. 5  
Submissions Due: noon, Aug. 29  
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Athletic initiatives and Grow North Dakota efforts have fostered growth in student populations from exterior states such as Arizona, California, Florida, Michigan and Minnesota. Neighboring states South Dakota and Montana remain consistent. Grow North Dakota is an MSU endeavor to recruit out-of-state and international students by charging a flat tuition rate.

North Dakota counties that show enrollment increases include Burke, Cass, Grand Forks and Stark.

“These numbers indicate we are doing a good job of recruiting outside of our area, and that the message of Minot State University being a solid institution with fine academic programs is making inroads,” Fuller said. “However, ongoing flood recovery efforts and housing continues to have a major impact on us.”

Official enrollment count is submitted to the North Dakota University System after the fourth week of classes.

## Minot State communication disorders reaccredited

The Minot State University Department of Communication Disorders’ speech-language pathology graduate program recently received reaccreditation through Feb. 29, 2020, by the Council on Academic Accreditation in Audiology and Speech-Language Pathology.

“We are pleased that the CAA recognized the strength of our program by granting us continued accreditation for the next eight years,” said Leisa Harmon, Department of Communication Disorders chair.

CAA holds six standards as essential to quality education in the audiology and speech-language professions: administrative structure and governance, faculty, curriculum (academic and clinical education), students, assessment and program resources. CAA site visitors spent two days at MSU in February. They reviewed the program, examined the facilities and on-site Communication Disorders Clinic and interviewed faculty, staff, students, alumni, employers and consumers. MSU’s master’s degree program in speech-language pathology was found to be in complete compliance with all standards.

To document MSU’s due diligence in continuing compliance, the communication disorders department will submit its next annual report by Feb. 1, 2013. The university’s next on-site visit is scheduled in eight years.

CAA, the American Speech-Language-Hearing Association’s accrediting body, is the only accrediting agency for audiology and speech-language pathology education programs recognized by the Council for Higher Education Accreditation and U.S. Department of Education. To learn more about ASHA and CAA, visit [www.asha.org/](http://www.asha.org/).

For questions about Minot State’s graduate program in speech-language pathology, contact Harmon at 858-3057 or [leisa.harmon@minotstateu.edu](mailto:leisa.harmon@minotstateu.edu).

## Volunteers to inspire hope

Next month, Stars of Hope will bring national attention to the flood-ravaged Souris River Valley as part of its Sept. 11 remembrance.

At an Aug. 15 news conference in front of Minot State University’s Ann Nicole Nelson Hall, Stars of Hope, in partnership with the New York Says Thank You Foundation, Hope Village and local organizations, announced plans to bring volunteers from around the nation to the Minot area.



“More help is on its way,” said Matt Deighton, former South Central Kansas Tornado Recovery Organization volunteer coordinator and current Stars of Hope ambassador. Deighton survived an Enhanced Fujita 5 tornado that leveled 95 percent of Greensburg, Kan., and killed 11 people. Greensburg is where Stars of Hope started in 2007, and Deighton described the Stars of Hope mission as helping communities “build, repair dreams and give hope.”

On Sept. 7, Minot elementary school students, Minot Boy Scouts and Joplin, Mo., volunteers will paint wooden Stars of Hope to be planted in the valley and Oak Park. Nationwide, Stars of Hope has placed more than 8,000 stars.

Hundreds of NYSTY volunteers will participate in a mini-build of a flooded property Sept. 5. This foundation sends volunteers from New York City each year on the anniversary of the 9/11 terrorist attacks to help rebuild communities affected by disasters.

MSU volunteers can get involved in the rebuilding by contacting Beth Odahlen, Center for Engaged Teaching and Learning director, at [beth.odahlen@minotstateu.edu](mailto:beth.odahlen@minotstateu.edu).

On Sept. 6 at 2 p.m., the National 9/11 Flag, which flew over the World Trade Center wreckage site, will arrive by motorcade at MSU’s Old Main for unfurling and public viewing. Destroyed in the attack and stitched back together by disaster survivors, the flag contains pieces of retired American flags from all 50 states and exemplifies the American people’s resilience. The community is invited to attend and to wear patriotic colors. Police and fire fighters will escort the flag to the Bottineau Fire Department. The goal of the flag tour is to display the historic flag in all the states before putting it on permanent display at the Trade Center Memorial.

The documentary, “New York Says Thank You,” which promotes volunteerism, will be shown Sept. 6 in Ann Nicole Nelson Hall at 3 p.m. and 7 p.m. Viewers are asked to bring a food item for the area’s food pantries.

Every year as a 9/11 remembrance, NYSTY builds a community project in one of the 50 states. This year in honor of Ann Nicole Nelson, the only North Dakotan lost in 9/11, NYSTY will build “Annie’s House,” an adaptive ski lodge in Bottineau’s Winter Park.

## Fulbrights welcomed to MSU

The Minot State University Program of Foreign Languages and the Minot Islamic community hosted a potluck Eid celebration Aug. 19. The dinner welcomed Islam Farag, Fulbright language teaching assistant from Egypt, and Sofia Huarita, FLTA from Argentina, to Minot and commemorated the Aug. 18 end of Ramadan. Eid, an Arabic word meaning “festivity,” celebrates the conclusion of Ramadan, the 29 or 30 days of dawn-to-sunset fasting.

Dr. Badi Alakech, a physician with Trinity Hospital and head of the Minot Mosque, greeted the FLTAs and guests. Eid guests included Division of Humanities and Office of International Programs faculty and staff, Minot International



Visitors Council (MACIV) members and The Language Company-Minot staff and students. TLC-Minot currently has 10 Saudi students learning English and American culture.

“We want to create an atmosphere of mutual respect between American culture and Islamic religion worldwide. This is the third year Minot State has been honored to work with the U.S. Department of State, which supports the Fulbright program, and indeed we are the only North Dakota institution of higher education to receive this recognition and support of our foreign language program,” said Scott Sigel, assistant Spanish professor and FLTA supervisor. “We are preparing students to contribute to a multicultural world right on our own doorstep.”

FLTAs, who are between the ages of 21 to 29 and from more than 45 countries worldwide, are English language teachers, or training to become teachers, in their home countries. Individually matched to each institution’s unique requirements, the teaching assistants are academically strong students prepared to assume responsibilities of teaching in their native language.

Minot State is the only North Dakota college or university to offer a major in Arabic.

This fall, the MSU International Film Series will focus on the Arab Spring with current films subtitled in English. “Arab

Spring” refers to the series of ongoing political and cultural changes in many parts of the Arab world, which started almost two years ago and have led to increased interest in how democracy and stability can take root in North Africa and the Middle East.

For questions about the FLTAs or the foreign languages program, contact 858-4265 or [scott.sigel@minotstateu.edu](mailto:scott.sigel@minotstateu.edu).

## MSU’s Townsend participates in geriatric development program

Deb Townsend, Minot State University assistant nursing professor, attended the Faculty Learning About Geriatrics summer institute at the University of Minnesota Twin Cities campus, Aug. 6-9. Townsend joined representatives from 24 schools, universities and tribal colleges from across the country. The yearlong FLAG program, offered by the Minnesota Hartford Center of Geriatric Nursing Excellence, enhances geriatric nursing knowledge and resources to better prepare future nursing care for rapidly growing elderly population.



Townsend

“The FLAG experience was very enlightening for me. In addition to all of the expertise in geriatric nursing, I was also able to learn many new teaching and learning skills from experts,” Townsend said. “I am planning on a project to develop clinical experiences for nursing students in the ‘Psychiatric and Mental Health Nursing’ course. I will work closely with a mentor on my project.”

Adults aged 65 years and older are expected to almost double, from 37 million to over 70 million between 2005 and 2020, an increase from 12 to almost 20 percent of the U.S. population. According to a 2008 report from the Institute of Medicine, the number of older patients with complex health needs will outpace the number of health care providers with the knowledge and skill to care for them. By helping faculty prepare skilled geriatric nurses, the FLAG program strives to ease the projected health care worker shortage.

Faculty members from associate and higher degree nursing programs are eligible to apply to become a FLAG fellow. Annually, fellows attend a one-week summer institute at U of M, followed by a yearlong mentorship around a specific geriatric nursing educational project. The program provides learning experiences and resources related to teaching and evaluation, including use of technology-enhanced learning strategies, geriatric nursing, academic leadership and informatics.

To learn more about the FLAG program, visit [www.nursing.umn.edu/Hartford/flag/home.html](http://www.nursing.umn.edu/Hartford/flag/home.html).

## New faculty and staff aboard

Minot State University would like to welcome eight new employees, Carlen Gilseth, Mehmet Koseoglu, Nicole Medalen, Devin Otto, Robin Reif, Scott Seaton, Jacob Sowers and Nicole Thom-Arens.

Gilseth, assistant communication arts professor, comes to MSU from the Conroe (Texas) Independent School District. He holds a bachelor's degree in fine arts and business from Jamestown College and a master's degree in theatrical directing from the University of Texas, Austin. He plans to get married in June 2013.

Koseoglu is a visiting instructor in the College of Business. He is teaching classes in the Department of Business Administration. He received his doctorate degree from Afyan Kocatepe University, Afyonkarahisar, Turkey. He has two children, Barca and Bars. For hobbies, he enjoys table tennis and swimming.

Medalen, assistant nursing professor, is returning to MSU faculty, and she last worked for the North Dakota State Fair. She completed a Bachelor of Science in Nursing from MSU and a Master of Science in nursing from the University of North Dakota. Medalen and her husband, Keith, ranch north of Towner and raise registered Angus cattle and Quarter horses.

Otto, assistant music professor and band director, taught at Eastern Washington University, Chewy, before he began his doctoral studies at the University of Colorado, Boulder. He holds a bachelor degree in music education from the University of Idaho, Moscow, and a master's degree from EWU.

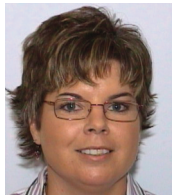
Reif, instructor of art, taught at the University of Georgia, Athens, before moving to Minot. She possesses a bachelor's degree in art from Alfred University, New York, and a master's degree in art (ceramics) from UG. She also completed post-bachelor's degree coursework at the University of Florida, Gainesville.



*Gilseth*



*Koseoglu*



*Medalen*



*Otto*



*Reif*



*Seaton*



*Sowers*



*Thom-Arens*

Seaton, assistant music professor and Minot Symphony Orchestra music director, previously taught at Kent State University, Ohio. He earned a bachelor's degree in music from Vanderbilt University, Nashville, Tenn, a master's degree in music from the New England Conservatory, Boston, and a doctorate from Universite de Montreal, Montreal. For hobbies, he bikes, runs, listens to music and plays tennis and Frisbee. Since Seaton enjoys frigid weather, he is looking forward to his first North Dakota winter.

Sowers, assistant geography professor, last taught at Missouri State University, Springfield. He completed a bachelor's degree in geography at the University of Central Oklahoma, Edmond, a master's degree in geography at Arizona State University, Tempe, and a doctorate in geography from Kansas State University, Manhattan.

Thom-Arens, English instructor, was previously the office manager for enrollment services. She has a bachelor's degree in mass communications from North Dakota State University and a master's degree in writing from Missouri State University, Springfield. Her husband, Tim, is a civil engineer at Ackerman-Estvold Engineering in Minot. They have a son, Liam, and as Langdon natives, they are happy to be raising him in their home state.

## MSU's NDCPD receives contract to combat suicides

The North Dakota Center for Persons with Disabilities has been awarded a contract from the N.D. Department of Health, Suicide Prevention Division, to implement a statewide high school personnel training program. NDCPD is Minot State University's Center of Excellence in developmental disabilities.

"This is such an important endeavor for high schools in North Dakota. Our state has high rates of suicide ideation and attempts, and this training will help prepare educators to aid our students," said Brent Askvig, NDCPD executive director and project lead. "It is critical that this partnership with NDCPD and the N.D. Department of Health reach as many high school educators as possible. An investment of one hour in training may help save so many young lives."

NDCPD will utilize "Kognito – At Risk," an avatar-based computer program, to prepare secondary school educators to recognize the common indicators of psychological distress and approach an at-risk student for referral to the appropriate school support service. The online training is free to high school staff.

System roll out will begin in late August and will run throughout the next academic year.

For questions, contact Askvig at [brent.askvig@minotstateu.edu](mailto:brent.askvig@minotstateu.edu) or 858-3580.



## Wellness works

### What are the risks of sitting too much?

According to Dr. James A. Levine, of Mayo Clinic, researchers linked sitting for long periods with several health concerns, including obesity and metabolic syndrome — a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. Too much sitting also seems to increase the death risk from cardiovascular disease and cancer.

One recent study compared adults who spent less than two hours daily in front of the television or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had:

- a nearly 50 percent increased risk of death from any cause
- approximately 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack

The increased risk was separate from other traditional risk factors for cardiovascular disease, such as smoking or high blood pressure.

Sitting in front of the TV isn't the only concern. Any extended sitting — such as behind a desk at work or behind the wheel — is harmful. Spending time at the gym or otherwise engaged in moderate or vigorous activity doesn't seem to significantly offset the risk. Overall, the solution seems to be less sitting and more moving. People might start by simply standing rather than sitting whenever possible.

The impact of movement — even leisurely movement — can be profound. For starters, individuals burn more calories. This might lead to weight loss and increased energy.

Above all, the muscle activity needed for standing and other movement seems to trigger important processes related to the breakdown of fats and sugars within the body. When someone sits, these processes stall and health risks increase. When people stand or actively move, they kick the processes back into action.

For questions, contact Caren Barnett, Student Health Center director, at 858-3371.

## Announcements

### Beaver Brew Café is open

The student-run Beaver Brew Café is now open and invites Minot State University faculty and staff to take a break and enjoy a cup of coffee. The café also offers a full line of cappuccino, mochas and delicious cookies and caramel rolls.

The Beaver Brew Café, which offers discounts to MSU faculty and staff, will have a grand opening Sept. 3. It is located in the Beaver Ridge Plaza across from the campus. For questions, contact 858-3019 or [chuck.barney@minotstateu.edu](mailto:chuck.barney@minotstateu.edu).

— *Chuck Barney,*  
*director of the Severson Entrepreneurship Academy*

### In the galleries

Aug. 22-Sept. 6 — Print exhibit by artist Angela Young, of Tempe, Ariz., Library Gallery.

## Faculty and staff achievements

*The Office of Public Information proudly shares the many accomplishments of faculty and staff with the campus community in every issue.*

**Cathy Horvath**, information technology, and **Sherie Saltveit** and **Mark Timbrook**, instructional technology, completed two-day “Blackboard Course Delivery Administration” training in preparation for the shift from Blackboard Campus Edition to Blackboard Learn this fall at Minot State University. **Jolina Miller**, Center for Extended Learning; **Gary Ross**, **Tom Seymour**, **Lori Willoughby**, College of Business; **Kevin Vang**, mathematics; and **Saltveit** and **Timbrook** completed the three-day “Blackboard Course Delivery Essentials” training. Blackboard consultant Ruth Cubas conducted both training sessions under contract with CEL.

**Merri Jo Connole**, financial aid, was nominated for Beaver Praise because she helps keep the campus beautiful by pruning dead flowers.

**Irma Lopez**, facilities management, received a Beaver Praise nomination for her excellent cleaning skills and her attention to details.

## MSU Student Wellness Center celebrates grand opening

The Minot State University Student Wellness Center is officially open for business. After 10 years of planning, university students cut the ceremonial ribbon Aug. 23 that marks a new era, featuring a state-of-the-art fitness facility.

“The Student Wellness Center is the result of students wanting to have their own place to work out. The Wellness Center is not only a fitness facility; it also hosts intramural activities, a meditation room and multipurpose space for other recreational endeavors. The idea was to encompass many facets of wellness, not just physical,” said Dick Jenkins, vice president for student affairs.

Primarily student funded, the three-story \$12.8 million facility encompasses 57,000 square feet of exercise space, three intramural courts, a 35-foot climbing wall, weight and cardio equipment and 5,600 square feet of windows that offer million-dollar views of the city.

Part of the need for the new center arose from the remodel-

ing of Swain Hall into an academic building. The Swain remodel provided a home for the College of Education and Health Sciences in addition to expanded classroom, office and lab space for education and the sciences. Displaced from the building by the remodeling were the existing student fitness center and football offices and locker rooms.

“When Swain Hall was officially going to be converted into an academic building, the Student Government Association knew that we (the students) needed a wellness center,” said Wade Regier, 2007-08 SGA president. “After seeing projects at the University of North Dakota and North Dakota State University, we wanted something similar — something we could all be proud of.”

Regier and SGA voted unanimously in favor of funding the new facility.

Attached to the Dome and Swain Hall, the Student Wellness Center incorporates all aspects of a campus devoted to fostering education on health-related majors and healthy lifestyles.

“It is a beautiful space the students will be able to enjoy for decades to come,” said Jenkins.

**Minot State University mission:** Minot State University is first and foremost dedicated to the success of all students: their growth and development as educated citizens, their confidence, and their life-long devotion to the common good and the welfare of others.

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