



Public Information Office

A NEWSLETTER FOR EMPLOYEES AND FRIENDS OF MINOT STATE UNIVERSITY

Five at MSU earn achievement awards

Three faculty members, Heather Golly, Paul Lepp and Lynne Rumney, and two staff members, Shanette “Shan” Haarsager and Jonelle Watson, received MSU Board of Regents Achievement Awards April 7 during Minot State University’s annual Employee Appreciation Luncheon. The awards and their recipients are:

Teaching — Heather Golly joined the Minot State University Department of Teacher Education and Human Performance in 2002. Golly teaches human performance courses to students in athletic training, corporate fitness and physical education programs. Golly developed an athletic training education program curriculum and a sports medicine concentration and helped design the Swain Hall sports medicine center and exercise science laboratory.



She has served on numerous campus committees and currently serves on the Minot State NCAA Academic Advisory Council and as the faculty chair for the Organization of Student Athletic Trainers. Former Gov. John Hoeven appointed her to the North Dakota Board of Athletic Trainers. Golly completed a bachelor’s degree in physical education and corporate fitness at Minot State University and a master’s degree in exercise science at Ohio State University, Columbus. She graduates this May from North Dakota State University with her doctorate in adult education.

Scholarship — Paul Lepp, an MSU biology faculty member since 2005, does research tightly linked to teaching and learning through the intimate involvement of students in his cutting-edge studies. He currently teaches microbiology, evolution and ecology. He is also director of the bioinformatics program. He possesses an impressive publication record, with his publications often cited in other peer-reviewed publications.



Lepp received a bachelor’s degree in biology from Gustavus Adolphus College, St. Peter, Minn., in 1990. In 1997, he earned his doctorate from Michigan State University in East Lansing in the Department of Microbiology and Molecular Genetics and the Center for Microbial Ecology. From 1997 to 2004, Lepp was a postdoctoral fellow and a research associate at Stanford University School of Medicine, Calif., in the Department of Microbiology and Immunology. There, he worked on the microbial diversity associated with periodontitis funded by Procter & Gamble.

Service — Lynne Rumney, director of the MSU Honors Program, holds a bachelor’s degree in English from Princeton University, N.J., and a master’s degree in music performance from the Eastman School of Music, Rochester, N.Y. Under her watch, the Honors Program has tripled in size and expanded and updated its curriculum, staffing, structure and setting.



Rumney was the co-founder and administrative director for MSU’s Dakota Chamber Music festival from 1996 to 2005, during which she also maintained a violin/viola teaching studio and taught at the International Music Camp. She served in leadership positions with multiple regional orchestras, including the Minot Symphony, Bismarck Symphony and Western Plains Opera Orchestra.

April 20, 2011

PIO update

Like most, I feel the winter weather has hung on too long. I am tired of gray skies, cold weather, winter clothes, heavy coats, slushy streets, dirty cars, muddy shoes and _____ (your own words here). I know I am not alone because most conversations, mine or others’, begin with similar comments.

But just as negativity can snowball, so can gratitude. Researcher Robert Emmons repeatedly revealed the benefits of expressing appreciation and gratitude. In his initial study (Emmons & McCollough, 2003), participants who kept a weekly gratitude journal reported greater optimism, fewer physical problems and more physical exercise relative to those who recorded neutral or negative events. The biggest bonuses came from expressing gratitude habitually.

To activate your gratitude, jot down daily things you are grateful for, from others’ kindness to a brilliant sunrise to the food you eat. Reflecting on gratitude focuses us on what we have instead of what we don’t.

Keeping a daily gratitude journal also encourages greater connectedness to our world. A simple “thank you” may start a continual cycle where people act more compassionate, which gives us joy and more to be thankful for.

An attitude of gratitude: it’s all about choice.

— Susan Ness,
public information director

NEXT ISSUE

Publication Date: Wednesday, May 4
Submissions Due: noon April 27
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Rumney has served on many committees related to service learning, Vision 2013, the Foundations of Excellence project and Higher Learning Commission accreditation. Rumney co-edited the 2008 Institutional Self-Study Report. She currently serves on Faculty Senate.

Shanette “Shan” Haarsager, a Sherwood native, possesses a long working history in the educational community. After graduating cum laude from MSU with a bachelor’s degree in business education, she taught seven years in Max and Sherwood. She was appointed and subsequently elected Renville County school superintendent for seven years until the position was dissolved. Haarsager worked at Madsen Law Office for 10 years until coming to MSU as the administrative assistant to the dean of the College of Arts and Sciences in 2005.



Haarsager is a member of the Mohall Study Club and St. Jerome’s Catholic Church, where she taught catechism classes for a number of years, has been an organist for 32 years and is a member of St. Jerome’s Christian Mothers. Haarsager served on MSU Staff Senate and currently assists with Region 8 One Act Play Festival and the Region 8 Large Group and Small Group Music Festivals. She received an MSU Vision 2013 Merit Award this past year.

Jonelle Watson, assistant vice president for business services/controller, demonstrates MSU’s core values and serves as a model of excellence in service. She began employment at the university in 1992 as a special education media center specialist and spent seven years as the North Dakota Center for Persons with Disabilities’ administrative assistant for finance. In 2000, Watson accepted the Business Office grants and accounting analyst position and became controller in 2006.



Her duties include preparation of the annual and biennial budgets and yearly financial statements, supervision of employees in seven areas and responsibility for the MSU Development Foundation accounting.

Watson graduated from MSU with her bachelor’s degree in accounting and is a certified public accountant.

Watson has been involved with the Graduation/Retention Task Force, ConnectND Campus Advisory Committee and International Advisory Committee. In addition, she mentored several job shadowers from local high school business classes and from the MSU Controllershship class. Her community service includes serving as vice president and president of the Taube Museum of Art, volunteering at the Norsk Høstfest and participating actively at Bethany Lutheran Church.

Recycling to be discussed

Christy Smith, North Dakota Department of Health environmental scientist, will present “Preventing and Reducing Waste, Recycling 101, and Buying Recycled Products”

Wednesday (April 20) in Aleshire Theater at 7 p.m. Her presentation is part of the Northwest Art Center lecture series and coincides with international activities on environmental awareness.

Patricia Lomire, associate professor of sociology, will close the Northwest Art Center lectures for the academic year. She will discuss “The Glass Ceiling in Criminology” May 4.

The events are free and open to the public; refreshments are served afterward.

Campus open forums scheduled

Minot State University President David Fuller will convene two campus open forums Thursday (April 21) in the Conference Center at 8 a.m. and noon. Forums are interchangeable, as the information discussed will be the same at each forum. President Fuller invites all to attend the meetings and join in the discussion.

Alumni Association plans Gala

It is the Alumni Association’s perennial favorite, the 28th annual Gala Dinner and Auction April 29 at Minot’s Grand International. The social and auction preview begin at 5:30 p.m. and dinner is at 6:45 p.m. The \$50 tickets include a gourmet dinner. Dress is semi-formal.



Unique to the Gala are items incorporating salvaged fabric from McFarland Auditorium. Alumni Chuck and Jan Repnow of Rugby and their daughter Lydia are contributing items, such as a “Tabletop for Four” package, a Beaver yearbook cover and embroidery and an embroidered MSU chair. Successful bidders may also win “A Camping We Will Go!” package, an autographed collection of Arnold Palmer memorabilia or a framed picture of the inaugural football game on the new field turf at Herb Parker Stadium.

Net proceeds help fund scholarships and programs sponsored by the Alumni Association. Reservations by April 27 are strongly suggested, as this event has sold out in the past. Tickets may be obtained by calling 858-3234.

MSU hosting Spring Honor Dance and Powwow Celebration

Native American dancers and drum groups throughout North Dakota and neighboring states and provinces will compete during the 22nd annual Native American Spring Honor Dance and Powwow Celebration at the Minot State University Dome April 29-30. The celebration will also include special Native American attractions.



This event, sponsored by the MSU Native American Cultural Awareness Club and the university, will honor all 2011 graduates. Two “Grand Entries,” the time when all of the dancers enter the arena, are scheduled for 1 and 7 p.m. each day. The “Honor Parade,” in which all 2011 MSU graduates are invited to participate, follows the 7 p.m. Grand Entry on April 30.

“The Native American Cultural Awareness Club and Minot State are honored to host a traditional Native American cultural event that promotes understanding and appreciation of Native peoples and honors our university graduates,” said Wylie Hammond, NACAC advisor.

Dance competitions will be held for men, women, teens, juniors and “tiny tots.” The competition for men includes traditional, grass and fancy dancing. Women’s dance competitions include traditional, fancy and jingle styles. Cash prizes will be awarded.

A traditional buffalo meal will be served at 5 p.m. in the Student Center, on April 29. The Standing Rock Sioux Tribe donated the buffalo.

Both days feature performances, dance competitions and the sale of Native American arts, crafts and food. The activities start at 11 a.m.

Admission to the Spring Honor Dance and Powwow Celebration is \$2 for ages 12-55; it is free to children under 12, senior citizens and MSU students, faculty and staff.

For more information, contact Evelyn Klimpel, NACAC advisor, at 858-3372 or evelyn.klimpel@minotstateu.edu.

Poster session invite

Minot State University faculty and students will share their research and scholarship activities at the 2011 faculty and student research poster session. The session will take place April 29 in the Student Center Atrium, 11 a.m.-1:30 p.m.

In addition to the poster presentation, a collection of abstracts will be published.

The campus and community are invited to attend.

MSU to honor retirees

The annual retirement social will be May 3 in the Conference Center, 2-4 p.m. Minot State University employees who have recently retired, or will retire at the end of this semester, will be honored.

Faculty, staff and other MSU retirees in the area are invited to attend. The formal welcome and presentations for our current retirees will begin at 2:30 p.m.; refreshments will be served.

For additional information, contact Wes Matthews, director of human resources, at 858-3352.

NDCPD receives \$900,000 for ND EHDI Project



The North Dakota Center for Persons with Disabilities, a University Center of Excellence at Minot State University, recently received funding of \$300,000 per year for three years from the Health Resources Services Administration to continue the operation of the North Dakota Early Hearing Detection and Intervention Project. ND EHDI promotes timely infant hearing screenings, diagnosis, early intervention services and family support through training, technical assistance, site visits and public-awareness activities.

“Hearing loss continues to be the most common congenital condition in the United States,” said Wendy Thomas, ND EHDI project director. “We are thankful to have continued funding to promote the hearing health of North Dakota infants.”

For more information on ND EHDI, contact Thomas at 858-3580 or wendy.thomas@minotstateu.edu or visit the project website at www.ndcpd.org/proj/NDEHDI.

Students organize ‘Beaver Town Get Down’

“Beaver Town Get Down” is set for May 7 in the basement of Sports on Tap and Planet Pizza. It is a musical event for the Minot community with proceeds going to the Pangea House. The doors open at 7 p.m. with live music from local Minot bands, such as Smokey and the Past, Atom’s Rite, Jazmine Wolff, Bitemarks and Crooked Gospel of Western Civilization. This 16-and-older event is open to the public. Tickets are \$10 at the door.



“This event is a great way to come and socialize and listen to some of the great bands of Minot,” said Derek Hackett, one of the event organizers.

Beaver Town Get Down is coordinated by nine MSU broadcasting students as a part of the Campaigns and Strategies course. The course explores the marketing, public relations and advertising relationships in today’s market.

“I was approached by Derek and thought we have the open space, we have everything available where concerts have been held before, so it really felt right to help out, especially with money going to help out a community organization,” said Tony Mueller, manager of Planet Pizza and Sports on Tap. Planet Pizza will donate pizza for all who attend. The pizza buffet will be open from 7 to 10:30 p.m., with tickets selling for \$5 after 10:30 p.m.

For more information, contact Hackett at 720-8600 or Audra Myerchin, MSU assistant professor of communication arts, at 858-4238 or audra.myerchin@minotstateu.edu. Visit the “Beaver Town Get Down” Facebook page for additional information and event highlights.

R&G staffers place in contest

Four members of the Red & Green newspaper staff at Minot State University won awards in the North Dakota Professional Communicators 2011 College Communications Contest.

Jack Fowler, a junior from Minot, took first place in the Personal Column category for his articles “I’m in England so read my bloody article,” “Officer, can I pee in your hat?” and “Piccadilly all day long.”

Eric Manlove, a senior from Fargo, took third place in Sports Writing for his article “Women’s softball rebounds from loss.” Manlove also took third place in the Single Sports Photo category.

Jesse Kelly, a senior from Minot, placed second in the Single Sports Photo category.

Tanner Larson, a sophomore from Minot, received honorable mention in the Reviews category for his game reviews.

‘Minot State University: Engaged with Swain Hall and CETL’



Left to right, Aaron Jaeger and Beth Odahlen

Minot State University participated in the North Dakota University System public showcase titled “Meeting the Needs of Our State” at the state Capitol. MSU’s display, “Minot State University: Engaged with Swain Hall and CETL,” highlighted a few of the high quality academic experiences and

innovative new ventures taking place on its campus. Students Courtney Burckhard, Burlington, George Duenas, Lodi, Calif., and Brian Rohles, Minot, and Terry Eckmann, professor of physical education, promoted the College of Education and Health Sciences. The Center for Engaged Teaching and Learning was represented by Aaron Jaeger, peer mentor from Washburn, and Beth Odahlen, CETL director. Teresa Loftesnes, marketing director, oversaw the Minot State display.

Wellness works

Skin cancer is preventable

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell and squamous cell carcinomas, are highly curable.

Skin cancer begins in cells. When the orderly process goes wrong, cells develop when the skin does not need them, thus, forming a mass of tissue or tumor.

Melanoma, the third most common skin cancer, is more dangerous, especially among young people. It is much less common than other skin cancers, but it is far more serious.

Signs and symptoms to watch for include:

- Skin — any change in the skin, especially in the size or color of a mole.
 - Appearance — scaliness, oozing or change in the appearance of a bump or nodule.
 - Color — spread of pigmentation such as past the edge of a mole or mark.
 - Change in sensation, itchiness, tenderness or pain.
- People with certain risk factors are more likely to develop skin cancer. Risk factors vary for different types of skin cancer, but some general risk factors include light skin color, a family/personal history of skin cancer, excessive sun exposure (ultraviolet rays), a history of sunburns early in life and multiple or atypical moles.

Skin cancer is preventable. The best way to lower skin cancer risk is to “choose your cover” by seeking shade from UV rays (especially during the midday), covering up to protect exposed skin, wearing a hat with a wide brim, grabbing shades that block both UVA and UVB rays and applying sunscreen of at least SPF 15 or higher and with UVA and UVB protection. For the best protection, individuals should reapply sunscreen every two hours.

For questions, contact Caren Barnett, director of the Student Health Center, at 858-3371 or caren.barnett@minotstateu.edu.

Announcements

Bill Isaacson speaking at MSU April 28

Minot State University alumnus Bill Isaacson will visit campus April 28. A former 3M executive and inventor of the permanent contact lens, Isaacson will give a presentation about his experiences with 3M and how MSU students can create a competitive advantage for themselves. Please join the Severson Entrepreneurship Academy in Old Main 106 from 12:15 to 2 p.m. There will be free cookies and refreshments.

For questions, contact 858-3025 or bethany.stai@minotstateu.edu.

—Bethany Stai, SEA executive assistant

MSU Staff Senate adding tour and consultation to new-employee orientation

Minot State University Staff Senate has introduced two components to new staff orientation. Beginning this month, new employees now take a formal one-hour campus tour within their first week of employment and attend a one-hour consultation with the Wes Matthews, director of human resources.

Staff Senate invites staff members to volunteer to assist with campus tours. Tours will be given twice a month, and a tour guide is available. This is a great way to welcome new employees to MSU.

If you are interested in becoming a tour guide, please contact teresa.loftesnes@minotstateu.edu.

—Teresa Loftesnes, director of marketing

'The 100% Factor: How to Live Your Capacity'

Experience "The 100% Factor" Tuesday (April 26) at 4 p.m. in Aleshire Theater and at 7:30 p.m. in Old Main 106. Jodee Bock, author, will help Minot State University students, staff and faculty begin to examine how much of their lives they are actually living.

TRiO-Student Support Services is sponsoring this event. The audience will be exposed to individuals and organizations that are truly choosing how to live a life capacity. They will get ideas for their own life and be inspired to live a more successful tomorrow. Everyone is welcome.

For more information, visit www.bocksoffice.com/jodee-bock/. For questions, contact 858-4047 or lynn.redden@minotstateu.edu.

—Lynn Redden, TRiO-SSS program assistant

Arabic Fulbright FLTA joining MSU next fall

Minot State has received its first choice for an Arabic Fulbright foreign language teaching assistant, Enas Abo Halaf. Halaf, a Palestinian woman from Israel, will join MSU in August. She is fluent in Arabic and Hebrew and will teach Arabic 101. Students can register online for Arabic 101 now to make sure they get a place before the course fills.

MSU is still waiting to hear about the French and Spanish Fulbright FLTA selections, but the foreign language department is hopeful that it will have three Fulbright FLTAs on campus for next year. They will lead discussions in the film class and film series as well and bring perspectives from their native countries and diverse backgrounds. For questions, contact 858-4265 or scott.sigel@minotstateu.edu.

—Scott Sigel, assistant professor of Spanish and foreign language coordinator

Sales of 2011-12 parking permits begin in May

New parking permits for fiscal year 2011-12 will be available for sale in May. Students may purchase residence hall or unreserved permits starting May 4. Faculty and staff may purchase permits for their assigned lots beginning May 16. Lot assignments are made by building and are designed to minimize the average walking distance for all employees. The Campus Parking Committee will consider any requests for exception. Bona fide medical conditions will be addressed by the Campus Parking Committee and should be documented by a current physician's order. Please note that unreserved passes are available only to commuter students.

Permits will be available in the parking office, located in the facilities management building. Reserved permits will be sold for \$35, and unreserved permits will be sold for \$25. When purchasing a parking permit, individuals should have their license plate number, student/employee ID and driver license available. Payment may be made with cash or check. For questions, call 858-3210.

—Roger Kluck, assistant vice president for facilities management

MSU STEM grads may be eligible for student loan forgiveness

Minot State University graduates employed for at least one year in science, technology, engineering or math-related occupations in North Dakota may be eligible for up to \$6,000 in student loan forgiveness. The loan forgiveness is available through a program coordinated by the North Dakota University System and the Bank of North Dakota.

For more information, go to www.ndus.edu and click on Students>Paying for College>North Dakota Grants & Scholarships.

—Debra Anderson, NDUS director of public affairs and marketing

In the galleries

April 20-26 — Works by Annette Marchand, Moorhead, Minn., Gordon B. Olson Library Gallery.

April 20-May 10 — Juried student art exhibition, Hartnett Hall Gallery.

May 5-June 1 — "Diamond in the Rough," jewelry by MSU seniors Erika Edwards and Kayla Cote, Olson Library Gallery.

May 13-June 15 — Senior show by MSU students James Skinner, Jon Ross and June Szczur, Hartnett Hall Gallery.

The public reception for "Diamond in the Rough" is May 10 in the Olson Library Gallery, 6:30–8 p.m. The public reception for the senior show is May 13 in the Hartnett Gallery, 6:30-8 p.m.

Calendar

April

- 20 Earth Day documentary "Tapped," Nelson Hall, 7 p.m.
- 20 NAC lecture: "Preventing and Reducing Waste, Recycling 101, and Buying Recycled Products," by Earth Week guest speaker Christy Smith, N.D. Department of Health, Aleshire Theater, 7 p.m.
- 21 President's campus open forum, Conference Center, 8 a.m. and noon.
- 22 Easter break, university closed.
- 25 Easter break, university open, no classes.
- 25 Baseball vs. Jamestown College, Corbett Field, 1 p.m.
- 26 "The 100% Factor: How to Live Your Capacity," by author Jodee Bock, Aleshire Theater at 4 p.m., Old Main 106 at 7:30 p.m.
- 27 Softball vs. Mayville State University, Sertoma Complex, 3 p.m.
- 27 Choirs concert with Williston State College Choir, First Presbyterian Church, 8 p.m.
- 28 Severson Entrepreneurship Academy guest speaker Bill Isaacson, Old Main 106, 12:15–2 p.m.
- 28 Jazz Ensemble, Nelson Hall, 7:30 p.m.
- 29 Last day to drop second 8-week class.
- 29 MSU Board of Regents, Conference Center, 7:30 a.m.

- 29 Faculty and student research poster session, Student Center Atrium, 11 a.m.–1:30 p.m.
- 29 Alumni Association Gala Dinner and Auction, Grand International Inn, 5:30 social, 7 p.m. dinner.
- 29-30 Spring Honor Dance and Powwow Celebration, Dome.
- 29-30 Beethoven's Cello and Piano Works Concert, Nelson Hall, 7:30 p.m.
- 30 Softball vs. University of Saskatchewan, Sertoma Complex, 1 p.m.
- 30 Baseball vs. Valley City State University, Corbett Field, 1 p.m.

May

- 1 Softball vs. University of Saskatchewan, Sertoma Complex, 1 p.m.
- 1 Beethoven's cello and piano works concert, Nelson Hall, 3 p.m.
- 1 Choirs concert, Nelson Hall, 7:30 p.m.
- 2 Band concert, Nelson Hall, 7:30 p.m.
- 3 Retirement Social, Conference Center, 2–4 p.m.
- 3 Percussion Ensemble concert, Nelson Hall, 7:30 p.m.
- 3 International Film Series, "Japón," Aleshire Theater, 7:30 p.m.
- 4 MSU Life: Karaoke, Beaver Dam, 11 a.m.
- 4 NAC lecture: "The Glass Ceiling in Criminology," presented by Patricia Lomire, MSU Division of Social Science, Aleshire Theater, 7 p.m.

- 5-June 1 NAC exhibit: "Diamond in the Rough," jewelry by MSU seniors Erika Edwards and Kayla Cote, Olson Library Gallery.
- 6-7 Softball Dakota Athletic Conference tournament, Minot.
- 7 Beaver Town Get Down, basement of Sports on Tap and in Planet Pizza, 7 p.m., \$10.
- 8 Western Plains Children's Choir concert, Nelson Hall, 7 p.m.
- 9-12 Final exams for 16-week classes.
- 10 NAC public reception for "Diamond in the Rough," jewelry by MSU seniors Erika Edwards and Kayla Cote, Olson Library Gallery, 6:30–8 p.m.
- 11-12 Final exams for 8-week classes.
- 13 Graduate School hooding ceremony, Nelson Hall, 8 a.m.
- 13 Commencement, Dome, 10 a.m.
- 13 NAC public reception for senior show by MSU students James Skinner, Jon Ross and June Szczur, Hartnett Hall Gallery, 6:30–8 p.m.
- 13-June 15 NAC exhibit: senior show by MSU students James Skinner, Jon Ross and June Szczur, Hartnett Hall Gallery.
- 16 Grades must be entered by noon.
- 30 Memorial Day, university closed.

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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Minot State
UNIVERSITY

