



Public Information Office

A NEWSLETTER FOR EMPLOYEES AND FRIENDS OF MINOT STATE UNIVERSITY

DCM commemorates 15th season

The Dakota Chamber Music brought professional artists together with talented and motivated students and adults for intensive performance and study. DCM celebrated its 15th season June 6-12.



Klassy hired as Veterans Center director

David Klassy has been named Veterans Center director at Minot State University as Dick Jenkins, vice president for student affairs, announced. Klassy assumed his duties June 6.

“We are delighted to hire someone as experienced as David Klassy as the first director of the Minot State University Veterans Center,” Jenkins said. “With his extensive military background, we anticipate providing a high level of service to an expanding population of active-duty military members, veterans and their dependents as they seek to use their educational benefits at Minot State University.”

Formerly a casualty assistance representative at Minot Air Force Base, Klassy provided counseling on benefits and rights for veterans and their families. Prior to that, he advised military personnel and their dependents in readiness services such as relocation and transition assistance. Klassy’s 20-year career in the United States Air Force demanded skills in financial and technology management, project coordination, leadership and communication.

“Most of my career, both in and out of the Air Force, has involved serving people,” Klassy said. “I am honored to be given the opportunity to serve current and future veterans and their families in utilizing their benefits to pursue their education at Minot State.”

Klassy earned his bachelor’s degree in business from Wilmington College and a Master’s degree in Information Resource Management from Central Michigan University. He and his wife, Donita, live in Mohall and have two daughters.

Klassy is past president and past adjunct for American Legion Post 52 in Mohall, a life member Air Force Sergeant’s Association and a member of the Mohall Fire Department.



June 15, 2011

PIO update

The American Heritage dictionary defines “community” as “a group of people living in the same locality and under the same government.” The sixth definition states “common participation or possession.”

In recent weeks, “common participation” accurately describes the shared frenzy of activity that transpired in Minot and at Minot State University. But what both definitions lack is mention of the outpouring of kindness, selflessness and concern citizens showed for one another. People of all ages filling sandbags; strangers moving evacuees to drier ground; corporations feeding hundreds of evacuees and volunteers; emergency personnel and National Guardsmen working 20-hour days; 24-hour media coverage to deliver up-to-the-minute information; MSU employees and Red Cross volunteers working long hours behind the scenes to ensure that every tired soul had a bed at shift’s end; and MSU’s continuing efforts to provide flood-relief assistance through its emergency needs database.

Support, patience, dismay, heartache, appreciation, fatigue, defeat, hope and triumph were all evidenced in Minot’s efforts and fight against time and rising water. These words, not likely to be included in the definition, are important characteristics that define Minot and MSU.

— Susan Ness, public information director



‘The Drowsy Chaperone’ opens Summer Theatre

“The Drowsy Chaperone,” a tribute to old musicals, runs through Sunday (June 19) under the direction of Aili Smith, Minot State University assistant professor of communication arts.

NEXT ISSUE

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Minot High School instructor Chad Gifford will direct the second play, "The Pirates of Penzance," June 25-29. This will be a new version of the comic opera, produced by Joseph Papp on Broadway.

The third scheduled Summer Theatre production is "Don't Dress for Dinner," July 7-11. Paula Lindekugel, associate professor of communication arts, will direct this farce.

The musical "My Fair Lady" will conclude the 46th season July 18-23. Conrad Davidson, professor of communication arts, is the director.

All shows are in the MSU Amphitheater at 8:30 p.m. Tickets are \$8 for adults, \$7 for senior citizens and children over 12, \$5 for children 12 and under and \$3 for MSU personnel and summer students with current MSU ID. Reservations may be made by calling the Summer Theatre box office at 858-3228.

MSU brings golf tour to area communities

Minot State University alumni and friends are invited to participate in the sixth annual "Summer Friend-Raising Golf Tour." The tour will stop in Rugby Thursday (June 16), Stanley June 21, Bottineau July 5, Garrison July 19 and Kenmare Aug. 4. These dates are subject to change. The tour visited Velva June 7.

The motto for the tour is "Golf One or Golf Them All." The format is a four-person, nine-hole scramble. Registration begins at 4:30 p.m., with a shotgun start at 5 p.m. A social will immediately follow completion of golf, estimated at 7 p.m. Non-golfers are welcome to attend.

"We have created some great relationships with alumni and friends of MSU in every community that we golf in," said Tawnya Bernsdorf, director of alumni relations and annual giving. "Each community is so hospitable to us, and we are looking forward to another awesome golf tour!"

Golfers are responsible for their own green fees and cart rentals. Meals and refreshments will be provided by the course, and purchase is optional.

Transportation from Minot State to each course will be available at no charge. Reservations for transportation and meals are requested one week before the date of each outing. It is recommended that golfers interested in carts make reservations as soon as possible because the number of available carts is limited.

Prizes will be awarded at each event. The "Summer Friend-Raising Golf Tour" is sponsored by MSU Alumni Association, Advancement Office, Athletic Department and the Marketing Office. Call the MSU Advancement Office with questions or to register at 858-3890 or 701-800-777-0750, ext. 3890, or visit the website, www.minotstateu.edu/alumni.

Weber receives honor

Laurie Weber, Minot State University assistant financial aid director, will receive the Bronze Eagle Award at an annual certifying official workshop June 23 in Bismarck. The North Dakota State Approving Agency, administered by the North Dakota University System, sponsors the award.



"I am thrilled to receive the Eagle Award and very humbled because there are fantastic, dedicated Veterans Affairs certifying officials all over North Dakota," Weber said. "It's a huge honor to be singled out for my work with these students. I really will treasure the award."

Weber joined MSU in December 1997, with duties serving as the Veterans Affairs certifying official, processing withdrawals, disbursing financial aid and counseling students and parents. Over the years, she has enjoyed assisting veterans and military dependents with receiving their VA education benefits, which allow them to continue their educational pursuits at MSU.

"Laurie is a very dedicated employee and works tirelessly in support of our veterans and other students," MSU President David Fuller said. "She is well deserving of this recognition and honor."

Golf clinic for people with physical challenges offered

A golf clinic for people with physical challenges will be offered June 30 at Minot's Jack Hoeven Wee Links Golf Course from 4:30 to 6 p.m. The clinic is for individuals who want to try the sport but feel it would be too difficult due to physical limitations. The clinic is also for experienced golfers who gave up the game because of life-changing events such as strokes or amputations.

Reed Argent, a physical therapist at First Choice Physical Therapy, decided to develop a golf clinic for people with disabilities after he attended a National Amputee Golf Association's First Swing clinic. The First Swing program teaches physical therapists and golf pros how to use golf as therapy and teach people with disabilities to learn or relearn to play golf. The program often works with service men and women who have been injured.

"The physical-therapy profession, golf and my family are my three passions," Argent said. "If I became paralyzed, I would want to regain the ability to play golf as soon as possible."

Adults, age 18 and older, are welcome to attend the session. Physical therapists and golf professionals will be available to provide instruction for each person to learn how to accommodate their golf style to achieve maximum potential on the golf course. Minot Air Force Base will also bring a SoloRider, a specialized adaptive golf cart. There is no charge to attend, and equipment will be provided for those who do not have their own.

The clinic is sponsored by Minot State University's North Dakota Center for Persons with Disabilities, First Choice Physical Therapy, Souris Valley Golf Course and Jack Hoeven Wee Links Golf course (900 Forest Road, Minot).

To register, or for more information, contact Argent at 721-3344 or argent@srt.com or Steve Kottsick, Souris Valley Golf Course pro, at 240-0593.

MSU's POWER Center plans precollege experience

The POWER Center, a TRiO-Student Support Services program, will offer a precollege week enhancement course Aug. 15-19. The course, financed by a North Dakota College Access Network \$25,000 subgrant, is designed to prepare first-year students for their college experiences.

Approximately 20 POWER-eligible students will be invited to move into their residence halls and spend four nights and five days on the Minot State University campus immediately prior to the start of fall semester. This course will enable participants to learn about all the resources MSU and Minot offers. This will also allow them to connect with peers and become equipped with the tools and essential college knowledge that will lead to personal and academic success during their higher education endeavors.

"This experience, which will be referred to as POWER Week, will promote engagement with the campus and community," said Tiffany Fyelling, POWER Center learning skills specialist. "It will diminish students' fears and anxieties that accompany their first weeks of college."

This subgrant will also subsidize a spring break educational adventure for 10 to 15 upper-level POWER participants. This group will explore graduate schools in North Dakota and the surrounding regions. The destinations will be determined by participant interest and cultural experiences and service projects available while traveling. This POWER trip will afford these students to give back while also exploring careers and educational prospects.

The POWER Center is funded by a TRiO-SSS grant from the U.S. Department of Education.

For questions, contact the POWER Center at 858-4047.

VAAND provided comprehensive training

Minot State University hosted the third annual Victim Assistance Academy for North Dakota June 5-10. This 40-hour comprehensive training was for individuals, such as law enforcement officers, social workers, prosecutors or advocates, who routinely work with crime victims and have at least one year of work experience.



"What we strive to do with this program is enhance the knowledge and skills of those professionals who spend their time, day in and day out, with crime victims in North Dakota," said Nancy Murphy, Rural Crime and Justice Center research associate and VAAND coordinator.

Twenty-five students of various disciplines attended. Assistant Attorney General Jonathan Byers spoke at the academy's graduation ceremony June 10.

RCJC received an Otto Bremer Grant to fund VAAND. RCJC is housed on the MSU campus.

For more information, visit the VAAND website, www.minotstateu.edu/rcjc/vaand_home.shtml or contact Murphy at 858-3447 or nancy.murphy@minotstateu.edu.

Herpetologists gather at MSU

Herpetologists from North Dakota, South Dakota and Minnesota converged at Minot State University May 21 for the fourth annual meeting of DARN, the Dakota Amphibian and Reptile Network. DARN is a consortium of all herpetologists interested in amphibians and reptiles in the region.

Twelve attendees presented their ongoing research in herpetology, or the study of amphibians and reptiles, ranging from updating reptile and amphibian surveying in the Dakotas to investigation of anatomical innovation in cobras from India. The meeting culminated with a keynote address from salamander biologist Ken Kozak of the Bell Museum of the University of Minnesota, Minneapolis. Kozak discussed the origin and preservation of biological hotspots.

For more information, contact Chris Beachy, professor of biology, at 858-3164 or christopher.beachy@minotstateu.edu.

Nursing program receives full program approval

Minot State University's Bachelor of Nursing program received full approval May 19 from the North Dakota Board of Nursing. The program had no issues of noncompliance with the rules and regulations governing nursing education programs per the N.D. Administrative Code and the N.D. Century Code. The next survey from the Board of Nursing will be in May 2016.

Kelly Buettner-Schmidt, past chair of the Department of Nursing, commends the students, faculty, staff and administration for their role in ensuring a highly successful program that has resulted in full approval by the NDBON.

"The Institute of Medicine has called for an increase in the proportion of nurses with a baccalaureate degree to 80 percent by 2020 and to double the number of nurses with a doctorate by 2020," Buettner-Schmidt said. "Our Department of Nursing

is pleased to be able to highly contribute to these goals that will increase the quality and safety of health care for our citizens.”

The NDBON praised MSU's BSN program because 100 percent of its regular faculty are fully educationally and professionally qualified to teach nursing. This accomplishment is not common throughout the state due to the shortage of nursing faculty.

Wellness works

Common exercise myths debunked

Common exercise myths continue, but they are not true. For instance:

- Spot reducing — Fat is stored throughout the body, and exercise will use fat from different areas and not necessarily the part an individual is working.
- No pain, no gain — Research shows that low to moderate intensity routines have valuable health benefits. A general recommendation is to do cardio exercise three to five days per week for 20-45 minutes per session at 65-80 percent of the person's maximum heart rate.
- Strength training will make women very muscular — Women, compared to men, have less of the hormone testosterone, which is essential to develop large muscles. Strength training two to four times per week and doing a variety of exercises for the major muscle groups will lead to a lean and toned appearance.
- If someone stops working out, muscle will turn to fat — Muscle cannot be converted to fat. Muscle tissue will shrink, so the person may feel flabbier. When muscles get smaller, they do not utilize as many calories as before, and metabolism slows. If caloric intake is not reduced, a person may gain weight.
- If individuals did not exercise when they were younger, it is too late — It is never too late!
- It is best to exercise in the morning — It makes no difference what time of day individuals exercise, as long as they do it.
- If someone is not going to work out hard and often, exercise is a waste of time — This kind of thinking keeps many from maintaining or even starting an exercise program. Research continues to show that any exercise is better than none.
- To lose weight, stay away from strength training because exercisers bulk up — Most exercise experts believe that cardiovascular exercise and strength training are both valuable for maintaining a healthy weight. Strength training helps maintain muscle mass and decrease body fat percentage.

For questions, contact Paul Brekke, Minot State University Fitness Center director, at 858-3485 or paul.brekke@minotstateu.edu.

Faculty, staff and student achievements

The International Association for Computer Information Systems selected **Tom Seymour**, professor of business information technology, to receive the 2011 Ben Bauman Award for Excellence. The award is given for contributions to the information systems profession, commitment to students, community service and impressive scholarship. Seymour will receive the award Oct. 7 in Mobile, Ala.

The Fraternal Order of Eagles Charity Fund Department, Grove City, Ohio, notified **Heidi Super**, associate professor of biology, that her grant application was approved for \$5,000 from the Art Ehrmann Cancer Fund. **Melanie Moore**, testing coordinator and administrative assistant for the Student Health and Development Center, handled the delivery of the application. Moore is the Dakota State Auxiliary president for 2010-11.

Narayan Thapa, assistant professor of mathematics, was awarded a minigrant of \$2,500 for development of undergraduate research in mathematics from the Academy of Inquiry Based Learning and Educational Advancement Foundation for fall 2011. His current research on “Identification Problems for Nonlinear Hyperbolic PDEs with Boundary Data” is accepted for presentation at the meeting of the Mathematical Association of America in Lexington, Ky., Aug. 4-6. For more information, visit www2.goshen.edu/~dhousman/MathFest2011GCPSSchedule.pdf.

Announcements

Textbook rental program success

The Minot State University Bookstore's textbook rental pilot program for spring semester was a success. Of the bookstore's titles, 29 percent were available as rentals, and participating students saved over \$20,000.

—*Sandy Foley, MSU Bookstore manager*

Smith named interim chair for nursing

Mary Smith, assistant professor of nursing, is the Department of Nursing interim chair. For questions, contact 858-3101.

—*Kelly Buettner-Schmidt, assistant professor of nursing*

Grant Proposal Workshop rescheduled for Friday

The Research and Sponsored Programs Grant Proposal Workshop has been rescheduled to Friday (June 17) from 8:30 to 10 a.m. in the Westlie Room. It is anticipated internet connection will be available at that time. For questions, contact 858-3250 or linda.cresap@minotstateu.edu.

—*Linda Cresap, dean of the Graduate School and Research and Sponsored Programs*

E-waste pickup timeframe set for Aug. 1

Minot State University will again participate in the free Apple Recycling promotion. The tentative pickup week is Aug. 1. If departments have unusable electronic equipment, such as computers, monitors and televisions, Information Technology Central and facilities management staff will pick up the items at any time. All e-waste items must be MSU-owned and have a completed Change of Inventory form. No personal e-waste is allowed under this free program. A tentative deadline has been set for the last week of July to allow time to palletize and shrink wrap items.

Please participate. Contact the Help Desk at 858-4444 or submit a work-order request to helpdesk@minotstateu.edu.

—*Cathy Horvath, director of information technology*

In the galleries

June 8-July 12 — “Mandala; Reinventing the Wheel,” mixed media by Bismarck artist Linda Schadewald, Olson Library Gallery.

June 22-July 21 — “Dis/Illusioned,” paintings by MSU senior Sharonda Fudge, Hartnett Hall Gallery.

The public reception for “Dis/Illusioned” is June 22 in the Hartnett Hall Gallery, 6:30–8 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.

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