



Public Information Office

A NEWSLETTER FOR EMPLOYEES AND FRIENDS OF MINOT STATE UNIVERSITY

Homecoming king and queen named

Minot State University students selected Whitney Loftesnes and Chase Lee as the 2009 Homecoming king and queen on Sept. 23. Loftesnes, from Norwich, is a management, marketing and international business major. She represented Phi Beta Lambda. Lee, a Minot native majoring in physical education, represented Student Government Association.

Other members of the Homecoming court (with hometowns, majors and student organization) are Jesse Ahmann, Max, corporate fitness and physical education, Minot State Club of Physical Education; Chris Barney, Minot, management, marketing and international business, Phi Beta Lambda; Ashley Brossart, Rugby, English education, Sigma Tau Delta; Kelly Brown, Beaumont, Texas, nursing, Nursing Student Association; Jill Cenaiko, Saskatoon, Saskatchewan, communication disorders, National Student Speech-Language-Hearing Association; Kayla Cote, Willow City, art, Art Club; Randi Dockter, Minot, English, English Club; Renelou "Lulu" Gonzales, San Francisco, Calif., social work, Psychology and Addiction Studies Club; Dan Humphreys, Minot, broadcasting-production, Media Ink; Tara Love, Portage la Prairie, Manitoba, elementary education, MSU Residence Life; Paige Morningstar, Goodlands, Manitoba, communication disorders, Student Ambassadors; Mike O'Dwyer, Innisfail, Alberta, management, marketing and international business, Student Ambassadors; Sarah Perry, Burlington, mathematics education, Student Government Association; Kristi Schafer, Minot, social work, Student Social Work Organization; David Stiel, Benson, Minn., nursing, Nursing Student Association; Jennifer Thorgramson, Minot, broadcasting-production, Media Ink; Derek Van Dyke, Mandan, broadcasting-production, MSU Residence Life; Julia Williams, Billings, Mont., corporate fitness and physical education, Minot State Club of Physical Education.



Sept. 23, 2009

PIO update

What a blast! Homecoming Week, while it is a lot of work, it's also a ton of fun!

I've really enjoyed being a part of some of the new events taking place this year, especially the MSU Community Block Party. And in order for that to be pulled off properly, you need lots of good volunteers, from student activities to alumni to plant services, dozens of "Eager Beavers" stepped up to make the event a success.

A big thanks goes out to the student groups who showed an interest in sharing their story with the community. We always love it when students connect with the community through our many events held on campus.

Thank you to all the outside businesses that provided a sponsorship for the race or services for the party. We wouldn't be the university we are today without a supportive community.

Now all we need is a great alumni reunion on Friday, good weather for the parade and a win on the field against the Jimmies on Saturday. Go Beavers!

— *Mark Lyman, director of public information*

NEXT ISSUE

Publication Date: Wednesday, Oct. 7

Submissions Due: noon Sept. 30

Administration, second floor

Voice: 858-3298 • Fax: 858-4481

linda.benson@minotstateu.edu

www.minotstateu.edu/inside/

MSU fall enrollment numbers up

Official fall 2009 enrollment numbers at Minot State University show a 6.3 percent increase compared to official numbers last year. The number reported to the North

Dakota University System is 3,649, an increase of 217 students. This marks the largest single-year increase since the fall of 2001.

"We're very pleased with how our efforts in strategic enrollment management have paid off in attracting more students to Minot State," said David Fuller, president of Minot State University.

"We're very happy to be able to recruit quality students interested in a Minot State degree from across Ward County, the region and the world."

Fall 2009 enrollment shows a new six-year high among Native American populations, at 147 students, a new 11-year high in students from Canada, at 293, and a new all-time high for enrollment in non-traditional learning as more than 1,300 students are taking at least one course online or through interactive-video networking.

The number of Minot State graduate students increased by almost 17 percent, to 304, and the number of students from Ward County increased almost 6 percent to 1,979.

Minot State has experienced growth in students from larger counties across the state as well as those from counties in northwestern North Dakota. This includes 43 percent more students from Cass County and 75 percent more students from Grand Forks County. The counties of Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, Rolette and Sheridan all saw more students interested in earning their degrees from MSU.

Recruiting and marketing efforts have also netted an increase in students from Minnesota, South Dakota and Wyoming. In addition, the number of new students from Washington, Florida and Texas come as a result of strategic enrollment efforts.

Minot State was able to attract 328 new transfer students to the campus, a 22 percent increase over those transfer students who enrolled in the fall of 2008.

Students are taking more classes at the MSU offices on the Minot Air Force Base and in Bismarck. The course enrollments went up from 583 in 2008 to 636 in 2009, a 9 percent increase.

The number of students living in an MSU residence hall or apartment is up sharply this fall, from 456 to 532, a 17 percent increase from last year.

Enrollment numbers at Minot State become official after the fourth full week of classes, when they are reported to the NDUS.

Golden Award to be bestowed on five recipients

Four Minot State University alumni and one friend of the university will be the recipients of the MSU Alumni Association's Golden Award Thursday (Sept. 24) in the MSU Conference Center, 6 p.m. Recipients are Bonnie Brown, a dance ethnologist and a teacher of folk and ethnic dances; Blaine DesLauriers, west region president of First International Bank; Vencile "Vence" Elgie, Minot State University professor

emeritus; John Hoeven III, governor of North Dakota; and Karen Krebsbach, North Dakota state senator.

The highest award bestowed by the MSU Alumni Association, the Golden Award selections are based on outstanding service to the university or alumni association and distinguished leadership in the recipient's career or community.

Brown credits her Norwegian-American family with her love and appreciation of cultural tradition. A native of Columbus, she received a bachelor's degree from Minot State Teachers College and a master's degree from Utah State University, Logan. She taught at Minot State University, Utah State University, Louisiana State University, Baton Rouge, and in secondary schools in California and North Dakota. She has also taught in Japan, Germany and the Czech and Slovak Republics.

Brown has been professionally active in the dance field. She has taught at major folk-dance camps and events across the nation and has served as the featured teacher at numerous state and national educational conferences. She published numerous articles in professional journals and established the publication "Folk Dance Scene – Baton Rouge." She has received national and international awards for her work in the preservation and dissemination of folk dance and culture.

Beginning in 1972, Brown was instrumental in bringing international folk dancing to Louisiana. That year she founded the Karpaty Folk Ensemble of Baton Rouge and served as its artistic director and choreographer until 2009.

Brown began traveling abroad to study and research traditional folk dances in 1976. Most of her study has been concentrated in Central and Eastern Europe, particularly the Slovak and Czech Republics. She was the first American to study and research dance in the former Czechoslovakia, and she is considered as North America's foremost authority in these dance forms.

DesLauriers, a Sherwood native, completed a bachelor's degree from Minot State in 1979. Since 1990, he has been employed with First International Bank and Trust in Minot. He currently is the west region president for eight banks located in western North Dakota, oversight of the trust department and a member of the bank's board of directors.

DesLauriers is a member and past chair of the MSU Board of Regents and is a member and past chair of the Beaver Boosters. He also co-chaired the capital fund drive for the MSU Dome Improvement Fund.

DesLauriers' community activities include being past chair of the Minot Recreation Commission and the Minot Family YMCA and the Minot MAGIC Fund boards of directors. He is vice chair for the Minot Vocational Adjustment Workshop and a board member for Trinity Health and the Minot Catholic Schools' Corporate Board. Previously, he served on the Minot



Area Development Corporation board. He belongs to the Minot Rotary Club, Minot Y's Men Club, Our Lady of Grace Parish, the Knights of Columbus and the Minot Football Officials Association, where he has 30 years of service.

Elgie served Minot State University for 33 years before his



retirement in 1985. He began his tenure at MSU in 1956 as an assistant football coach and freshmen basketball coach. In 1957, he was named head football coach, and his 1962 team was conference champion. In 1967, he became the athletic director and chair of the Department of Physical Education. He resigned as athletic director in 1975 but remained chair of the Division of Health, Physical Education and Recreation until his retirement. In 1988, he was inducted into the MSU Athletic Hall of Fame.

Elgie, a Kenmare native, enrolled at Minot State in the fall of 1942, but his schooling was interrupted by World War II. He entered the United States Army in 1943 and served honorably for 18 months in the European Theater. He returned to MSU in the fall of 1946. He participated in football and was a member of the 1946 and 1948 championship teams. In 1949, he graduated with a bachelor's degree in physical education, history and social studies.

Upon graduation, Elgie taught and coached at Stanley High and Minot Model schools. In 1953, his undefeated basketball team won the State Class B title and was named "Team of the Year" by the North Dakota Sportscasters and Sportswriters Association. In 1955, he received his master's degree in physical education from the University of Oregon, Eugene.

Elgie is involved in many professional and community organizations. He is a member of Zion Lutheran Church and the Beaver Boosters. He remains an avid supporter of sports and MSU.

Hoeven, who was born in Bismarck and raised in Minot,



earned a bachelor's degree from Dartmouth College, Hanover, N.H., and a master's degree in business administration from Northwestern University, Evanston, Ill. Prior to becoming North Dakota's 31st governor in December 2000, he served as president and chief executive officer of the Bank of North Dakota. After assuming office, Hoeven began working to build the state's future by focusing on six pillars of growth: education, economic development, agriculture, energy, technology and quality of life.

Under Hoeven's leadership, North Dakota has expanded and diversified its economy, adding thousands of new jobs and growing its targeted industry sectors, including value-added agriculture, advanced manufacturing, energy development, technology-based business and tourism. He has advanced new incentives for economic development, renewable energy, and research and development, as well as additional investments in education. He has expanded funding for Centers of

Excellence, an initiative that combines education and economic development to create higher-paying jobs and new business opportunities for North Dakotans.

Protecting the state's citizens and communities has been another focus of Hoeven's administration with the introduction of new laws to strengthen the state's violent and sexual-offender statutes. North Dakota has also expanded its efforts to combat substance abuse while helping young people involved with drugs through rehabilitative programs.

Hoeven chairs the Governors' Biofuels Coalition and serves on the Executive Committee of the National Governors Association. He previously chaired the Interstate Oil and Gas Compact Commission, the Midwestern Governors Association, and the National Governors Association's Health and Human Services Committee and Natural Resources Committee.

Krebsbach was born in Rugby, attended grade school in



Silva and graduated from high school in Velva. She holds a bachelor's degree in business administration from Minot State University. While at MSU, she served as president of the Delta Epsilon Phi Sorority and as secretary of her senior class.

For 35 years, Krebsbach worked at Krebsbach's Inc., the family-owned business.

Krebsbach's Inc. was the International Harvester farm equipment and motor-truck dealership in Velva and Minot.

In 1988, Krebsbach was elected to the North Dakota State Senate, and she has served on the following committees: education, agriculture, industry, business and labor, government and veterans affairs and appropriations. Krebsbach was chair of the Government and Veteran Affairs Committee from 1995 to 2005. In 2001, she served as president pro tempore of the senate.

Krebsbach is currently the chair of the Minot Area Development Corporation and is president of the First Lutheran Church Council. Other boards she currently serves on are Trinity Health, the Norsk Høstfest Association and the Minot State University Board of Regents. Past involvement includes the State Chamber of Commerce, the Souris Valley United Way, the Minot Credit Association, the Minot Job Service Committee and chair of the Minot Area Chamber of Commerce.

The MSU Alumni Association began presenting its award in 1967, and the first recipient was D. Archie Peterson. Last year's recipients were Jill Fuller, Charles and Jan Repnow and Gary Stenehjem.

Homecoming 2009: ‘Beavers Give A Dam, Go Green!’

Homecoming at Minot State University this year centers on the theme “Beavers Give A Dam, Go Green!” Homecoming Week officially



kicked off Sunday (Sept. 20), but there are still many upcoming activities.

For MSU students, Wednesday (Sept. 23) brings a bonfire in the Dome's north parking lot at 8 p.m. Illusionist Pete Boie will immediately follow the bonfire in Ann Nicole Nelson Hall at approximately 8:45 p.m. The Boie performance and the bonfire are open for all in the community to attend.

For the community on Wednesday (Sept. 23), Minot State will host a community block party, which is free and open to the public, on the lawn in front of Old Main, 5-8 p.m. The Minot State Community Block Party will include campus tours, autographs from MSU Beaver student athletes, carnival games with prizes, inflated slides, obstacle courses, a Dakota Cruisers classic car display and music by local bands. Free food will be available while it lasts. Registration for the Beaver Fun Run/Walk is at 5 p.m. or by calling Stu Melby, head cross country/track and field coach, in advance. The race, which is a fundraiser for the athletic teams, begins at 6 p.m.

Caricatures by Great Big Faces start Thursday's (Sept. 24) activities in the Quad at 11 a.m. The caricatures, music by Jazmine Wolff, an MSU senior, and food continue in the Quad, 11 a.m.-2 p.m. At 4 p.m., a pingpong tournament starts in the Dome. In the evening, the MSU Alumni Association's Golden Awards banquet will be held in the MSU Conference Center, 6 p.m. The Golden Awards banquet is a night of tribute to the university's most honored alumni and friends. For students, Project "GREEN" Runway, which is a dance, will be held at the North Dakota State Fair Center's Theater Room at 10 p.m. Participants are invited to go green with their fashion by adding recycling to their style.

The Friday (Sept. 25) events include Sean McConnell, musician, and food in the Quad, 11 a.m.-2 p.m. Hypnotist Frederick Winters will perform in Aleshire Theater at 8 p.m. A Homecoming Alumni Reunion, to which all MSU alumni are invited, will convene at 7 p.m. at the Holiday Inn Riverside. This year, special reunion groups include the Mu Sigma Tau Fraternity, the Student Government Association, formerly known as Student Association, and Wes Luther's athletic teams. The Student Government Association will be celebrating 70 years as an organization.

Homecoming culminates Saturday (Sept. 26). The day starts with the Homecoming Parade at 10:30 a.m. Beginning by the Thompson-Larson Funeral Home in downtown Minot, the parade route runs north on Main Street, west on Central Avenue, north on Broadway to 11th Avenue, then west to the Dome parking lot. A tailgate party, with free food for everyone, will follow in the east lot of the Dome. The Beavers face off against Jamestown College at Herb Parker Stadium, 1:30 p.m. During halftime, the homecoming royalty, Hall of Fame inductees and Wes Luther and his athletic teams will be introduced. A post-game alumni gathering will convene at the Barley Pop at 4:30 p.m. KMOT will broadcast the game live and air a tape of the parade on Sunday (Sept. 27).

All food is available to students while supplies last. Most activities are free with MSU student and staff identification. Guests may be charged a nominal fee. Individual events sponsored by organizations other than the Student Government Association may have separate charges. In case of inclement weather, any activities scheduled in the Quad will be moved to the Beaver Dam.

For more information on Homecoming activities, visit the Homecoming Week Web site, www.minotstateu.edu/homecoming, or call the Office of Student Activities at 858-3987, the Office of Advancement at 858-3234 or the Department of Athletics at 858-3041.

Four individuals to be inducted on Saturday

Four Minot State University alumni have been selected to be inducted into the Minot State University Athletic Hall of Fame. They will be officially inducted at halftime of the MSU football game on Saturday (Sept. 26) vs. Jamestown College. The annual MSU Athletic Hall of Fame social and banquet will be held in their honor at the Holiday Inn-Riverside following the game.

Those who will be honored include Mark Guy, tennis 1978-81, Tracy Arams, volleyball 1994 and 1995, Jeremy Auck, football 1997-2000 and Bruce Bremer, baseball 1969-72 and basketball 1968-70

Tickets are \$15 and are available at the door, in the Department of Athletics or by calling 858-3041.

New staff for 2009-2010



Minot State University would like to welcome seven new employees, Shannon Amyotte, Holly Bloodsaw, Corey Ernst, Wendy Lankey, Sarah Shimek, Virginia Vournas and Denise Wehri, and introduce them to the campus. Amyotte, Bloodsaw, Ernst, Shimek and Wehri are substance abuse prevention coordinators with the Rural Crime and Justice Center. Lankey is an administrative assistant at the Gordon B. Olson Library, while Vournas is the Office of International Program's international students coordinator.

Amyotte and Cory, her husband, have two children, Bryson and Brylee, and she enjoys cooking, decorating and being outdoors. Previously, she worked at Community Action Region VI in Jamestown. Bloodsaw comes to Minot State from the Dickinson's South West Multi County Correction Center. Ernst was employed by Southeastern North Dakota Community Action Agency in Fargo. Previously, Lankey worked for St. John's Hospital in Springfield, Mo., and she has two daughters, Rachael and Jessica. Shimek joins MSU after working for Choice Financial Group in Grand Forks. Vornas, a spring 2009 graduate, and her husband, Elea, have a son, Kiran. Wehri comes to Minot State from the North Dakota Department of Human Services, Division of Mental Health and Substance Abuse in Bismarck.

Agreement between MSU and LRSC makes it easier to earn a four-year nursing degree

The signing of an articulation agreement between Minot State University and Lake Region State College occurred on Tuesday (Sept. 22). This articulation agreement will make it easier for students to complete their Bachelor of Science in Nursing degree. Presidents David Fuller from Minot State and Mike Bower from Lake Region State College attended. As well, Julie Traynor, the director of the Dakota Nursing Program based in Devils Lake, and Kelly Buettner-Schmidt, the MSU chair of the Department of Nursing, attended.

The articulation agreement with LRSC provides an opportunity for nurses to advance their education to the baccalaureate level. In the past, the two programs have collaborated to ensure a smooth transition for students from the LRSC Associate Degree in Nursing program into the MSU Bachelor of Science in Nursing program. Students can easily understand what LRSC courses transfer into MSU's program and what courses they need to complete at Minot State to allow a seamless transition into the BSN program.

The BSN program is available in a flexible and convenient online format with one designated clinical course. Students, under the direction of a qualified, expert faculty, arrange their individual clinical experiences where they live. The program can be completed through both part-time and full-time studies; 18 months of full-time study would be required to obtain the BSN.

Haaland Paddock, Wilson and Cresap honor Gary Stenehjem

Gary Stenehjem, a Minot State University alumnus and retired music teacher who died May 2, left a legacy of music excellence on Minot and the surrounding region. To honor Stenehjem, three of his former students, along with the Brass Band of Minot, will perform the Brass and Organ Høstfest

Festival Concert on Sunday (Sept. 28) in Ann Nicole Nelson Hall, 7 p.m.

The three students, Joan Haaland Paddock, Nathan Wilson and Andy Cresap, who have established themselves as music professionals, are all living testaments of Stenehjem's teaching prowess. Paddock, who previously served as an MSU faculty member, is currently a professor of music at Linfield University in McMinnville, Ore. Wilson will graduate in May 2010 in high brass performance from the University of Oregon, Eugene, with plans to continue his master's and doctoral work in high brass performance. Cresap will also graduate in May with a bachelor's degree in trumpet performance from Bemidji State University; he plans to pursue a master's degree in trumpet performance.

The concert will also feature several organ compositions, including three that will have the organ performing with the Brass Band of Minot in brass and organ extravaganzas. Wilson and MSU faculty members Kari Files and Selmer Moen are slated to perform as organists.

From his renowned organ skills, to his brass performance and to his conducting skills, Stenehjem touched many lives in his 44 years as a music performer and teacher. Of those lives, thousands were music students. He taught in Ryder, Westhope and Minot. Of his students, several have continued their pursuit of a career in music teaching or performance because of Stenehjem's instruction and encouragement.

Admission is \$10, with the concert's proceeds being donated to the Gary Stenehjem Organ Scholarship Fund at Minot State University.



Haaland Paddock



Wilson



Cresap

Icelandic-American sculptor featured on Northwest Art Center lecture series

Icelandic-American sculptor Tryggi Thorlief Larum will be the featured speaker on the Northwest Art Center lecture series Sept. 28 at 7 p.m. in Aleshire Theater.

Larum will show images of his wood and stone carvings, which are inspired by the history, art and archeology of northern Europe during the Bronze and Iron Ages. Characterized by embellished decoration and the interweaving of animal, beast and serpent motifs, his carvings are an example of "dragon style" Scandinavian design.

Larum describes his work as "an imaginative mix of the traditional and contemporary" that seeks to give new life and authentic expression to the tradition of Icelandic and Nordic art.

Larum will exhibit his art and demonstrate carving at the Norsk Høstfest Sept. 29 through Oct. 3.

"Sculpting is a process of mutual cooperation between an artist and his material," Larum said. "Shaping wood is a deeply spiritual exercise because it is a living material. Each piece possesses an inherent, entirely singular beauty, the history of its growth and life."

Larum was born in Iceland and immigrated to the U.S. as a child. As an adult, he returned to Iceland for a time to live, work, and reconnect with his ancestry. He presently resides in California.

A question-and-answer period and informal reception will follow the lecture. The program is free and open to the public.

For more information about Northwest Art Center activities, call 701-858-3264 or visit its Web site, www.minotstateu.edu/nac.

Life Skills workshops open to all

Faculty and staff are encouraged to recommend the Life Skills workshops sponsored by career services to all Minot State University students. While the workshops are a product of the MSU Mentor Program, all students are welcome to attend. The remainder of the fall schedule is as follows:

- Sept. 30 — "Don't Stress over Tests," (test anxiety), Main 106, 3-3:50 p.m.
- Oct. 1 — "Stop the Insanity ... How to Manage Your Stress," Main 106, 1-1:50 p.m.
- Oct. 6 — "Money I'm Lovin It," (money management), Memorial 114, 12:30-1:20 p.m.
- Oct. 7 — "Help! There's No Time to Study," (time management), Main 106, 2:00-2:50 p.m.
- Oct. 8 — Business etiquette lunch, Conference Center, 12:15-2 p.m.

Questions may be directed to Debra Chandler, student services advisor, at 858-3144 or debra.chandler@minotstateu.edu.

Paralympian spoke at area schools

The North Dakota Disability Health Project sponsored Paralympian Judy Siegle as a featured speaker at schools in New Town and Velva on Sept. 21. Siegle is one of the world's elite wheelchair racers, including participating in the 1996 and 2000 Paralympics, and she holds four national records in track events for quadriplegic women.

"Judy's message of being a winner for life and making healthy choices today that affect tomorrow is aligned with the purpose of the North Dakota Disability Health Project, which is to promote the health and wellness of North Dakota citizens with disabilities," said Kari Arrayan, program director of the N.D. Disability Health



Project. "Judy believes that the most powerful life-changing moments occur when individuals choose to live lives of impact, continuing to give their all when others feel like giving up."

In addition to promoting the health and wellness of North Dakotans with disabilities, the N.D. Disability Health Project strives to prevent or lessen the effects of secondary conditions associated with disabilities. The project, which is a collaboration between the North Dakota Center for Persons with Disabilities, the Center for Rural Health at the University of North Dakota and the North Dakota State Health Department, is housed on Minot State University's campus.

Siegle was a high school basketball star with a promising college future. However, her life changed in a split second. Her dream of playing college basketball was shattered when a drunk driver sped through a stop sign near her hometown of Pelican Rapids, Minn. The car crash left her with a broken neck. At 18, she faced life in a wheelchair. Months of intense rehabilitation and years of hard work followed, but she never gave up and never limited herself.

Siegle earned a bachelor's degree in speech and communications from Concordia College in Moorhead, Minn. She went on to earn her master's degree in social work, laying the foundation for a highly decorated 20-year health care career.

The paralympian, who began wheelchair racing in 1993, has taken over the national record books along the way. Her accomplishments include membership on the U.S. team in the 1996 Paralympics in Atlanta and the 2000 Paralympics in Sydney, Australia; winner of two gold medals in the Mexico City Pan American Games, 1999; national record holder in the 400, 800, 1500 and 5000-meter events for quadriplegic women; and 2000 Female Athlete of the Year by USA Wheelchair Track and Field.

Siegle authored "Living Without Limits: 10 Keys to Unlocking the Champion in You." Presently, Siegle travels around the United States educating, motivating and inspiring students, families, persons with disabilities and those in leadership positions to excel in their lives. She is also the director of women's ministry at Fargo's Hope Lutheran Church.

Siegle spoke to high school students in New Town and grades 7-12 in Velva. To read more about Siegle, visit her Web site at www.judysiegle.com. For more information about the ND Disability Health Project, contact Arrayan at kari.arrayan@minotstateu.edu or 858-3048.



Wellness works

Do you know your blood pressure? Normal blood pressure should be less than 120/80 mm Hg (millimeters of mercury) for

an adult. If your blood pressure stays between 120-139/80-89, you would be considered pre-hypertensive and anything above 140/90 is considered hypertensive.

Just what do those numbers mean? The top number is the systolic pressure and is the pressure of your heart when it beats. The bottom number is the diastolic pressure and is the pressure of your heart between beats when it is at rest. Every time your heart beats, it forces blood through your arteries out to the tissues and organs in the rest of your body. If something interferes with the flow of blood through your arteries, the pressure increases — causing high blood pressure.

Undetected and untreated high blood pressure increases your risk of having heart disease, a stroke or kidney disease.

What factors contribute to the risk of high blood pressure? There are many potential risks — some you can change and some you cannot. Some of those potential risks include being African American, having diabetes or a family history of high blood pressure, smoking, being 20 percent or more over your ideal weight, lacking exercise, drinking of excess alcohol, taking birth control pills, eating a diet high in salt and saturated fats and experiencing stress.

What can you do to help prevent high blood pressure? Make some lifestyle changes, such as losing that excess weight, exercising at least 30 minutes most days of the week, eating foods low in salt and limiting your alcohol intake to no more than one or two drinks per day. You can also quit smoking, start eating more fruits and vegetables, reduce saturated fats in your diet, get enough potassium in your diet and learn some relaxation techniques.

The Student Health Center offers free blood pressure monitoring to all students, staff and faculty. You can find the Student Health Center personnel in the Student Center in front of career services every other Monday, 9-10 a.m. (check the MSU Web calendar). Every workday, you can walk into the Student Health Center, in the lower level of Lura Manor, to have your blood pressure checked. Get your blood pressure checked regularly — it is important to know your numbers.

For more information, check out this Web site, www.americanheart.org/presenter.jhtml?identifier=2114.

The third annual Wellness Fair is scheduled for Nov. 5 in the Student Center Atrium. If you have health and wellness information that you would like to share, please contact Caren Barnett, director of the Student Health Center, at 858-3371 or caren.barnett@minotstateu.edu or Paul Brekke, director of the MSU Fitness Center, at 858-3484 or paul.brekke@minotstateu.edu to reserve a table.

Announcements

Retirement open house in honor of Gerard Oie Sept. 30

Please join the Office of Plant Services on Sept. 30 for a retirement open house to show appreciation to Gerard Oie, athletic facilities worker, for 17 years of service to Minot State. The open house is in the Christianson Room (Dome, second floor), 10 a.m.-noon. For questions, contact 858-3210.

— Roger Kluck, director of facilities

Cross Training Wellness Club starting

The Minot State University Wellness Committee is starting a Cross Training Wellness Club. This club is open to anyone who does or wants to start any type of cardiovascular or strength training exercise whether it would be at home or in a health club/fitness center type setting. If you are looking for a workout partner, new ideas, or sharing any of your workout knowledge, this is the club for you. For information, please call 858-3485 or e-mail paul.brekke@minotstateu.edu.

— Paul Brekke, director of the MSU Fitness Center

New registration dates for currently enrolled students

With the successful implementation of the yearlong schedule, registration for currently enrolled students is changed to the following dates:

- Spring 2010 – Oct. 20-21, 2009
- Fall and Summer 2010 – March 23-24, 2010

The “finalized” schedule of classes will be advertised no less than two weeks prior to registration dates. For questions, call 858-3345.

— Jennifer Sick, registrar

Minot State University is now on facebook

Show your Beaver pride by becoming a fan; enjoy increased access to campus happenings; check out videos and photos of past events to see what your friends and classmates are doing; never again wonder what there is to do by going on facebook. You’ll be notified of exciting upcoming events. Throughout the year, we will even be holding contests with great prizes at www.facebook.com/pages/Minot-ND/Minot-State-University/163882279568. For questions, contact 858-4156 or richard.heit@minotstateu.edu.

— Rick Heit, social networking specialist

Marketing offers balloon service

The Minot State University Marketing Office provides a balloon service that is now available for university-use only. The hours of operation are Monday, Wednesday and Friday from

10 a.m. to 12 p.m. To reserve a time for use of the tank, please e-mail marketing.intern@minotstateu.edu three days in advance. If there are any questions, feel free to contact 858-3062 or teresa.loftesnes@minotstateu.edu.

— *Teresa Loftesnes, director of marketing*

Women's Heritage Committee seeking members

The Women's Heritage Committee is seeking members to plan for the March 2010 celebration of Women's History and Heritage Month. Faculty and staff from across the campus are welcome, and I would be happy to receive recommendations of interested students to invite to participate. Both women and men are welcome on the committee.

The theme for WHM 2010 will be "Women's Voices." If you are interested in participating, please contact bethany.andreasen@minotstateu.edu. If you would like to learn about the activities that were part of WHM 2009, please view our Web page at www.minotstateu.edu/women/.

— *Bethany Andreasen,
chair of the Women's Heritage Committee*

MSU Bookstore requests spring semester 2010 faculty book orders

Faculty: Please give the MSU Bookstore your course and book information on or before Oct. 1 for spring semester 2010. Getting your textbook requests early allows us to pay students, who choose to sell their books, 50 percent of the book price at buy-back time.

Your bookstore team is always here to help. Stop by our store, e-mail us at joseph.mujule@minotstateu.edu, sm607.dncollege.com or call us at 858-3220 or 858-3391.

— *Sandy Foley, MSU Bookstore manager*

Ice-cream scoopers and money handlers needed

Norsk Høstfest is fast approaching and Western Plains Opera and Children's Choirs still need to fill the more than 200 slots for ice-cream scoopers and money handlers. The Høstfest is Sept. 30-Oct. 3. Please consider working a shift. Volunteers get in free (Remember that general admission is now up to \$35).

The shifts are 9 a.m.-1 p.m., 1-5 p.m. and 5-9 p.m. preferably, but we can be flexible if need be and schedule some other four-hour shifts like 11 a.m.-3 p.m. or 4-8 p.m. So, please e-mail eric.furuseth@minotstateu.edu or call 833-3574 any time to schedule your scooping (or money-handling) time.

— *Eric Furuseth, associate professor of English and humanities*

In the galleries

Sept. 10-26 — "Americas 2009: All Media," Hartnett Hall Gallery.
Sept. 10-Oct. 15 — "Out of Line," etchings and digital by Victoria Goro-Rapoport, Kearney, Neb., Library Gallery.
Oct. 1-29 — "Faces," oil paintings by Gretchen Bederman, Glendive, Mont., Hartnett Hall Gallery.

Calendar

Sept. 23-Oct. 30, 2009

Sept.

- | | |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 23 | Homecoming: community block party and 5K run/walk, Old Main lawn, 5-8 p.m. |
| 23 | Homecoming: bonfire, Dome parking lot, 8 p.m. |
| 23 | Homecoming: illusionist Pete Boie, Nelson Hall, 8:45 p.m. |
| 24 | Homecoming: caricature artist Great Big Faces and music by Jazmine Wolff, Quad, 11 a.m. |
| 24 | Greek Life informational meeting, Westlie Room, 12:30-1:30 p.m. |
| 24 | Faculty Senate, Westlie Room, 3:30 p.m. |
| 24 | Homecoming: pingpong tournament, Dome, 4 p.m. |
| 24 | Homecoming: Alumni Association Golden Awards Banquet, Conference Center, 6 p.m. |
| 24 | Homecoming: theme dance, Project "Green" Runway, North Dakota State Fair Center, 10 p.m. |
| 25 | Board of Regents, Conference Center, 7:30 a.m. |
| 25 | Volleyball at Mayville State University. |
| 25 | Homecoming: music by Sean McConnell, Quad, 11 a.m. |
| 25 | Beaver Booster luncheon, Conference Center, noon. |
| 25 | Homecoming: alumni reunion, Holiday Inn, 7 p.m. |
| 25 | Homecoming: hypnotist Fredrick Winters, Aleshire Theater, 8 p.m. |
| 26 | Homecoming: parade, 10:30 a.m. |
| 26 | Homecoming: tailgating, east parking lot of Dome, 11 a.m. |
| 26 | Homecoming: football vs. Jamestown College, introduction of Homecoming royalty, Athletic Hall of Fame inductees and Wes Luther reunion participants at halftime, Parker Stadium, 1:30 p.m. |
| 26 | Homecoming: post-game alumni get-together, Barley Pop, Minot, 5 p.m. |
| 26 | Homecoming: Athletic Hall of Fame banquet, Holiday Inn Riverside, 7 p.m. |
| 26 | Cross Country at Griak Invitational, Minneapolis, Minn. |
| 26 | Volleyball at Dakota State University, Madison, S.D. |
| 27 | Golf, home, Souris Valley Golf Course, noon. |
| 27 | Faculty music recital, Dianna and Erik Anderson, Nelson Hall, 3 p.m. |

28	Weight Management Club, Jones Room, 8:30 a.m.	6	NAC prescreening of PBS television series "Art in the 21st Century," episode 2, "Fastasy," Aleshire Theater, 7 p.m.
	Blood pressure and health information, Beaver Dam entrance, 9 a.m.	6	Music recital with Copper Street Brass Band, Nelson Hall, 7:30 p.m.
28	Golf, home, Minot Country Club, 9 a.m.	7	Brown Bag Book Talk: Chris Keller, biology, on "Real Education: Four Simple Truths for Bringing America's Schools Back to Reality," by Charles Murray, Olson Library, noon.
28	Brass and Organ Høstfest Festival Concert, Gary Stenehjem memorial concert, Nelson Hall, 7 p.m.	8	Workshop: "Help! There's No Time to Study!" Main 106, 2-2:50 p.m.
28	NAC lecture: Høstfest guest speaker Tryggvi Thorlief Larum, Aleshire Theater, 7 p.m.	7	Volleyball vs. Dickinson State University, Dome, 7 p.m.
30	Retirement open house for Gerard Oie, Christianson Room, Dome, 10 a.m.-noon.	8	Business etiquette luncheon, Conference Center, 12:15-2 p.m.
30	Workshop: "Don't Stress Over Tests!" (test anxiety), Main 106, 3-3:30 p.m.	8	Faculty Senate, Westlie Room, 3:30 p.m.
30	SAC: movie, Beaver Dam 3 p.m., Aleshire Theater 9 p.m.	8	Men's Club Hockey at Adrian College, Adrian, Mich.

Oct.

1	Finger printing and license seminar to student teach spring 2010, Conference Center, 12:30 p.m.	9	International Artist Series: Rudolph Budginas, Nelson Hall, 7:30 p.m.
1	Workshop: "Stop the Insanity ... How to Manage Your Stress," Main 106, 1-1:50 p.m.	9-11	Men's Club Hockey at ACHA National Showcase Tournament, Youngstown, Ohio.
1-29	NAC exhibit: "Faces," oil paintings by Gretchen Bederman, Glendive, Mont., Hartnett Hall Gallery.	10	Football at South Dakota Mines.
2	Beaver Booster luncheon, Grand International, noon.	10	Minot Symphony Orchestra, Nelson Hall, 7:30 p.m.
2	Job search for elementary educators seminar to student teach spring 2010, Conference Center, 1 p.m.	11	Canadian Thanksgiving supper for prospective families, Conference Center, 7 p.m.
2	Volleyball vs. Jamestown College, Dome, 7 p.m.	12	Weight Management Club, Jones Room, 8:30 a.m.
2	Cross Country at Jimmie Invitational, Jamestown, N.D.	12	Blood pressure and health information, Beaver Dam entrance, 9 a.m.
2	Golf at Lakeview Golf Course, Mitchell, S.D.	12	Canadian Preview Day, 10 a.m.-2 p.m.
2-3	Men's Club Hockey at North Dakota State University.	12	Student Government Association meeting, Westlie Room, 7 p.m.
2-3	Theatre: 24-hour play festival, Aleshire Theater.	14	Assessment Day.
3	Golf at Wild Oak Golf Course, Mitchell, S.D.	14	\$mrtz Financial Experience, McFarland Gallery, Old Main, 8:15 a.m.-3 p.m.
3	Tailgating, parking lot east of Dome, 11 a.m.	14	Job search for secondary educators seminar to student teach spring 2010, Westlie Room, 1 p.m.
3	Football vs. Dakota State University, Parker Stadium, 1:30 p.m.	14-15	Final exams for first 8-week classes.
3	Volleyball vs. Valley City State University, Dome, 7 p.m.	15	Admission to teacher education seminar, Main 106, 12:30 p.m.
3	Theatre: 24-hour play festival performance, Aleshire Theater, 7:30 p.m.	15	Faculty Senate executive board, Souris Room, 3:30 p.m.
5	Music master class with Copper Street Brass Band, Nelson Hall, 1 p.m.	15	SAC: Battle of the Bands, Beaver Dam, 7 p.m.
5	Music clinic rehearsal with Copper Street Brass Band, Nelson Hall, 7 p.m.	15-Nov. 10	NAC exhibit: works by Art Chantry, Library Gallery.
5	NAC lecture: "Evolutionary Denialism," by P.Z. Myers, University of Minnesota-Morris, Aleshire Theater, 7 p.m.	16	Spring 2010 graduation applications due to advisor.
6	Incomplete grades of "I" from spring and summer roll to "F."	16	N.D. Collection Conservation meeting, Conference Center, 10 a.m.-2 p.m.
6	Finger printing and license seminar to student teach spring 2010, Main 211, 11:30 a.m.	16	Beaver Booster luncheon, Grand International, noon.
6	Workshop: "Money ... I'm Lovin' It," Memorial 114, 12:30-1:20 p.m.	16	Cross Country Minot State Open, Souris Valley Golf Course, 4 p.m.
6	NAC public reception for Gretchen Berderman's "Faces" exhibit, Hartnett Hall, 6:30-8 p.m.	16	Volleyball vs. Black Hills State University, Dome, 7 p.m.
		16	Men's Club Hockey vs. St. Cloud State University, MAYSA Arena, 7:30 p.m.

16	Men's Basketball at University of Regina.	24	Volleyball vs. Mayville State University, Dome, 3 p.m.
17	Tailgating, parking lot east of Dome, 11 a.m.	24	Cross Country at Mount Marty Invitational, Yankton, S.D.
17	Football vs. Black Hills State University, Parker Stadium, 1:30 p.m.	24	Football at Mayville State University.
17	Volleyball vs. South Dakota Mines, Dome, 7 p.m.	26	Weight Management Club, Jones Room, 8:30 a.m.
17	Men's Club Hockey vs. St. Cloud State University, MAYSA Arena, 7:30 p.m.	26	Blood pressure and health information, Beaver Dam entrance, 9 a.m.
19	Young Men's Choral Concert, Nelson Hall, 7:30 p.m.	26	Student Government Association meeting, Westlie Room, 7 p.m.
20	Staff Senate, Jones Room, 9 a.m.	26	NAC lecture: "Horizons Unlimited: Peru Study Trip," Kemerly Moorhouse, Aleshire Theater, 7 p.m.
20-21	Spring 2010 registration for currently enrolled students.	26	NAC prescreening of PBS television series "Art in the 21st Century," episode 4, "Systems," Aleshire Theater, 7 p.m.
21	University Cabinet, Westlie Room, 9 a.m.	28	Last day to add a second 8-week class.
21-23	NOTSTOCK, three-day live art and music event, Beaver Dam, 11 a.m.-6 p.m.	29	Spring 2010 graduation applications due to Registrar's Office.
22	Faculty Senate, Westlie Room, 3:30 p.m.	30	Beaver Booster luncheon, Sevens Restaurant, noon.
22-25	Theatre: "Execution of Justice," Aleshire Theater, Thursday-Saturday 7:30 p.m., Sunday 2 p.m.		
23	The Dam Lock-Down, Beaver Dam, 5-8 p.m.		
23	Volleyball vs. Dakota State University, Dome, 7 p.m.		

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.

