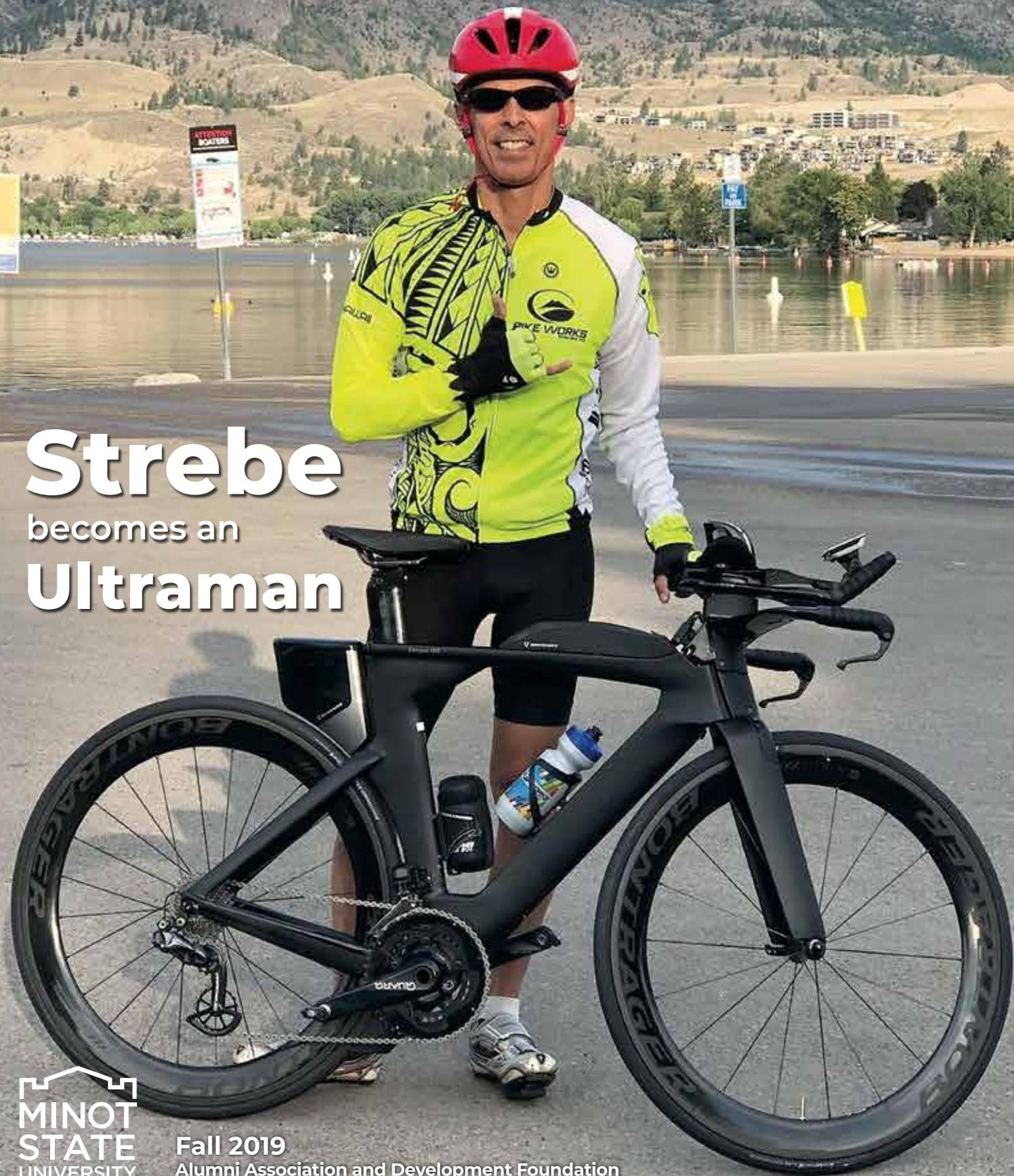


Connections

Strebe becomes an Ultraman



CONGRATULATIONS

to four outstanding alumni



SARA (BIRKELAND) MEDALEN '90/'09, a reading and math interventionist at Minot's Sunnyside Elementary School, is the North Dakota Teacher of the Year for 2020. Medalen assists students in grades K – 5 who are struggling with reading or math. She has also started programs to encourage reading, leadership development, and physical fitness. Medalen oversees STEAM Saturdays (Science, Technology, Engineering, the Arts, Mathematics), which encourages students to collaborate, use critical thinking and problem-solving skills, take risks, and learn from failure. Medalen also founded Strides for Sunnyside, a running group for students, to promote physical activity and help students learn about healthy habits.

TANYA (POTTER) BURKE '99, a radiation therapist with Trinity Health's CancerCare Center, received the first Beekley Medical Radiation Therapy Empower Award. The award was established as a national initiative to recognize professionals in various cancer care disciplines across the U.S. for efforts to improve care for patients and their families.



KRISTI (PATTERSON) REINKE '01/'04/'08, a history teacher at Jim Hill Middle School, was named Minot Education Association Teacher of the Year.



SARA (CARLSON) DEUTSCH '02 teaches physical education at Jim Hill Middle School. She was honored with the NDSHAPE Middle School Teacher of the Year award.



President's message



As I write this column, it is mid-October and I am out of state missing an early-season winter storm back home in Minot. We can expect snow and wind virtually any time of the year, but even by North Dakota standards this is a little unusual. Let's hope this is not a sign of things to come for the forthcoming winter!

Actually, I am quite a distance from Minot — typing these words from a hotel in Poland. I have been in Poland the past few days meeting with students, faculty, and our partner campus at the University of Lodz in Lodz, Poland. Minot State partners with this university in a graduate certificate management program. The Polish students take online classes from Minot State, and they receive an MSU certificate of completion that is part of their MBA requirements through the University of Lodz. While here, I delivered an address focused on the subject of “change” during their MBA graduation ceremony. Poland is a country that has

certainly experienced tremendous change the past few decades since the fall of the Soviet Union. This partnership highlights the opportunities MSU initiates to broaden our international reach. Other international examples were highlighted in September during Minot's annual Norsk Hostfest celebration. Minot State plays an important role with Hostfest and with Minot's sister city of Skien, Norway. Under the leadership of Dr. Emerson Eads, MSU's Choir traveled to Norway earlier this year and performed on multiple occasions in Skien and elsewhere. Further, we regularly have faculty collaborating with colleagues around the world on research and education projects, and our Office of International Programs does an excellent job working with international students on campus and providing opportunities for MSU students to study abroad. Relationships such as those we enjoy with partners in Poland, Norway, and numerous other countries demonstrate the University's commitment to being a responsible institution of higher education in the 21st century, thereby creating and taking advantage of opportunities beyond our borders.

Back on campus, we had a wonderful Homecoming Week this fall where we thanked and congratulated several special graduates and friends of Minot State. Our annual Golden Awards banquet recognized five terrific recipients in Greg Fjeld, Dr. Cheryl Nilsen, Michael Saba, Myron Thompson, and Caleb Heilman. Also, during Homecoming, we celebrated our newest Athletic Hall of Fame inductees: Carla (Brunsell) Clark, Brian Rohles, Jordan Kelly, and the 1965 Beaver Baseball Team. You can read more about these events in this issue of Connections. We also held an Academic Hall of Fame ceremony during Homecoming featuring Dr. Veronica Pinnick (she was featured on the cover of the Fall 2018 Connections magazine). Unfortunately, a rainy morning forced us to cancel the Homecoming Parade where Clint Severson and Conni Ahart were scheduled to be the Grand Marshals. We will make it up to them at a future parade! The weather cleared up in time for the football game attended by a large and boisterous MSU crowd.

Fall is in full swing with the Beaver Athletics fall and winter teams now overlapping with numerous events. Theatrical productions, music recitals, art exhibitions, the Minot Symphony Orchestra, our annual NOTSTOCK Arts festival, and so many other activities have made it another fun time of year to enjoy our students, faculty, and staff sharing their many talents. This is a terrific time of year on the MSU campus!

As always ... GO BEAVERS!

▲ Steven W. Shirley, Ph.D., President

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ADDITIONAL PHOTO CREDITS:

On the Cover: Arnie Strebe takes a moment before embarking on his quest to become an Ultraman at the Ultra 520K Canada race in Penticton, British Columbia this summer. Photo furnished by Arnie Strebe.

Strebe becomes an ULTRAMAN: p. 6-9 furnished by Arnie Strebe and Chris Schoenne.

SCOTT explores the deeper meaning of military comic books: p. 12 photos furnished by Cord Scott.

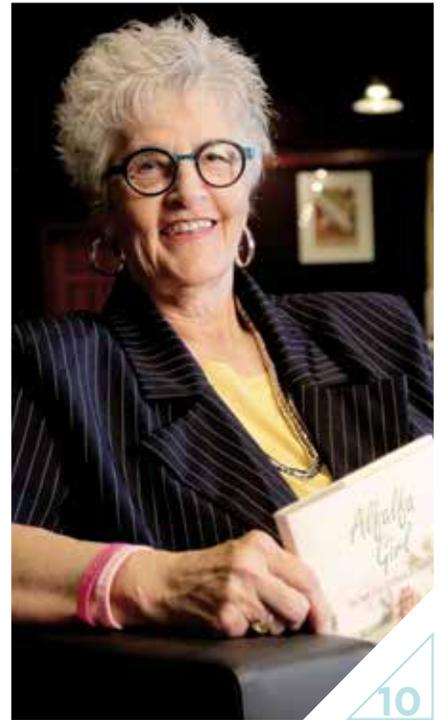
Connecting to the community: p. 18 - 19 photos furnished by Maegan Mason.

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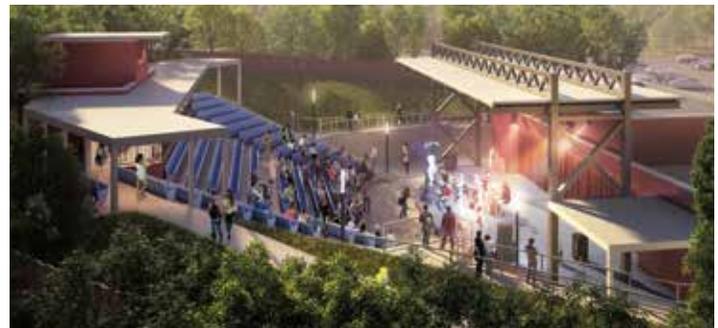
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Inside this issue



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Cover story

6 Strebe becomes an Ultraman

Feature stories

10 The write way to hope

12 Scott explores the deeper meaning of military comic books

24 Minot State honors five with Golden Awards and Young Alumni Achievement Award

Athletics feature stories

20 Dome sweet dome

22 2019 Athletics Hall of Fame inductees honored

Every issue

13 Alum from Day One profiles: students, faculty, and staff

16 Under 30: Blazing his own trail

18 Under 40: Connecting to the community

23 Development Foundation

32 Class notes

37 In memory

38 Baby Beavers

▲ **Be seen. Be heard. Be inspired.**



STREBE

by Michael Linnell

becomes an **ULTRAMAN**



Half heart, half science.

That's how Arnie Strebe '86 explains being able to finish a 520 kilometer, three-day event known as the Ultra 520K Canada.

"The main goal really is to just finish," said Strebe, the oldest finisher in the field at age 59. "It's not about being in the top three or top five, just getting to the finish line each day in each event."

The former Army Ranger and six-time Ironman finisher knew what his body could do, that is the science part. The heart side — that came from his mantra, "You might see me struggle, but you'll never see me quit," and his support team.

"You need a winning team," he said. "I can't stress enough how important my support team was. My team captain, who is also a Minot State grad, was my wife, Sigrid (Fiske) '92. If it was not for her support for 10 months, I would not have finished. Tim Francis '83, a Minot State Athletics Hall of Famer and my best friend for 38 years, came all the way from Boston to run with me, Chelle Doll, my wife's best friend, and my coach, Neal Oseland. I interviewed three coaches when I got accepted into the race and a couple who were former Ultraman champions and picked Neal because we have the same approach to coaching."

The Ultra 520K Canada began in 1993 and is an invite-only race based in Penticton, British Columbia consisting of a 10K swim and 149.8K bike on Day 1, a 275.8K bike on Day 2, and an 84.4K run — or double marathon — on Day 3. All with a 12-hour time limit each day. Applications are sent in two years in advance.

“There is an application process and some minimum requirements, basically they look at what you’ve done and then the race director, Steve Brown, does an interview over the phone,” Strebe said. “Once you are accepted, you get an official letter and put on the website for about a year. I was supposed to race in 2020, but some individuals had to pull out of the race so they called me. I said yeah right away. My wife said yes, because it would be 10 months of training instead of two years.”

Strebe is no stranger to training — and overcoming odds. He has raced in six Ironman races, including the swim portion in 2009 after his heart stopped beating for nearly 30 seconds during complications due to ulcerative colitis, a pulmonary embolism, and blood clots.

“The doctors told me I wouldn’t compete again, so that’s why I ended up getting my certification to coach, I wanted to stay in the sport,” he said. “But, after one doctor told me I wouldn’t compete, I found another who said I could. With the right meds — I get an infusion every two months, and see a gastroenterologist every two months and probably will for the rest of my life — I did the 2.4-mile swim in 2009, in 2010 I finished my first Ironman, Ironman in 2012, Ironman in 2014, Ironman in 2016, Ironman in 2018, so now I’m

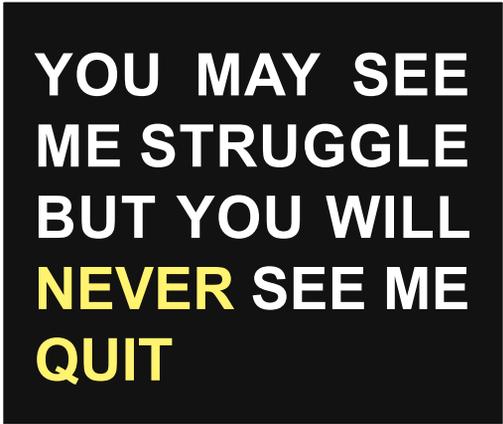
looking for a new challenge, and signed up to do the Ultra 520K. I’m healthy and that’s my journey.”

The 2009 swim also gave him the title to his book, “Zero to Something.”

“I wanted to do something,” he said. “I was registered for the Ironman in Florida and I knew I couldn’t do it all. My something was I swam 2.4 miles in Florida, and that became the title of my book.”

He hasn’t looked back since, finishing in fifth place in his age division at a half Ironman event in Wisconsin during his training for the Ultra in June. His newest goal is to earn a spot in the World Championships in the Ironman in New Zealand.

While his training over the past 10 months and his goal of the World Championship have been all-encompassing, the president of Starion Bank in Bismarck has continued to take time to give back to his community, both in Bismarck and at Minot State.



**YOU MAY SEE
ME STRUGGLE
BUT YOU WILL
NEVER SEE ME
QUIT**





He created an endowment in the Minot State athletic program aimed at scholarships for track & field student-athletes, a sport he competed in during his time at MSU. And, he continues to work with area youth as co-race director for the Starion Bank Missouri Valley Family YMCA Schools Youth Triathlon. The 2019 race featured over 145 participants.

The science part started with his training cycle. While it is impossible to replicate the Ultra's race-day environment, he was able to use a heart-rate monitor and the rate of perceived exertion to track every workout.

"I built up to those race conditions," Strebe said. "I did some 8K swims, back and forth in the pool. On the bike, the longest was 8 hours, 15 minutes on a Saturday and for the run it was first on the treadmill, 3 hours, and then eventually outside to work to 3:45, 4, 4:15. I ran a marathon just about every other week.

We would build week after week after week. I knew what my body could do full power for one hour and all the workouts were based off a percentage of that. The science is very cool."

While he physically felt ready for the race, the mental approach to swimming, biking, and running nearly all alone in the Canadian Rockies was a different ballgame. After a crash on the bike on Day 2, his mechanics were a mess heading into Day 3. The first 20 miles of the final run, Strebe contemplated quitting.

But only for a moment, completely oblivious to his support team.

"I wasn't sure I was going to start on Day 3, my hips were all jacked up, I could barely walk due to the crash, and my hydration was all messed up," he said. "I get to mile 20 and I throw up three times. From mile 10 to 20, it wasn't good."

He drew on inspiration from his team and from the

many supporters who had wished him well going into the race to push past the moment of doubt.

"That first about hour and forty-five minutes, those were some of the darkest moments, I had to take a good look at myself," he said. "Sigrid had these shirts made up with my Army Ranger motto of 'never quit' and so they say, 'You might see me struggle, but you will never see me quit,' and my team is wearing them, Steve King, the announcer, is telling everyone Arnie Strebe wrote this book called 'Zero to Something' about leadership, and over the 10 months of training, I share all of this on Facebook and everyone is leaving comments about good luck and great job Arnie, plenty of love, and I think, how can I be the never quit guy, go back to Bismarck and the Starion Bank team and look at all those people and my wife who pretty much gave up 10 months of her life to support me. How can I quit?"

"I get to mile 20, throw up and get past that, and I knew I was done, and by that, I knew I was going to be an Ultraman." ▲



The write way to hope

▲ by Amanda Duchsherer

“She remained invisible. No one found her. She hid right there in plain sight. She would do that for much of the rest of her life.”

It took writing those words, and the entirety of the 2018 book “Alfalfa Girl: The Path from Childhood Molestation to Soul,” for author Edna Sailor ’83 to begin to heal.

“It was a hard book to write, but it was also very, very, very therapeutic,” the retired educator and part-time news reporter said. “I was triggered during the 2016 election and did not know what to do with all of that energy and a friend of mine, who was a counselor, said, Edna, you are a writer. Write.”

Write she did.

Drawing from painful episodes in her life, Sailor began to put her past to paper, creating two main characters to tell her story, 15-year-old survivor Jenny Nelson and Emily Sorenson, Jenny’s mentor in a training center who unexpectedly finds herself examining her own tumultuous history.

“It is a composite,” she said. “Those two people are different sides of myself. I am both Jenny and Emily. And Emily is Alfalfa Girl.”

Sailor is also Alfalfa Girl. A weekend retreat for survivors nearly 30 years ago brought about the name, based off the neighboring alfalfa field she escaped to during her childhood.

“For the last activity of the day, they gave us a paper plate and put a string on it, and we put it on our back. And people could come around and write a little note to you on the plate,” she said. “When I got home, I read my little notes and one of them said, ‘You will be okay, Alfalfa Girl.’ That place was my sanctuary for many, many years. No one ever knew it was there.”

While “Alfalfa Girl” focuses on a heavy subject, it is also a story about healing and empowerment.

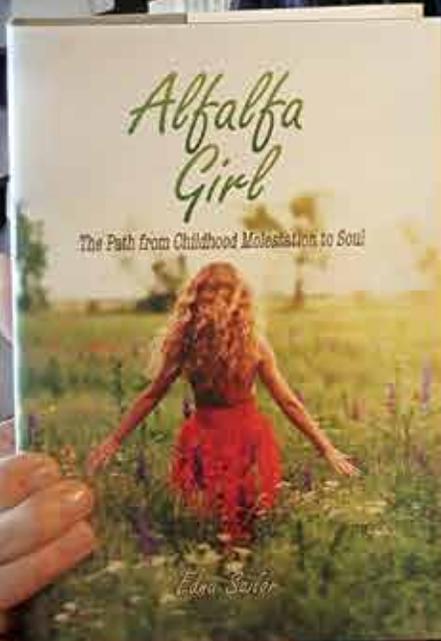
“When you’re trying to be visible, it’s all about taking your own power back,” she said. “My message will always be about hope. My whole goal is to enlighten and to bring hope.”

As a volunteer for the National Association of Adult Survivors of Child Abuse (NAASCA), she helps spread that message. The organization has two goals: to educate the public and to offer hope and healing.

Part of the hope and healing Sailor found in her own life was while she was a student at Minot State. It is for that reason the end of “Alfalfa Girl” takes place at the University’s cafeteria.

“Let me tell you, this was hallowed ground for me. I was intellectually starved to death in the situation I was in,” she said. “I probably wouldn’t be here if it wasn’t for Minot State. This college, it was a lifesaver. It was a gamechanger. It allowed me to think a little bit more about myself.” ▲

“I probably wouldn’t be here if it wasn’t for Minot State. This college, it was a lifesaver. It was a gamechanger. It allowed me to think a little bit more about myself.” ▲



SCOTT explores the deeper meaning of military comic books

by Dan Fagan



He lives in Pyeongtaek, South Korea and teaches at the Osan Air Base. Teaching abroad is nothing new for Scott who has taught on location in Okinawa, Tokyo, and briefly in the Middle East in Kuwait.

“I kind of experience the best of both worlds,” Scott said. “I’m enmeshed in the local culture, but I’m still part of an American education system.”

Reminiscing on his undergrad years at Minot State, Scott loved the small class sizes that allowed him to engage with his professors and establish a rapport with them that he believes he wouldn’t have received at a larger university.

“That’s something that I want to pass on to my students,” Scott said. “That type of engagement.”

He fully admits that he never saw himself becoming a teacher when he was a student at Minot State. Little did he know he’d return to Minot State years later as an adjunct professor to teach a government class. He had found his passion.

“When I’m teaching and I see the light bulb go on in someone’s head, that’s the coolest feeling in the world,” Scott said. ▲

When he’s not teaching history class in South Korea, you might find Cord Scott ’91 writing on one of his favorite topics — comic books.

Scott has published two books, “Comics and Conflict” and “Four Colour Combat.” Both books explore the history of military themed comic books in the age of war.

“The idea is to look at what these war and patriotic themed comic books, which have been around since the beginning of comic books, are telling us,” Scott said. “Is it just waving a flag, or is there something

deeper about the nature of war and the lives of combatants?”

Scott became interested in military comic books while he was working on his doctorate at Loyola University in Chicago. The subject eventually became the basis for his dissertation which focused on the cultural significance of military comic books from World War II all the way up to the wars in Iraq and Afghanistan.

In his extensive research, Scott has found that military themed comic books reflect the patriotic fervor, and at other

times, anti-war sentiments, of society during periods of conflict.

Scott’s most recently published book, “Four Colour Combat,” an in-depth look at military comics in Canada, has made inroads with the Canadian military’s top brass. Earlier this year, Scott presented the book to Canada’s Deputy United Nations Commander Wayne Eyre, a three-star general, who requested an additional two copies of the book for friends. One of those friends was a former Canadian general and retired

member of parliament. In return for the books, Eyre showed his appreciation by gifting Scott with one of his unit coins, a token awarded to military personnel for outstanding service.

While military comics are his specialty, Scott has written on many other subjects including urban history, catastrophic events, and even America’s first car race. The latter article was published by the Journal of the Illinois Historical Society.

Currently, Scott is a professor with University of Maryland University College-Asia.

alum **from DAY** one

FRESHMAN Kylee Lindskog

Music education ▶ Minot

Lindskog grew up in Minot and moved to Missouri for her senior year of high school. When deciding where to continue her education, Minot State felt like home. The music education major is involved in all things music — Minot Symphony Orchestra and Minot State Choir, and is also a geology enthusiast.

Why did you choose Minot State?

Minot is where I grew up. I wanted to stay here to be close to family and have a sense of familiarity while I explored a new stage in my life.

How has Minot State helped you further your academic career?

MSU has given me the opportunity to have a more one-on-one experience in my classes.

What is your favorite quote?

“The best way to predict your future is to create it.”

— Abraham Lincoln

What has been your favorite class?

I love my music classes, but I’m extra excited about my geology 105 class. Learning about the way the earth works is something I didn’t get to explore in high school, so every lesson brings something new.

Who has been your most influential professor?

Erik Anderson, chair, Division of Music. I take cello lessons from him. He has been extremely helpful and understanding through my first few weeks of college.

What is the best kept secret about Minot State?

Non-music majors and minors should talk to someone involved with music and find out about upcoming performances. You will always hear something you enjoy!



SOPHOMORE Phillip Green

Broadcasting & professional communications

Parker, Colorado

Phillip balances a tight schedule of writing about student-athletes as sports editor of the Red & Green student newspaper and being a student-athlete as a defensive back on the football team.

Why did you choose Minot State?

Originally, I had not heard of Minot State, but a friend of mine committed to play baseball here and a few weeks later coach LaDage, who I found out is from the same hometown as me, came to my high school and began recruiting me. We instantly connected. Once I went on my official visit, I knew the football family was the right fit for me and all I needed to be sure of was if the education was what I wanted. After meeting with (professors) Neil (Roberts) and Nicole (Thom-Arens), I knew the broadcasting department was going to give me the best opportunities to be successful in the field of sportscasting. It was the perfect win-win scenario for me.

How has Minot State helped you further your academic career?

The broadcasting department has given me a lot of hands-on experiences within my field that many other universities around the country couldn’t do. I have done several play-by-play broadcasts for MSU athletics already.

What is your favorite quote?

“You don’t get burned out because of what you do. You get burned out because you forget why you do it. So don’t forget your purpose.”

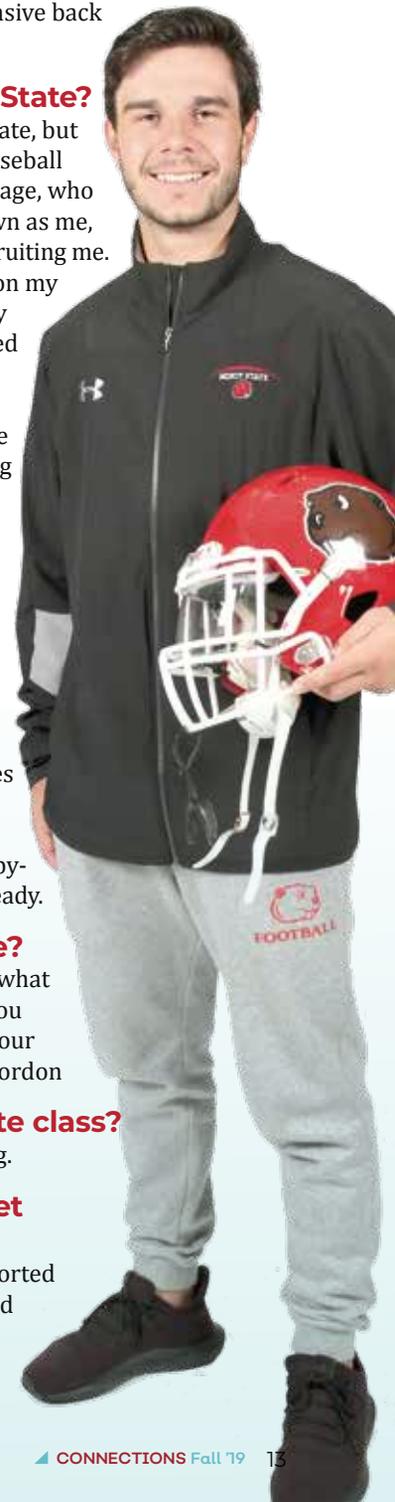
— Jon Gordon

What has been your favorite class?

Sports psychology and feature writing.

What is the best kept secret about Minot State?

As a student-athlete, it’s the Air-Supported Dome to train in during the winter and offseason.



alum **from DAY** one

JUNIOR Cambree Smith

Sociology and management ▶ Minot

Cambree has been busy while at Minot State, especially in student government. She was elected president of the North Dakota Student Association this past spring. She is also involved with the North Dakota Women's Network, a member of Sigma Delta, and works as a peer mentor at MSU.

Why did you choose Minot State?

I love North Dakota and being close to my family. Minot State allowed for closer proximity to the things I love. It also provided smaller class sizes, so professors have more time to dedicate to each individual student.

How has Minot State helped you further your academic career?

I was raised in a family that instilled the core value that I can and will accomplish anything I want to with hard work and dedication, and MSU became the second family to instill this within me. I truly have been seen, heard, and most importantly, empowered.

What is your favorite quote?

"Veni, Vidi, Vici" in Latin or "I came, I saw, I conquered," in English and "I'm not here to do what's easy, I'm here to do what's right."

What has been your favorite class?

Human rights and social movements. It is an extraordinarily innovative course.

What is your most memorable moment at Minot State?

I tried extremely hard to think of one moment, and, if I had to choose, introducing Elizabeth Smart at the Presidential Speaker Series is a moment I will carry with me for the rest of my life; however, it's honestly, every day. Every day I come here everything feels right and I feel at home.



SENIOR Dominica Granada

Criminal justice and sociology, minor in law and legal studies ▶ Culbertson, Montana

Dominica has excelled in the field of criminal justice at Minot State, and don't just take our word for it. She scored in the top 1% in the criminal justice area concentration achievement test (ACAT). Along with her studies, she is involved in the Minot State Criminal Justice Club and MSU Sigma Delta Sorority.

Why did you choose Minot State?

I knew I did not want to attend university at a huge campus; Minot State was a good in-between size and offered a lot of different programs. I was indecisive when I came, but I knew there was something here for me to study.

How has Minot State helped you further your academic career?

I was not just a student number. I am free to realize my potential both in and out of the classroom. It made me think more in terms of the community as a whole and not just focused on campus life.

What has been your favorite class?

A tie between a few, including sociology of religion, social psychology, and American juries.

Who has been your most influential professor?

Also a tie! Gary Rabe '87, Melissa Spelchen '94/'05, Jynette Larshus, and Harry Hoffman have all been my favorites that really got me invested in my fields of study.

What is the best kept secret about Minot State?

Your professors are cooler than you think! The benefit of the smaller university is you get to know them a lot better.

What is your most memorable moment at MSU?

Getting to tour a federal prison camp in Minnesota and presenting a student paper at the Midwestern Sociological Society Annual Meeting in Chicago.



MASTERS Tatiana Potts

**Master of Education, English concentration
Portland, Oregon**

Tatiana just finished presenting research at the American Association for Teaching and Curriculum Conference in Birmingham, Alabama in October. Born in Newport, Rhode Island, Tatiana grew up in the Pacific Northwest, earning her undergraduate degree at Western Oregon. Teaching at the Minot Air Force Base and a graduate school student at Minot State doesn't leave her with much time, but when she can, she enjoys spending time with her daughter, especially swimming at the Roosevelt Park pool.

Why did you choose Minot State?

I like to take classes on campus and Minot State is only minutes from my home. It also has great class schedules for working adults.

How has Minot State helped you further your academic career?

Attending MSU has helped me to be a better educator by allowing me to collaborate not only with my professors but other teachers and education professionals. Conversations in and out of class have inspired me to make changes to my pedagogy and pushed me out of my comfort zone.

Who has been your most influential professor?

Dr. Dan Conn has definitely been a driving force during my time at Minot State. I can honestly say I would not be this close to a master's degree if he had not helped me see that it was possible to accomplish. Shout outs to Dr. (Robert) Kibler and Dr. (Lisa) Borden-King who have also influenced and guided me.

What is the best kept secret about Minot State?

I think a lot of people don't realize how manageable it is to earn your master's degree while working full time. The professors and staff know the challenges we face and they care enough to help us overcome them.

FACULTY Holly (Pick) Pedersen **'93/'94**

Special education ▶ **Maucoun, Saskatchewan**

Holly earned two bachelor degrees (education of the deaf and elementary education) and her master's (special education) at Minot State before earning a Doctorate of Education in Teacher Leadership from Walden University in Minneapolis. She spends her free time keeping up with three daughters, camping, and traveling.

Why did you choose Minot State?

When I finished high school, Minot State offered an affordable education close to home. I was also interested in education programs and MSU had a great reputation for producing quality teachers.

How has Minot State helped you further your academic career?

I've had many opportunities to learn new things, meet new people, and most importantly, contribute to the field.

What is your favorite quote?

"Continuing to talk about problems without proposing solutions is called whining."

— attributed to Teddy Roosevelt

What has been your favorite class?

I enjoyed audiology classes. The technology is continually changing and we are learning more about how to provide better access to auditory information all the time.

Who has been your most influential professor?

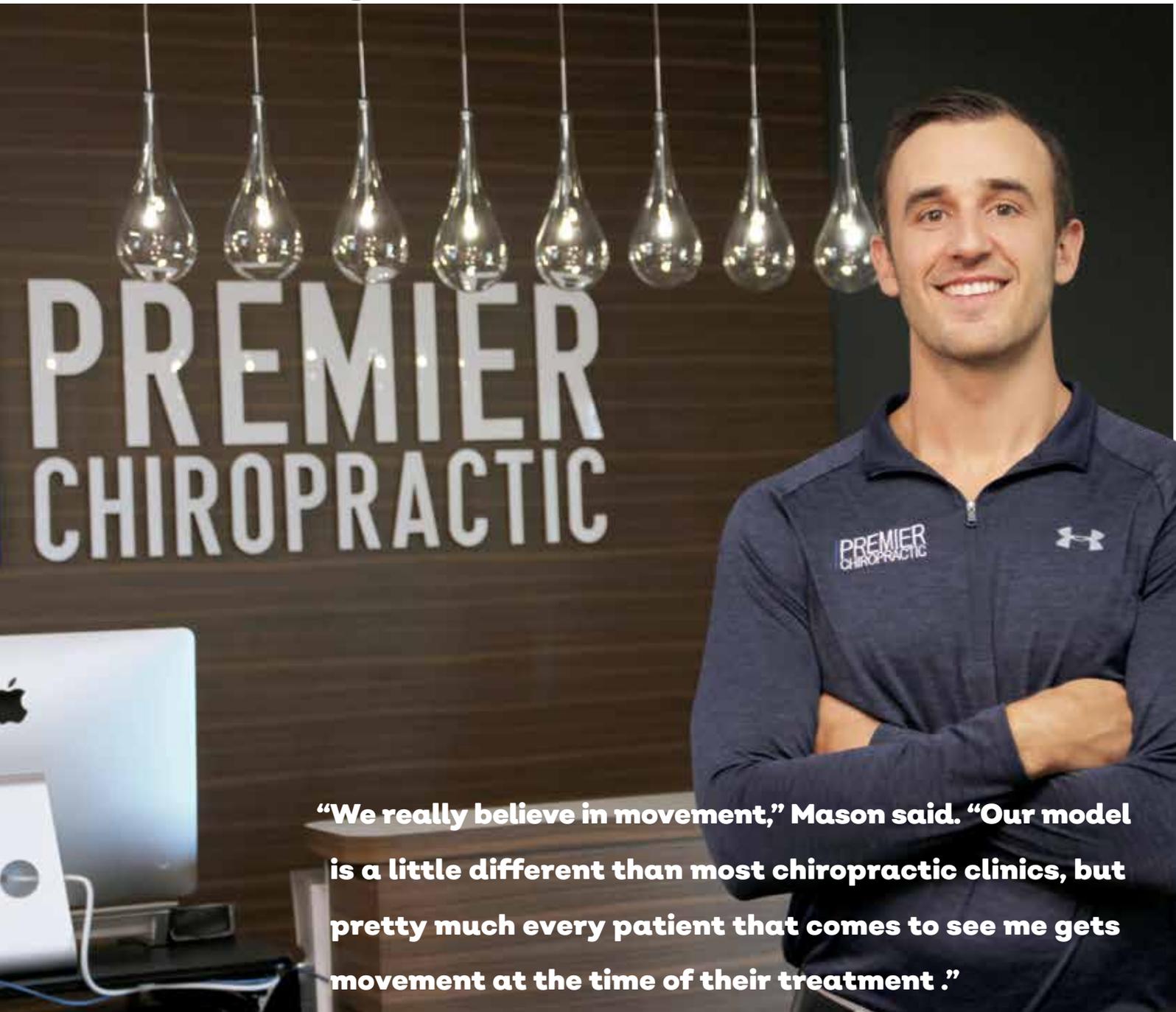
One of my professors in my doctoral program was outstanding – he taught quantitative statistics and most of the class was very apprehensive about this course.

What is the best kept secret about Minot State?

Minot State has a longstanding tradition of preparing students to function in a world that is changing rapidly — this focus on staying relevant makes our programs great. Also, great faculty work here — folks that are nationally recognized experts in their field.

Blazing his own trail

▲ by Michael Linnell



“We really believe in movement,” Mason said. “Our model is a little different than most chiropractic clinics, but pretty much every patient that comes to see me gets movement at the time of their treatment.”



KIRK MASON '12 HAD A CHANGE OF HEART ABOUT MIDWAY through his undergraduate experience at Minot State.

"I started in physical education and was about two and a half years into that and had to teach in one of Terry Eckmann's classes," he said. "I came home and told my wife (Jacinta), yeah, I don't think I want to do that. Chiropractic was always in the back of my mind, but I wasn't super dedicated to school at that point.

"I went home and looked into physical therapy and chiropractic schools — I had a great chiro back in Canada who was, and still is, very influential to me — and decided to change to pre-chiropractic."

While it might not be the most traditional path to chiropractic school, Mason, who graduated from Northwestern Health Sciences University, has been anything but traditional.

"Your first year of chiropractic, you are sitting in class and learning, but you are also going to seminars," Mason said. "I was having pain in my upper traps and neck and was getting adjusted, but it wasn't helping. I was frustrated with constantly getting adjusted, adjusted, adjusted. I went to a seminar from the Motion Palpation Institute and it completely opened my eyes to what's possible in chiropractic. I probably went to two seminars a month outside of school, going to different ones on rehab based, kinesio tape, acupuncture, dry needling, and other soft tissue techniques. It was a little bit of a leap of faith to do that with my personal practice because most chiropractors don't offer a lot of exercise with their treatment, but I believe heavily that the soft tissue and rehabilitation work is going to get the best results for my patients."

It didn't take him long to find the right fit for his practice either. After working for a short time with local doctors in Minot,

he was looking to get started on his own. Realtor Jeff Stremick mentioned a fellow chiropractor who was about to open her own practice.

"I met my now business partner, Becky Domres, that meeting went really good and we decided to open together," Mason said. "She had a space built out and was just about to open and I bought out half of the build out."

Premier Chiropractic opened in 2016 and has recently expanded to offer exercise classes at Premier Movement.

"We really believe in movement," Mason said. "Our model is a little different than most chiropractic clinics, but pretty much every patient that comes to see me gets movement at the time of their treatment. The research is telling us that exercise is probably the best tool we have for musculoskeletal pain, so why not incorporate it?"

Now as a small business owner, Mason, a native of Maple Creek, Saskatchewan, relies on reading as much as he can and a work ethic that comes from being a former student-athlete to move his business forward.

"Time management is a big piece that I was pretty terrible at my first year of school, but being a student-athlete definitely helps you get better in that regard. My football coach, Paul Rudolph, instilled in me that hard work is the only way you accomplish things in life," he said. "I knew early on in chiropractic school that I was going to go into practice and love the entrepreneurial side of things.

"The gym side is an adventure all its own that has been a ton of work, but also so rewarding to see some of the results our clients get in the gym." ▲

Connecting to the community

by Amanda Duchsherer



Pathway
LEARNING CENTER



ays
 CENTRE

WHEN MAEGAN (GUEST) MASON '09/'11 reflects on her time at Minot State, she remembers the sense of belonging she found in the Souris River floodwaters.

"Our whole department went out to help sandbag," she said, "And I remember feeling very much a part of a community and very connected to the teachers and my fellow students."

That feeling of community and connection is something she is currently building in Regina, Saskatchewan.

In fall 2018, after much dreaming and planning and a frenetic few months of construction, Mason and business partner Cari Thiele opened the doors to Pathways Learning Centre, a one-stop location for health, education, and wellness services.

"We currently offer speech therapy, occupational therapy, and music therapy, but we have

much more up our sleeve coming in the next while," she said. "We want to create a place that provides all the services a family could need, all in one place."

Included in the Centre is their preschool, the first of its kind in the region.

"It is the first private school in Regina to be run from a speech-

language pathology (SLP) focus and to include a SLP into the classes for the students," she said. "Overall, we have a very high professional standard in our staff and a very low staff-to-student ratio, so this really sets us apart."

"We are also unique because we are inclusive, meaning we specifically welcome enrollment from children of many different backgrounds and abilities."

Mason received her Master of Science in Communication Disorders: Speech-Language Pathology from Minot State and has since held many different health and education jobs in the public sector, first landing in acute care at a hospital in Regina following graduation.

It wasn't until Beyond Words Speech-Language Consultants, a small practice founded by Mason and fellow-alumnae Miranda Miller '12 in 2012, began to outpace their space that the idea for the Centre came about.

"We were mostly seeing clients in their homes or on our own. Over the years, we grew our client base, brought on new team members, and eventually needed our own space," she said. "This was a large part of the driving force to open Pathways, in addition to the needs of our community in needing an inclusive private preschool."

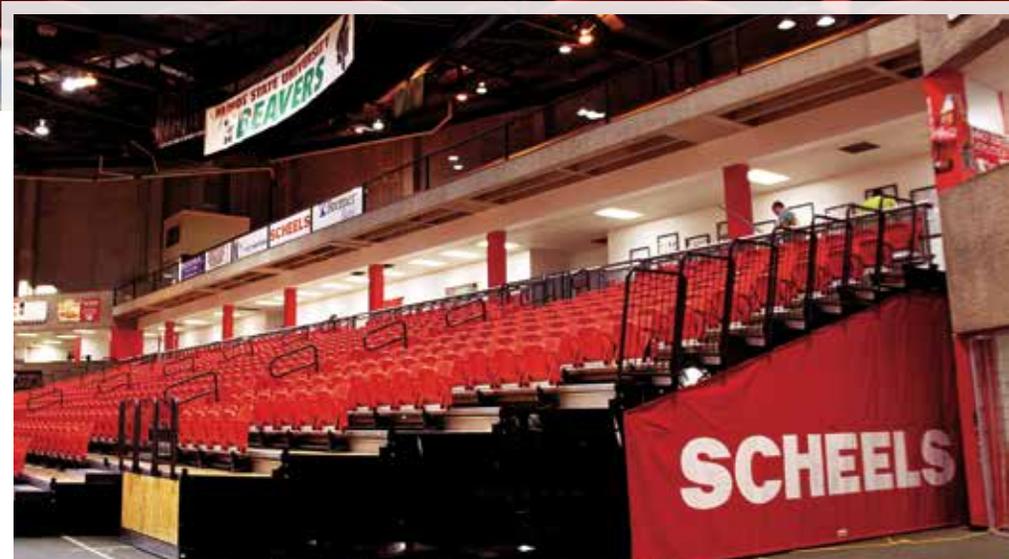
With a year of success behind them, Mason reflects on lessons learned.

"We have learned so much during our first year of business with regards to general operations, budgeting, planning, succeeding, failing, pivoting, but the key lessons I've learned are a little deeper," she said. "Make time for yourself and your family. Never be too proud to learn from your mistakes and to own them. Most importantly though, it's to take things one day at a time. Entrepreneurship can seem very insurmountable; it often helps to focus on the baby steps, and then to keep on walking." ▲

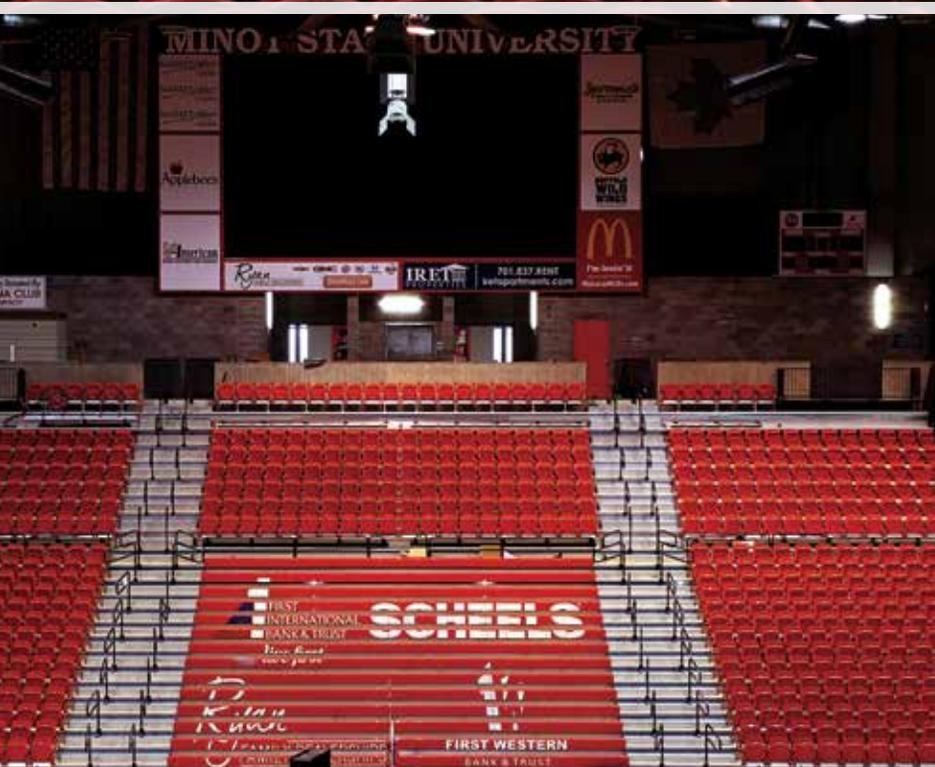
"Entrepreneurship can seem very insurmountable; it often helps to focus on the baby steps, and then to keep on walking."



DOMESTIC SWEET



MINOT STATE DOME



A SEA OF RED SEATS IS THE most noticeable aspect of the newly completed Minot State Dome renovation project, but it isn't the only upgrade.

Minot State University officially re-opened the historic venue with a celebration in November. The \$2.2 million renovation was made possible by the City of Minot, four major gifts by First International Bank & Trust, SCHEELS, First Western Bank & Trust, and Ryan Family Dealerships, several mid-level corporate sponsors, and a buy-a-seat program that has over 300 individual donors.

The renovation will help the facility maintain its status as one of the top venues in the Upper Midwest and ensure the community of Minot stays in the rotation for regional and state high school tournaments.

The highlights of the seating structure in the lower bowl are larger chairs, increased aisles, hand rails, and an upgrade to the overall structure, allowing for quicker setups and takedowns. Another added feature is access from the second floor concourse and the third floor, adding to the venue's entertainment value. ▲



2019 Athletics Hall of Fame inductees honored

THE MINOT STATE UNIVERSITY ATHLETICS HALL OF FAME COMMITTEE selected three individuals and one team who were enshrined during Homecoming 2019. The 2019 Hall of Fame class features former student-athletes **Carla (Brunsell) Clark '00**, **Jordan Kelly '10**, and **Brian Rohles '09**, as well as the **1965 baseball team**. The class was inducted at halftime of the Homecoming 2019 football game against Southwest Minnesota State on Oct. 5. A banquet was held in their honor Friday, Oct. 4 at the

Clarion Hotel & Convention Center followed by a Minot State University Alumni and Friends Reunion Social. The 2019 edition is the 40th class to enter the Minot State Athletics Hall of Fame as the University has honored a class each year since 1980.

Carla (Brunsell) Clark '00



CLARK was a three-sport athlete at Minot State competing in women's basketball, cross country, and track & field from 1994-98. She was named NAIA Honorable Mention All-American in women's basketball in 1998 and All-North Dakota Collegiate Athletic Conference (NDCAC) in 1997 and 1998. Clark helped the Beavers to two NAIA Division II National Tournaments (1996 and 1998). The 1998 team set nine team records. Clark left the school as the team's all-time leader in steals in a game (nine), season (160), and career (326). In track & field, she was the NDCAC champion in the 400-meter hurdles and an NAIA national qualifier in the event.

Jordan Kelly '10



KELLY finished his Minot State career with four consecutive Dakota Athletic Conference (DAC) Most Valuable Player awards in men's golf. He was also a four-time All-DAC selection. Minot State earned three DAC team championships along with one DAC runner up finish and a second place at the 2009-10 DAC AMC Unaffiliated Regional Tournament during his career. Kelly finished with eight individual tournament titles including three as a freshman in 2006-07. He finished with an impressive 73.3 scoring average as a senior and fired a low round of 69 at the Jamestown College Invite. He becomes just the second golfer in school history to earn Hall of Fame honors.

Brian Rohles '09



ROHLES was a team captain and anchor on the offensive line for Minot State University football, helping the Beavers capture Dakota Athletic Conference titles in 2007 and 2009. The 2009 team advanced to the NAIA National Tournament for the first time since 2002. Rohles capped an impressive senior season in 2009 with DAC Most Valuable Senior award, a First-Team All-American selection by the American Football Coaches Association, and a First-Team All-DAC-10 selection. He was named First Team All-DAC three times from 2007-09, helping MSU to a 20-11 record during that span. He was named to the Honorable Mention Victory Sports Network All-American team as a sophomore in 2007.

1965 Baseball Team

Pictured below

The 1965 Minot State University baseball team captured the Western Half NDCC Championship and the NAIA District 12 Championship, falling one-game short of a trip to the NAIA College World Series. The team finished with a 24-6 overall record after starting the season a perfect 10-0. Three players signed professional contracts: Dick Belisle with the Houston Astros, Jim Limke with the Chicago White Sox, and Chuck Van Camp with the Baltimore Orioles. Limke was one of seven undefeated pitchers in the NAIA that season with a 7-0 record. Members of John Greenslit's 1965 team are: Rick Anderson, Ed Baker, Dick Belisle, Bill Bodine, Roger Bowles, Larry Bredahl, Don Bunce, Joe Colloca, Jim Everson, Duane Forde, Don Hanson, Jerry Hoiland, Tom Kurtti, Jim Limke, Pat McNally, Bill Mitchell, Jan Olson, Dennis Peterson, Ed Polglaze, Bob Rice, Curt Seibel, Jim Simon, Irv Skelton, Stan Stokke, Gary Teets, John Thompson, Chuck Van Camp, Mark Vibeto, and Milo Wattenford.



Director's note

The 2019-20 academic year is off and running at a remarkable pace.

We recently completed a major renovation project within the Minot State Dome, replacing nearly 4,500 seats in the lower bowl and creating egress to second and third levels of the facility. The MSU Dome has been a wonderful facility for our campus and our community for nearly 40 years but the venue needed a "touch up." We held a grand re-opening in mid-November and the changes were well received.

Another important project on the docket is a major renovation for our MSU Amphitheatre, home to the beloved MSU Summer Theatre productions held each summer for the last 50 years. This past summer nearly 12,000 people attended the 28 performances. This exciting project includes new restrooms, concession areas, ticketing and general offices, dressing rooms, and a plaza/gathering space. One major change we are looking to make is to improve accessibility for our Summer Theatre patrons. Currently it is difficult for people with limited mobility to access the complex. New ramps and handicap seating platforms will be a significant part of this project. You can view the renovation plans and help support this project at MSUSummerTheatre.com.

We are excited to announce that the 2019 North Dakota Legislature has provided significant funding for the ND Higher Education Challenge Grant. Our MSU Development Foundation has nearly \$1 million in matching funds that can be utilized for the advancement of higher education academics. This has been a very popular tool for donors in supporting MSU in the past. This program allows for a 50% match to scholarship endowments and other areas such as technology, educational infrastructure, classroom enhancements, and equipment. If you are interested in taking advantage of this outstanding matching program please contact me at Rick.Hedberg@MinotStateU.edu or 701-858-4483.

We are extremely grateful for the support we receive from our alumni and friends. Your support is making a big difference with our students. 

GO BEAVERS!

— Rick Hedberg, Vice President for Advancement
Executive Director, Development Foundation



"We are extremely grateful for the support we receive from our alumni and friends. Your support is making a big difference with our students."



Turn your IRA into a POWERFUL CHARITABLE GIVING TOOL

Take advantage of this practical, tax-efficient method to make a gift to MINOT STATE UNIVERSITY

If you are 70½ or older you may transfer up to \$100,000 directly from an IRA to Minot State University without paying federal tax. Gifts can benefit any department, program, or project of the donor's choosing.

Your transfer must come directly from your plan administrator to Minot State University.

The transfer may count toward your required minimum distribution.

Please contact us at 701-858-4483 for more information.



Minot State honors five with **GOLDEN AWARDS** &



The Minot State University Alumni Association honored four individuals with the Golden Award and one with the Young Alumni Achievement Award at the 52nd Annual Dinner held Thursday, Oct. 3, 2019.



Greg Fjeld '81



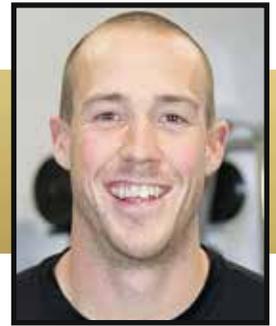
Dr. Cheryl (Tryhus) Nilsen '90



Michael Saba '65



Myron Thompson '67



Caleb Heilman '17

The highest award bestowed by the Minot State University Alumni Association is 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. The Young Alumni Achievement Award recipient is between the ages of 21 and 39.

FJELD '81

Fjeld, from Scobey, Montana, received his Bachelor of Science in Physical Education and minor in music from Minot State. During

his time at MSU, Fjeld participated in football, baseball, track & field, concert choir, and the Vagabond Male Chorus. He married Nancy Hendershot '79/'01 in 1980 and the couple has one daughter, Carly.

In 1982, he and Nancy began their careers in the Minot Public School system. Fjeld taught physical education for 31 years and coached 60 seasons in 25 years, including football, track & field, basketball, and cross country. He retired in 2012, working with over 15,000 students and athletes.

He was a three-time WDA Coach of the Year, two-time North Dakota Coaches Association (NDCA) State Coach of the Year, two-time National Federation High School Coach of the Year, three-time West Region Coach of the Year, won two state track & field championships, and

coached 39 state and 58 region track & field champions. Fjeld is a lifetime member of the NDCA and was inducted into the Minot High School Hall of Fame.

He worked with the American Heart Association as an event organizer, raising over \$90,000 during a period of nine years, worked with the Special Olympics for five years, and delivered groceries to the Minot food pantries.

Fjeld is a member of the Sigma Tau Gamma Fraternity and has served on the Minot State Alumni Board for 15 years. He is a promoter of MSU and is involved in fundraising, the MSU Gala, summer golf tours, as well as a Beaver Booster member. He and Nancy are members of the MSU President's Club. He is a member and past president of the Minot Y's Men's Club.

Since his retirement, Fjeld has worked in public relations for Ebel Integrators, worked for National Republic Liquor Company, and proctored National Assessment of Educational Progress testing. He is currently a substitute teacher, fundraises for Minot Youth Baseball, promotes for Minot Public Schools, supervises student teachers for MSU, and works part-time at the University.

NILSEN '90

Nilsen is a mathematics professor at Minot State University with a focus on mathematics education. She teaches the secondary mathematics teaching methods course as well as some of the mathematics for elementary teachers. In the past, she developed and taught most of the coursework in the ele-

mentary/middle school mathematics concentration for the master of education degree.

A native of Minot, Nilsen brings a broad range of experiences that enhance her teaching. They include 19 years of teaching at the secondary level and 27 years in higher education.

Professional experiences include service as a National Council for Accreditation of Teacher Education (NCATE) Board of Examiners member on 11 national accreditation site visits and more recently as a national site visitor for Council for Accreditation of Education Programs (CAEP). Nilsen has also served on the board and as the president of both the North Dakota Speech and Theatre Association (now C STAND) and the North Dakota Council of Teachers of Mathematics. She was inducted into the Speech and Theatre

YOUNG ALUMNI ACHIEVEMENT AWARD

Association's Hall of Fame in 2002. Her professional activities include team participation in writing curriculum standards for mathematics and drama, education program approval site visits, and reviewing mathematics teacher preparation curriculum as a mathematics content expert.

Nilsen also participates in a variety of activities in the arts. She has performed with a variety of singing groups including the Minot Chamber Chorale, Western Plains Opera, church choir, and Delta Kappa Gamma Nu Notes. In theater, she has directed and/or acted in productions for community theater, high school play competitions, and children's theater. Nilsen regularly provides support for high school speech competitions by doing scheduling, judging, and results tabulation. She serves on the boards for the Minot Chamber Chorale, Western Plains Opera, the MSU Summer Theatre, and Lutheran Campus Ministries at Minot State, serving as president of the Chorale and Summer Theatre boards.

SABA '65

Saba's most recent adventure takes him to the South Dakota House of Representatives as he was elected in November 2018 to serve District 9.

He was the Director of International Development for Avera Health

and formerly served as Executive Director of Development for Sanford Children's Clinics where he was responsible for overseeing the placement of comprehensive children's health facilities and children's clinics throughout the United States and the world. He previously served as president of Saba and Associates and as vice president for International Development for ALSAC/St. Jude Children's Research Hospital in Memphis, Tennessee.

Formerly manager of Middle East Public Affairs for Mobil Oil Corporation, Saba has been working internationally since the 1960s. He is past president of the Central Illinois Exporters' Association, an organization which promoted Illinois exports, and president of the Attiyeh Foundation, a not-for-profit foundation promoting U.S.-Arab Relations. Saba was also the first executive director of the National Association of Arab American, an American ethnic organization based in Washington, D.C.

During his time in the Middle East, he was taken hostage in Baghdad, Iraq by the Saddam Hussein regime before escaping through Jordan in 1990. He organized a rescue mission headed by boxing champion Muhammed Ali which led to the release of all remaining hostages. Because of this, he was the Emmy presenter at the 1990 Emmy Awards

to the CBS News show "48 Hours." He has appeared on the Oprah Winfrey show twice and Larry King Live.

He holds undergraduate degrees in education and biology from Minot State. He earned a master's degree (cross-cultural and comparative education) and doctorate (international relations) from the University of Illinois.

THOMPSON '67

Thompson was born and raised on a farm near Upham. He attended Upham High School and graduated from Minot State College in 1967. After the completion of college, Thompson taught school for four years.

He started in the restaurant business in 1970 with an independent restaurant called The Lantern. He operated The Lantern for five years then converted it to a Hardee's restaurant. Over the next seven years, he was involved in a company that operated eight Village Inn Pizza restaurants, opened seven more Hardee's restaurants, four Happy Joe's Pizza and Ice Cream Parlors, and two Tex-Mex restaurants called Adobe Oven.

After selling those in 1984, Thompson was involved in several different business ventures that were non-food related including Money Mailer and Check Rite. He negotiated the Applebee's franchise for North Dakota in 1989,

eventually building or purchasing 23. He currently owns four Qdoba restaurants and two Noodles & Company restaurants. He was involved in the operation of two Village Inn restaurants, two Space Aliens Grill & Bar restaurants, and an original concept, Badlands Grill.

In 1989, Thompson started a temporary help company called Labor Force in Minneapolis. Over the next 10 years, he and a partner expanded the company to five offices with sales of over \$8 million. Over the next several years, the store numbers increased to 15 with sales of more than \$15 million and the name changed three times, first Labor Finders, then Labor Ready, and finally to Command Labor. In 2005 the stores were merged/sold to a similar public company in which Thompson was involved in forming, now traded on the pink sheets under the symbol CCNI.

He has been married to his high school sweetheart, Shirley (Welstad) '68 for 51 years and enjoys spending time with his three children and 10 grandchildren.

HEILMAN '17

Heilman is the owner of Heilman's Performance, LLC., a strength and conditioning program that offers performance-based group training and personal training.

He started with a single employee

(himself) and a 2,400 square foot facility that offered strength and conditioning services. He has turned that into a thriving company expanding from strength and conditioning to also offering hitting lessons for baseball and softball, pitching lessons for baseball, basketball skills training, and adult training programs conducted out of an 8,400 square foot facility with multiple employees.

In 2019, Heilman was named the Director of Human Performance at Minot State. Heilman's Performance was also contracted to provide strength and conditioning services to Minot Public Schools.

While pursuing his degree at Minot State, he worked for Advanced Sports Kinetics (ASK), helping with their annual Summer Program. After graduation, he worked for ASK as a personal trainer and sports performance coach, helping clientele of the general public and athletes.

He earned a Bachelor of Science degree in Corporate Fitness from Minot State in 2012. At Minot State, Heilman competed for the Beavers on the baseball team.

Heilman is the son of Kent Heilman and Mary Schlautmann and graduated from Des Lacs-Burlington High School. He is married to Courtney (Mantz) Heilman '12 and the couple have a daughter, Harper, and two dogs, Atticus and Radley. ■



**↑ ND State Fair Luau
Summer golf tour →**



Alumni & Friends Socials

Bismarck

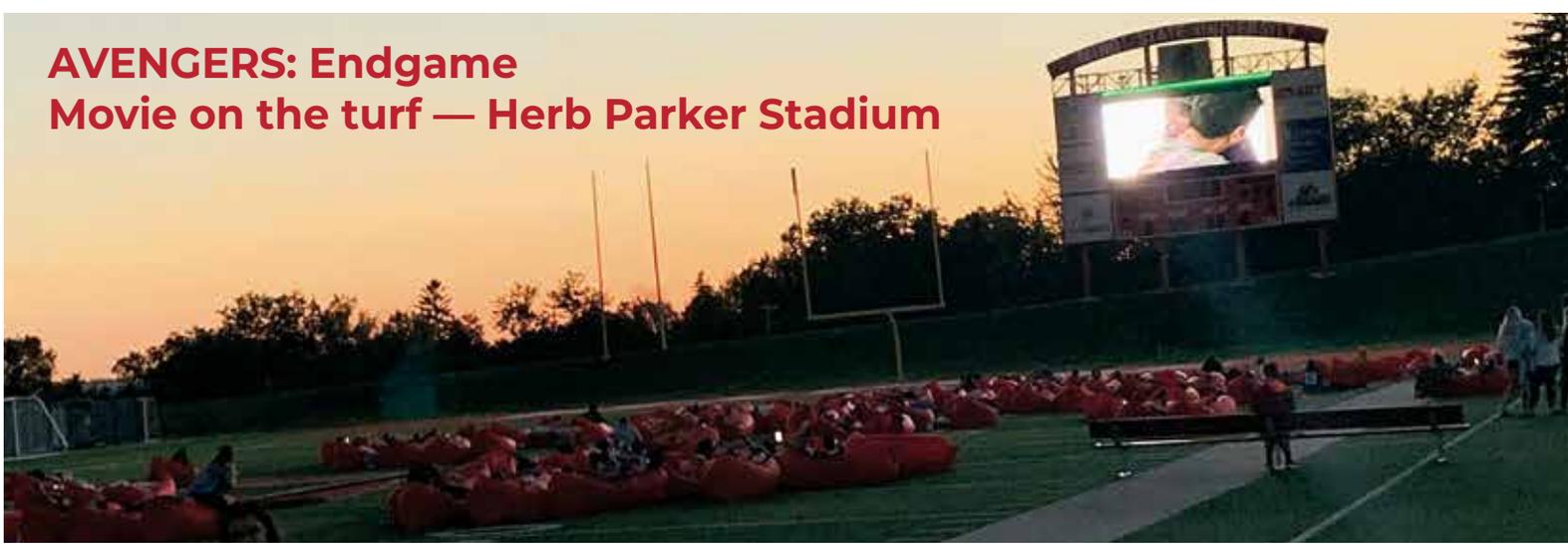
Fargo



North Dakota State Fair Parade



AVENGERS: Endgame
Movie on the turf — Herb Parker Stadium



Alumni & Friends Night at Summer Theatre

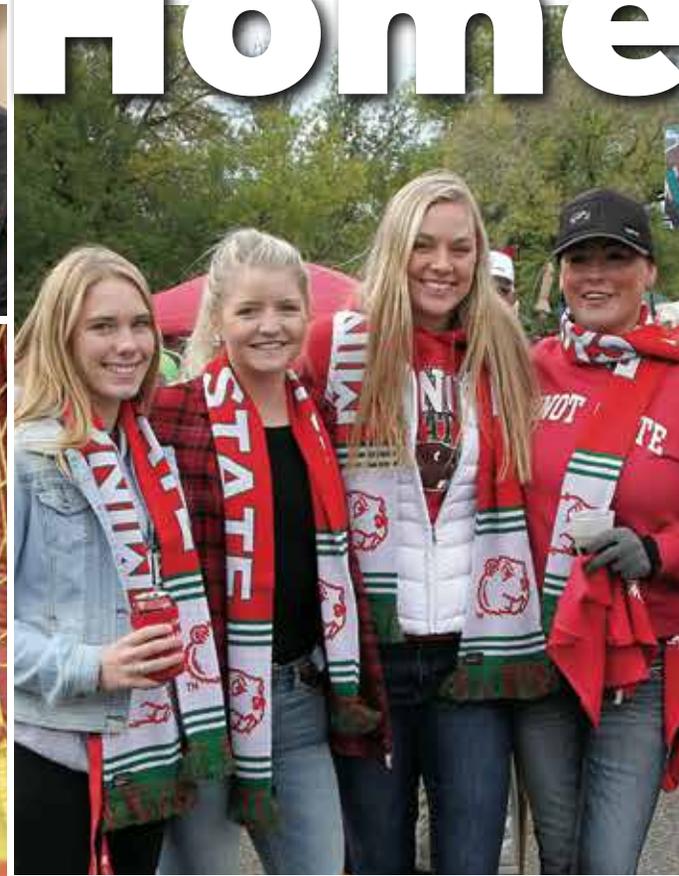


2019 – 20 Scholarship winners





Home



ARIZONA
REUNION EVENTS
March 5 – 7, 2020



coming



1949



Lyle King enjoys watching sports at age 96! King lives in Oregon.

1962



Gary Kramlich, long-time Minot realtor, is retiring after a 56-year career in real estate. Kramlich has been involved in many community organizations over the years, including: chairman of the Minot Area Chamber of Commerce, Task Force Chairman to start the Housing Finance Agency, chairman of HFA under three different governors, served on the National Executive Committee for the Small Business Association, started the Ambassador's Club with the Chamber, chairman of the Des Moines (Iowa) Federal Bank for seven years, and served as vice president of Home Builders for the seven-state region. He also had a home building business.

1963



Dick Limke was honored by the North Dakota Associated Press Sportscasters and Sportswriters Association with its Special Achievement Award. Limke spent more than 30 years coaching at the high school and collegiate levels in North Dakota. He is a member of five different Hall of Fames: Minot State University, North Dakota Amateur Basketball, Manitoba Baseball, North Dakota High School Coaches Association, and Magic City Youth Baseball. His career started at MSU where he was a standout athlete in basketball and baseball from 1959 to 1963. After coaching five years at both Center and Tioga, Limke was the head boys basketball coach at Bismarck St. Mary's from 1972 to 1985. He became the head men's basketball coach at MSU in 1985 until 1998. He led Minot State to two NDCAC regular-season titles and two NDCAC tournament titles, guiding the 1994-95 team to the NAI national tournament.

1965



Feryle Borgeson retired following over 30 years as a mathematics and science educator in St. Paul, Minnesota and North Dakota. He served as president of the Finley Education Association and as a member of the Board of Trustees of the St. Paul Teachers' Retirement Fund Association. Borgeson was awarded the St. Paul Federation of Teachers highest honor, the Mary McGough Distinguished Service Award. He and his wife, Betty, live in Vadnais Heights, Minnesota.

1967



Tom Probst received the Melvin Jones Humanitarian Services Award from the Minot Lions Club. Probst was recognized for more than 50 years of involvement in the Minot Lions. He is a past-president and has served on the club's board of directors.

1969



Robert Carlson was inducted into the North Dakota Agriculture Hall of Fame during the annual North Dakota Winter Show in Valley City. As a farmer, former president of the North Dakota Farmers Union, and the first president of the World Farmers Organization based in Rome, Carlson has worked tirelessly to improve the economic conditions of farmers and rural citizens everywhere through innovative initiatives. Carlson, a Glenburn native, served in the Vietnam War. As a history enthusiast, he co-authored several works, including "The Legacy of North Dakota's Country Schools." He and his wife raised two sons on the Carlson farm along with small grains and bison.

1970

Gary Wald, agriculture instructor at Maddock Public School, was honored for 30 years as a member of the ND Association of Agriculture Educators at its annual

banquet. Wald served in the Army with a tour in Vietnam and graduated from North Dakota State University in 1974 with a degree in vocational agriculture education. He taught three years in Devils Lake before moving to Maddock in 1977. He has taught 25 years at Maddock Public School, five years at Four Winds High School, and was an insurance agent for 12 years.

1976



Tim Henry is the medical director of heart and vascular research at Mount Auburn-based Christ Hospital located in Cincinnati, Ohio.

Teresa Lyn (Lafrance) Tande

is in her 42nd year of teaching. Tande spent 31 years teaching 8-12 English and finished 13 years as an associate professor of English and humanities at Lake Region State College. She worked 20 years part-time adjunct before going full time. The past few years, she led short study abroad programs for LRSC students and recently added community travel abroad. Tande was honored as LRSC's Educator of Excellence for 2018 and inducted into the Devils Lake Educator Hall of Fame that same year. She lives in Devils Lake with her husband, Doug Darling, president of LRSC.

1978



Dennis Muffenbier was named Outstanding Rural Health Volunteer at the Dakota Conference on Rural and Public Health's annual banquet in June. Muffenbier is a volunteer at Heart of America Medical Center in Rugby.

1980

Charles Pospishil, Pospishil and Associates PLLC, opened a counseling office in Bottineau. Pospishil has worked in the field since 1980. He started his career in the social service offices of Pembina and Stutsman counties. He was employed at North Central Human Services in Minot for 30 years before starting his own private practice six years ago in Minot.

1981

Rochelle (Kulish) Feldner received the North Dakota National Band Association Distinguished Service Award at the 53rd annual All-State Music Festival. Feldner retired in 2018 after teaching 36 years with Minot Public Schools. She adjudicates for Class A and B regional and state music festivals and served on the board of directors for the North Dakota Music Educators Association, the North Dakota National Band Association, PhiBeta Mu-Alpha Gamma Chapter, and the Minot Symphony Orchestra.

Ella Huwe was awarded the Lifetime Membership Award from the North Dakota Family Based Services Association. This award is given to an individual who has provided a minimum of seven years of meritorious service or employment in support of family-based services.



Tim Mihalick was promoted to senior vice president of business development/facilities at First Western Bank & Trust. Mihalick leads business development and oversees facilities and maintenance and leasing space. He currently serves on the board of the Minot Family YMCA, the North Dakota State Board of Higher Education, and is the project manager for the City of Minot's Community Stakeholders Committee. He served on the board of Trinity Health and as a past chair of the MSU Board of Regents.

1982

Dawn Anderson, coordinator, Wellington Assisted Living, received the Minot Area Chamber of Commerce Eagle Award in February. MACC sponsors the program to recognize Minot workers who exhibit superior customer service.

1983

Margie (Erbstoesser) Zietz, City of Minot, received the Minot Area Chamber of Commerce Eagle Award in August. MACC sponsors the program to recognize Minot workers who exhibit superior customer service.

1987



Mark Lemer retired as business manager for the West Fargo School District. Lemer, a Drake native, joined West Fargo Schools in September 1995. Between 2008 and 2010, he left to work as a software consultant helping school districts use an automated financial system. Lemer was the assistant director of school finance for the North Dakota Department of Public Instruction, a business manager in the Williston School District, and before that, served as a teacher in Riverdale.

Harry (Helgeson) Summers

taught her last group of first graders after 29 years in the education field. Summers retired from Roosevelt School-Minot in May. After finishing her degree, she worked as a substitute teacher, then a Title I teacher at the former Jefferson Elementary, and as a first-grade teacher when the position at Roosevelt opened in October 1990. She and her husband, Tim, have three children, seven grandchildren, and soon to be five great-grandchildren. In retirement, she hopes to do a bit of traveling and spend more time with her family.

1988



Scott Ulland retired as principal at May-Port CG School District. A native and high school graduate of Granville, Ulland's 31 years in public education began during his senior year at MSU as a student-teacher at Minot High School. He taught business and accounting in Woodworth, while also coaching basketball and track. That school closed, and the students became part of the Pettibone-Tuttle co-op. Ulland became a principal at Tuttle after seven years of teaching. In retirement, he plans to be out on the golf course, with a goal of playing 25 courses every summer.

1989

Lynette Borjeson Painter, Ph.D., received the North Dakota Association of Colleges for Teacher Education's Post-Secondary Teacher of the Year award at the North Dakota Career and Technical Education (CTE) Professional

Development Conference (PDC) held in Bismarck in August. She is a tenured professor at Bismarck State College.



Kevin Harmon was elected to the board of directors of the Town & Country Credit Union. Harmon serves as the vice president for student affairs at Minot State. He is an involved community member, giving of his time to multiple community organizations including the Mayor's Steering Committee on Addiction and the Minot Area Community Foundation.



Denise (Randle) Jonas was named North Dakota Association for Career & Technical Education's champion of the year. Jonas is the CTE director for Cass County Career & Technical Education Consortium.



Chris (Wenberg) Kulesa was promoted to director of sales at Blue Cross Blue Shield of North Dakota. Kulesa is responsible for

leading all sales and retention efforts across all product lines in BCBSND's small and mid-sized employer group markets, as well as all individual product lines in the company's individual consumer market. She began her BCBSND career in 1996 as a support staff in marketing. Kulesa was promoted to compliance specialist in 1999. She was promoted to long-term care insurance group benefits consultant in marketing in 2001, followed by a promotion in 2004 to rural group benefits consultant, and was then chosen for the city territory of the Fargo District, which later came to include rural territory as well as Jamestown. She served in the role of sales and account executive in various capacities before being promoted to manager of the Eastern Marketing District in 2014.

Mike Lucy, Michael A. Lucy Agency, Inc.-American Family Insurance, achieved the 2018 American Star Award for Excellence in Customer Experience. The American Star is awarded each year to select agencies who demonstrate a commitment to creating

outstanding customer experiences, as measured by survey feedback.

1990



Kevin Bohl, vice president of First Western Bank & Trust, graduated from the Graduate School of Banking at Colorado's 59th annual school session. The Graduate School of Banking at Colorado annually hosts this 25-month school of higher education that provides management and leadership training for community bank professionals. Bohl was among 156 graduates of the class of 2019. He was recognized as an honor student as he finished in the top 10% of his class.

Gloria (McNicholas) Glasgow, Ward County Social Services, received the Minot Area Chamber of Commerce Eagle Award in August. MACC sponsors the program to recognize Minot workers who exhibit superior customer service.



Chad Vogel opened a Primary Residential Mortgage, Inc. branch in Minot. This is the first location in North Dakota. Vogel has over 16 years of mortgage banking experience.

1991



Melaney (Neb) Grenz was nominated for Oregon Teacher of the Year. Grenz serves as a speech-language pathologist at Douglas Gardens Elementary School in Springfield, Oregon.

Rena (Bock) Hutchinson started a business selling CBD topical gels and liquid drops.

Barbara (Olin) Serfoss has been an elementary and middle school resource special education teacher in Tonopah, Nevada for the past 28 years.

1993



Rondi (Peterson) Deaver was promoted to vice president/mortgage operations manager at First International Bank &

Trust. Deaver began working at First International in June 1994. She oversees the mortgage operations department which consists of secondary market processing, secondary market closing/post-closing, and in-house processing/closing at the Minot North Hill office. She also oversees a secondary market processing group located at the Fargo Osgood office.



Karen (Cook) Hennessy was re-elected to the Verendrye Electric Co-op Board. Hennessy lives in Des Lacs with her husband, Jay, and their six children. Jay operates Hennessy Builders and the family raises Simmental and commercial cattle.

1994

Kyle Christensen is teaching a STEM section at the Beulah Middle School and three sections of physical science at the high school. He is also the head coach of the high school's softball team.



Michael Cwach was inducted into the Yankton High School Fine Arts Hall of Fame. Cwach received a Bachelor of Arts degree from Augustana College in Sioux Falls, South Dakota in 1990 and received his Master of Music degree in euphonium performance in 1992. In 2000, Cwach started working on another Master of Music degree, this time specializing in the history of musical instruments, at the University of South Dakota in Vermillion. During the next seven years, he balanced his time between serving as a curatorial assistant at the National Music Museum in Vermillion and conducting research on Bohemian bagpipes in the Czech Republic. It was during this time that he received a Fulbright student scholarship to study in the Czech Republic from 2003-2004. After finishing the specialized degree at USD in 2007, he went on to start his doctorate at the University of Canterbury in Christchurch, New Zealand. Completing the degree in 2012, he returned to the Czech Republic, where he is employed as an instrumental teacher. Cwach also performs as a soloist on the Bohemian bagpipe with folklore

groups and as a tubist in semi-professional bands and the South Czech Orchestra, a professional regional orchestra.

Toni (Thoms) Hayes has worked as a principal auditor for the State of Wyoming for 22 years. Hayes audits all the minerals that are produced in the state. She is the mother of twin daughters.

Mark and Amy (Boll) Koivula '95 opened two walk-in clinics located in Bottineau and Westhope. Mark holds a Family Nurse Practitioner Master's Degree from the University of Mary and Amy is a registered nurse with 23 years of experience in healthcare settings.

Jason Schwarz is the head coach of the Minot High School Majettes girls basketball team. This is the fourth head coaching position for Schwarz, who coached at Lakota, Berthold, and Kenmare for 15 years, but this is the first at the Class A level where he's been an assistant the past four years with Minot High.

1995



Lisa (Footh) Johnson, the former director of academic affairs for the North Dakota University System, has been named vice chancellor for academic and student affairs. Johnson took over the responsibilities for the position in late June. She was serving in an interim role during the past year. In her role as director of academic affairs, Johnson was responsible for overseeing policies relating to transfer students, distance education, and veterans. One priority for the upcoming year will be supporting statewide efforts to attract, educate, and retain a skilled workforce in North Dakota.



Amy (Boll) Koivula joined Four Seasons Realty in Bottineau as a real estate agent. Koivula has been a registered nurse for 25 years. She and her husband Mark relocated from Bismarck to Bottineau. They opened Pyramid Health Walk-in Clinic, which has locations in Bottineau and Westhope. Amy works at Pyramid Health part time. The Koivulas have two sons.

1996



Jason Ermer of Garrison was awarded and recognized as the Region 5 Athletic Director of the Year at the NDIAAA Spring Conference.



Jason Sundbakken was promoted from lieutenant to captain with the Minot Police Department. He will take over duties as the administration commander, after recently serving as the administrative lieutenant and day shift patrol lieutenant. Sundbakken has served with the Minot PD since 1996. He has been a field training officer, a defensive tactics instructor, SWAT team operator, accident reconstructionist, an armorer, and instructor in various topics.



Craig Walz joined Dakota Carrier Network in Bismarck as a commercial account executive.

1997



Margaret Hageness was promoted to vice president, credit at Western Equipment Finance. Hageness' duties include managing the credit department while monitoring and evaluating credit worthiness. She provides guidance and assistance to sales, credit, documentation, risk management, and collections. Margaret started her Western career in 1999 as accounting assistant and transitioned into the credit department after being promoted to credit analyst in 2004. She was promoted to senior credit analyst in 2019 and credit manager in March 2019. She is a member of the National Barrel Horse Association, holding a position on their Fundraising/Awards Committee. She is a member of the Lake Region Snowmobile Club and volunteers as a non-profit gaming tax return preparer. Margaret resides near Devils Lake with her fiancé.



Joan Heckaman, a senator from District 23 in New Rockford, was named Legislator of the Year at the Dakota Conference on Rural and Public Health's annual banquet in June.



Matt McLeod was promoted from sergeant to lieutenant with the Minot Police Department. McLeod will be assigned to serve as the shift commander for the afternoon shift. He began his career with the Minot PD in 2002. He became a member of the SWAT team in 2004 and took over as SWAT commander in 2015. He has been an instructor on several subjects, including use of force, SWAT tactics, and emergency vehicle operations.

1998



Brekka (Nybakken) Kramer is a shareholder and vice president for Odney. Odney is a full-service agency offering marketing, advertising, public relations, government relations services, creative design, research, interactive services, media placement, social media, and digital strategy services. The agency has offices in Bismarck and Minot.

Paula (Reierson) Nett is the language arts instructor for the Mohall Lansford Sherwood School District. She teaches grades 7 through 12 classes in English and advises the drama department. Nett has been teaching English for 20 years. She previously taught at Glenburn. Paula and her husband, Shawn, and two sons, Carson and Grady, reside in rural Lansford.

2001



Stacey (Knutson) MacClennan joined First Western Insurance-Minot as an insurance agent. MacClennan has over 12 years of experience in the insurance industry.



Danica (Lamoureux) Nelson is the director of special education for Bismarck Public Schools. Nelson received her master's degree in special education from the University of North Dakota and has been with BPS for 17 years.

Garrett Volk is the information security officer/IT officer with Citizens State Bank at Mohall. Volk works with both Citizens State Bank and the State Bank and Trust of Kenmare. While still at MSU, Volk interned with Midwest Teleservices International in Mohall on a part-time basis. He became a full-time MTI employee in 2001. In July of 2013, he left MTI and began commuting back and forth to Stanley where he was employed for five-and-a-half years with Mountrail County at the courthouse as the IT coordinator. Volk is very involved in community service. In 2010 he became a council member on the Sherwood City Council and is currently serving as the mayor of Sherwood, a position he has held since 2014. He is the president of the Sherwood Business Association and is a member of the Renville County Job Development Authority. He and his wife, Heather, have five children.

2002

Lisa (Wing) Betting is working at Delta Dental of Iowa as a Senior Technical Business Analyst.



Jessica Brandt, Title 1 instructor, was named 2019 Central Cass Teacher of the Year. Brandt represented Central Cass as a North Dakota Teacher of the Year candidate.



Perry Olson, business development officer at First International Bank and Trust-Minot, received the Minot Area Chamber of Commerce Eagle Award in June. MACC sponsors the program to recognize Minot workers who exhibit superior customer service.



Jason Stadel was accepted into Georgetown University's School of Continuing Education to pursue a master's degree

in public relations and corporate communications. The selection is part of the U.S. Army's Advanced Civil Schooling program. Stadel has been in the Army for the last 16 years, which includes combat rotations in both Iraq and Afghanistan as well as one unaccompanied tour in Korea. His current rank is master sergeant (MSG), with an enlisted grade-8 (E-8). He is serving as the 25th Infantry Division public affairs noncommissioned officer in charge located in Schofield Barracks, Hawaii. He and his wife, Stephanie, have two children.

2003



David Buen is an agent at Town and Country Insurance Agency in Minot. Buen, a Velve native, has more than 15 years of insurance experience.

2004



Mike Gifford is the principal of Yvonne Shaw Middle School in Sparks, Nevada. He and his wife, Gina, have two children.



Steve Grabowski joined the Utah State men's basketball coaching staff. Grabowski joins the Aggies following

several years as an assistant coach at the University of North Dakota. He began his UND career as the director of operations, before moving into an assistant coaching role.



Alyssa Kemper Kraft, a licensed realtor since 2004, passed her broker's license. Kemper Kraft is licensed with

Brokers 12 in Minot and operates a massage therapy business in Minot. She is a member of the Minot Multiple Listing Service, North Dakota Association of Realtors, Minot Board of Realtors, and currently serves on the board of directors for the Minot Family YMCA.

2005

Jamie (Bright) Hammer, RN-Director of Nursing-Trinity Homes, received the Minot Area Chamber of Commerce Eagle Award in July.

MACC sponsors the program to recognize Minot workers who exhibit superior customer service.



JD (James) Rudd is the chief meteorologist for Spectrum News 1 in Wisconsin, where he leads a team of five meteorologists. Spectrum

News 1 is a 24/7 cable channel based in Milwaukee, providing news and weather content across the state. He previously worked in Cleveland, Kansas City, and Wichita. He got his TV start in Minot, known then as JD Black.

2007



Zach Burdick joined First Western Bank & Trust as a vice president of commercial lending. Burdick has 12 years of banking experience and

attended the Graduate School of Banking in Wisconsin where he received an Executive Leadership Certificate in the School of Business. He has served as president of the MSU Beaver Boosters and enjoys being involved in the Minot community.



Jeremy Froseth, marketing associate for Sysco ND, received the Rookie of the Year and Prospector of the Year awards.



Ashley (Gefroh) Wallner, FNP-C, joined LOOK Aesthetic Atelier. Wallner has over 11 years of nursing experience which

includes general medical, surgical, critical care, and neurosurgery. She graduated from the family nurse practitioner program at the University of Mary in 2013 receiving a Master of Science in Nursing. She and her husband, Jeremy, have three children.

2008



Megan (Langley) Laudenschlager is serving on the board of directors of the North Dakota Council on the Arts. Laudenschlager will

serve the counties of Burke, Moun-

trail, Renville, Ward, Bottineau, McHenry, and Pierce. She is the founder and executive director of Strengthen ND.



Audra Wyman joined First Western Bank & Trust as a business banking officer. Wyman, a Westhope native, has over 13 years of banking experience. She is a member of the MSU Alumni Association Board.

2009



Donovan Lambert is a cultural responsive coordinator for the Bismarck Public School system. Lambert was hired to support Native American students, working one-on-one with the students and their families to help them navigate the school system. He has been with Bismarck Public Schools since 2016 and worked at United Tribes Technical College's admissions office for several years prior to starting as a teacher's aide at Dorothy Moses Elementary School. He is a member of the Spirit Lake Tribe.

Allayna Kalmik Stevens was honored by Youth Education on Stage (Y.E.S.) as a 2019 Y.E.S. Alumni Hall of Fame recipient. Stevens has been involved in the theater, music, and dance community for many years, was a Miss North Dakota Little Sister when she was 6-years-old, and performed in her first Y.E.S. production at age 9. Stevens remained active in the Miss North Dakota Pageant, Y.E.S., Entertainment Inc!, and danced competitively for Dyville's Dance Factory studio, where she eventually became a teacher.

Ashley (Liebel) Wedge is in her third year of teaching second through fifth grades at Converse County School District #1 in Douglas, Wyoming.

2010

Mitch Strand is the elementary principal at Bowman County Schools. Strand previously spent eight years as an elementary teacher. He is a North Dakota High School Activity Association official for football, baseball, and basketball.



Jordan Wald joined United Community Bank-Minot as a mortgage officer.

2011



Samantha Gores completed a Master of Arts in Education and Human Development with a focus on interdisciplinary transition services

from George Washington University in January 2019 and received the Perry Botwin Award in Special Education. This award recognizes the outstanding graduating student in the program. Gores accepted a position with the Arizona Department of Education as a secondary transition specialist in March 2019.

Karmen Kupper joined the Dickinson Police Department. Kupper was previously employed by the Abilene Police Department in Kansas for eight years, a service that includes three years of patrol and five years with an investigations unit.

Kelsea (Volk) Nichols is teaching 10th grade world history, 12th grade economics, seventh grade social studies, and eighth grade study skills for the Stanley Community Schools. Her past experience includes 2.5 years teaching business, two years as an ITV facilitator, and one year as a permanent substitute teacher. She and her husband, Drew, live in Stanley and have three children.

2012



Doug Fredrich was promoted to data systems officer at First Western Bank & Trust. Fredrich, a Minot native, has been with First Western since 2014.



Amanda (Burckhard) Geinert received the Minot Board of Realtors Affiliate of the Year Award. Geinert is a mortgage loan officer with First

International Bank & Trust in Minot. She is involved in the community via the Young Professionals Network, Minot Association

of Builders 40 Below Committee, and the Souris Valley United Way Women United.

Eric Newton is a hearings representative with the U.S. Department of Labor. Newton lives in Colorado.

2014

Sarah White received the Outstanding Police Employee Award for 2018 from the Minot Police Department.

2015



Danielle Bolinske is the marketing director/agent for Elite Real Estate. Bolinske received her real estate license in January. She was recognized with the Minot Board of Realtors Rookie of the Year award at their annual recognition social held in August.

Mitch Grochow is teaching math, is the head coach for the boys track and field team, and is part of the football coaching staff at Beulah High School. Grochow, a Rugby native, has been teaching for five years. In his spare time, he enjoys hunting, fishing, and sporting events.



Erick Paiement is a senior solution specialist with Discovery Benefits in Fargo. Paiement joined Discovery Benefits in 2018 as a COBRA solution specialist.

Kersten (Brown) Pelton is the lead documentation administrator at Western Equipment Finance. Pelton resides in Devils Lake with her husband and volunteers for the MS Society and the Alzheimer's Association.

Kendra (Seibel) Ungerer is teaching science at Beulah High School. Ungerer and her husband, Cody, and their daughter, Thea, live in Beulah.



Ambree Schmidt is an adoption specialist in the Catholic Charities North Dakota Adults Adopting Special Kids program.

2016



Ian MacDonald was promoted to online banking officer at First Western Bank & Trust. MacDonald, a Garrison native, has been with First Western since 2012.

Kayla (Scholes) Tatro joined the teaching staff at Roosevelt Elementary in Carson. Tatro previously was the sixth grade teacher at Glen Ullin. Kayla and her husband, Jacob, who is a farmer/rancher, reside near Carson.

2017

Brittany (Nelson) Douts opened Mama Kneads Dough, a cookie bakery near Powers Lake. Douts also teaches first grade at Burke Central School. She and her husband, Mark, reside just outside of Powers Lake on a hobby farm where they raise goats, chickens, and a donkey.



Logan Gunderson joined First Western Bank & Trust as an ag lending officer. Gunderson, who is heavily rooted in the local ag economy, grew up working on the family farm and ranch in the Berthold area. He has worked as an ag lender since receiving his accounting and finance degree.

Laura (Olson) Hellmuth, RN-Trinity Health's Intensive Care Unit, received the DAISY Award. The award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day.



Alina (Kireeva) Pullen is working in classical music management as an artist coordinator at Harrison Parrott in London.

2018



Justin Chase joined First Step Recovery, a program of the Village Family Service Center, based in Fargo. Chase supports patients in the First Step's evening intensive outpatient program.

Send us your news: MinotStateU.edu/alumni



Tyler Mckay, licensed addiction counselor, joined the Behavioral Health Team at Coal Country Community Health Center in Beulah.

Mckay will provide alcohol/drug evaluations and individual, group, and family addiction counseling at CCCHC. He is a member of the North Dakota Addiction Counselors Association's promotion and advertising committee. He is also a certified MIP/MIC PRIME for LIFE instructor, as well as a certified life coach.



Mariah Shjerve is a guardianship worker at Catholic Charities North Dakota-Bismarck office. Shjerve provides guardianship services for

adults with developmental disabilities in the Bismarck area. She previously worked as a certified nursing assistant.

2019

Cassie Bailey is teaching fifth grade for the Stanley Community Schools. Bailey previously taught second grade and K-12 physical education at Surrey Public School.

Nikki (Amon) Beyer is teaching kindergarten for the Garrison Public School District. Beyer and her husband, Marc, have two children.

Luke Gehring is teaching physical education and coaching varsity baseball and junior high basketball for the Garrison Public School District.



Whitney Irmen is a licensed social worker with Catholic Charities North Dakota - Bismarck. Irmen is the Wendy's Wonderful Kids

Adoption recruiter for the Adults Adopting Special Kids program in the western part of the state. She assists placing foster care children into permanent families.



Sidni Kast, a Minot native, was crowned Miss Norsk Hostfest.

Shania Mau is teaching sixth grade for the Stanley Community Schools. She previously taught at Lewis and Clark Elementary in Minot and kindergarten at Edison Elementary in Minot.

Steven Torres is teaching seventh through 12th grade mathematics and coaching junior high football for the Garrison Public School District.

Shelby Zahn is teaching fifth grade for the Stanley Community Schools. Zahn is a member of the North Dakota Leadership Seminar and resides in DesLacs.

Attended



Marlene Mack was promoted to vice president of United Community Bank-Drake. Mack has been employed at UCB for nearly

30 years, originally starting as a customer service representative. She is responsible for loan administration, lending, and supervising deposit operations.

Friend



Walter Piehl Jr. was inducted into the North Dakota Cowboy Hall of Fame in June.

Minot Public School Retirees:

Keith Altendorf '83
Wendy (Christianson) Altendorf '98
Julie (Kouba) Benson '78
Greg Carpenter '75
Marla (Malaktaris) Carpenter '76
Collette (Engelhard) Cunningham '85
Nita (Wilkens) Debertin '12
Lisa Franca '86
Crystal (Bossert) Gilles '85
Joan (Wunderlich) Hansen '77
Mary (Scholand) Kittilson '88
Lori (Tanberg) Lawson '89
Cheryl Lenton '72
Lora (Clouse) Martin '79
Carolyn (Schell) Morey '92
Elizabeth (Jensen) Rasch '82
Paula (Smith Holtz) Raschenberger '84
Dawn Stremick '11
Harrietta (Helgeson) Summers '89
Paulette (Krueger) Vetter '74
Lori (Lee) Willert '83
Serena Zietz '90

In memory

It is with honor we dedicate this section to recognize alumni and friends who have passed away from approximately January 2019 through October 2019 or as submitted.

Graduates

'36 Gorder, Dorothy; Minnetonka, Minn.
'47 Holte, Harold; Grand Forks
'48 Johnson (Ramstad), Evinda; Sun City West, Ariz.
'49 Haaland (Erickson), Marlys; Grayslake, Ill.
'50 Engel, Dean; Grand Forks
'50 Smedsrud, Arnold "Arnie"; Englewood, Colo.
'51 Anderson, Linnea; East Grand Forks, Minn.
'51 Hegstad, Glen; Orange City, Iowa
'52 Montgomery (Momerak), Lorraine; Bismarck
'52 Stadum, Ina; Fargo
'53 Christiansen (Knoke), Joanne; Bowbells
'54 Berg, Duane; Gallup, N.M.
'54 Haaland, Sigurd; Grayslake, Ill.
'54 Nordwall, Carl; Las Cruces, N.M.
'54 Smith, James; Albuquerque, N. M.
'55 Henricks, Jerome; Mohall
'55 Berge, Gordon; Bismarck
'55 Grothe, John; Hibbing, Minn.
'55 Levno, James; Yakima, Wash.
'56 Landsiedel, Joan; Parshall
'56 Larson, Wallace; Bismarck
'56 Ost (Huber), Delores; Albert Lean, Minn.
'57 Alme, Virgil; Westminster, Colo.
'57 Marshall (Nelson), E. Jeanette; Hudson, Wis.
'57 Kahle (Mitchell), Rosemary; Flagstaff, Ariz.
'57 Larson (Larson), Marian; Minneapolis, Minn.
'57 Lindquist, Duane; Tacoma, Wash.
'57 Olin (Willman), Ruth; New Salem
'57 Pratt (Tedin), Ruth; Ann Arbor, Mich.
'57 Sullivan, Laurance; Austin Texas
'58 Allen, James; Rochester, Minn.
'58 Arusell (Eckart), Frances; Harvey
'58 Block, Jacob; Minneapolis, Minn.
'58 Long, Carl; Red Wing, Minn.
'58 Soper (Ringstrom), Betty; Devils Lake
'59 Gustafson (Smith), Jewel; Minot
'59 Kamrud (Rice), Sharon; Westhope
'59 Nelson (Orfie), Faye; Minot
'59 Rude, Virgil; Minot
'59 Thompson, Dale; Maxbass
'59 Troxel, Carol; Scottsdale, Ariz.
'59 Wright (Olson), Lenore; Minot
'60 Hinz, Veva; Eugene, Ore.
'60 Monson, Kaye "Jack"; Idaho Falls, Idaho
'60 Stetson, Terrence; Dickinson
'61 Johnson, Neil; Palermo
'61 Pankratz, Orlin; Minot
'62 Rustad, Wallace; Leesburge, Va.
'63 Haugen, Roger; Des Lacs
'63 Lindlauf, Palmer; Max
'64 Coad, Matthew; Dell Rapids, S.D.
'64 Hewson, Beverly; Barton, Va.
'64 Zerr, Agnes; Harvey
'65 Hornstein, Darold; Williston
'65 Johnson (Ehreth), Eileen; Dickinson
'65 Keeney, Harvey; Mandan
'66 MacArthur, David; Reno, Nev.
'66 McDaniel, Larry; Minot
'67 Albertson, Eldon "Eldi"; Plentywood, Mont.
'67 Chausee, William; Bismarck
'67 Larson-Neidhardt (Pratt), Nancy; Minot
'67 Trombeta, Louis; Pittsburgh, Pa.
'67 Vick (McElwain), Zita; West Fargo
'68 Blyth (Young Payne), Betty; Gold Canyon, Ariz.
'69 Levadney (Ness), Marie; Minot
'69 Raau (Olson), Lorain; Mesa, Ariz.
'68 Krueger, Merrill; Mesa, Ariz.
'68 Schmidt (Johnson), Janis; Warwick
'69 Odland, Loren; Sioux Falls, S.D.
'70 Anderson, Roger; Williston
'70 Moldenhauer (Brennise), Pearl; Bismarck
'70 Naylor (Foss), Deanna; Buckley, Wash.

'72 Nelson (Carlson Eklund), Carolyn; Phoenix, Ariz.
'73 Bauman, Donald; Ryder
'73 Bergan, Douglas; Minot
'73 Undlin, Roger; Sun Lakes, Ariz.
'74 Hennix (Borjeson), Arliss; Kenmare
'74 Hubsy, Nancy; Minot
'74 Mitchell, Dale; Saint Peters, Mo.
'74 Neff (Miller), Betty; Minot
'77 Dionne, Richard; Mandan
'78 Schneider, Corry; Minot
'79 Heringer (Wolitarisky), Barbara; Beulah
'79 Lee (Gumeringer), Janie; Park Rapids, Minn.
'80 Nelson, Lois; Minot
'82 Avery (Nelson Engel Dees), Bonnie; Gainsville Fla.
'82 Bingham, Bonnie; Colorado Springs, Colo.
'84 Lee, Letha; Williston
'85 Jensen (Mercer), Carol; Fairfax, Va.
'85 Paetz (Grinnell), Josephine; Minot
'85 Seng (Troxel), Lillian "DiAnn"; Chehalis, Wash.
'86 Brezinski, Edmund; El Paso, Texas
'87 Buriak, Paul; Minot
'87 Schaan, Romaine; Fargo
'87 Vilandre, Jerome; Minot
'88 Larson, Gaylen; Penticton, B.C.
'89 Anderson, Craig; Scottsbluff, Neb.
'89 Laabs, Lee; Sheboygan, Wis.
'90 Bayer-Shrout, Luella "Dee"; Blue Springs, Mo.
'90 Brunner (Dahlke), Bonnie; Minot
'90 Workman, James "Jim"; Wilmington, N.C.
'92 Lee, Cindy; Fargo
'93 Volk (Schmaltz), Cindy; Minot
'94 McLaughlin, Barbara; Welaka, Fla.
'99 Miller, Darren; Bismarck
'01 Corwin, David; Ulen, Minn.
'11 Boutiler, Steve; Minot
'13 Gudmunson, Maari; Minot
'16 Maliro, Upile; Lilongwe, Malawi

Attended

Bailey (Jensen), Virginia; Everett, Wash.
Barker, Dallas; Sun City, Ariz.
Bearfield, John; Mesa, Ariz.
Berg, LaVerne; Logan
Burd (Beg), Marie; Hatton
Caverly (Burkhartsmeier), Evangeline; Fargo
Christenson (Skarstad), Barbara; Bottineau
Cline (Christman), Kathryn; Minot
Davick, Dorrance; Rochester, Minn.
Elliott (Simonds), Nancy; Riverdale
Ennis (Nelson), Mabel; Maxwell, Neb.
Forbes, Leo; Medford, Ore.
Gardner (Swartz), Kathryn; Duluth, Minn.
Genre (Dugan), Lucille; Devils Lake
Gibbs (Ness), Olive; Bottineau
Gillund (Howard), Ruth; Wildrose
Grilley (Bursau), Donna; Deering
Haynes-Finch, Carol; Ocala, Fla.
Hooker (Blaisdell), Joan; Monterey, Cal.
Hummel, Richard; Bismarck
Huseby (Johnson), Beverly; Enderlin
Hutter (Saugstad), Mary; Park Rapids, Minn.
Iverslie, Paul; Mesa, Ariz.
Johansen (Skogen), Jeanette; Minot
Kabanuk, Elvin; Minot
Kelly, Gary; Minot
Klein (Ziegler), Agnes; Minot
Knutson (Sjoberg), Winnifred; Devils Lake
Kolbo (Opitz), Marian; Mohall
Kyes (Wicks), Pearl; Minot
Larson, Dale; Valley City
Liebel, Dennis; Underwood
Lies, Nolan; New Rockford
Love, Henry; La Connoer, Wash.

Ludwig (Kvalen), Mae; Minot
Mattern (Peterson), Delores; Antler
Miller, Doris; Minot
Moum, Leland "Lee"; Minot
Muffenbier, William; Fargo
Myers, Chandra; Plentywood, Mont.
Nelson (Phillips), Doris; Glenburn
O'Connell, Joyce; Minot
Olson (Shong), Donna Mae; Minot
Olson, Susan; Esmond
Page, Alan; Riverdale
Purdy, James; Bismarck
Rogers, John "Jack"; Minot
Ross, Jim "J.R."; Minot
Sailer, Wayne; Mandan
Satterfield, Thomas; Elkins, W.V.
Schroeder (Watkins), Dorothy; Langdon
Sittauer (Jakle), Caroline; Bremerton, Wash.
Smette, Gordon; East Grand Forks
Sorum, Bruce; Mohall
Stevens, H. Arthur "Art"; Hood River, Ore.
Storhill (Klabunde), Evelyn; Brentwood, Calif.
Strand, Ardeh; Minot
Streff, John; Prescott, Ariz.
Tanberg, Jeff; Minot
Teets (Shaffer), Dorothy; Minot
Thom (Thompson), Helen; Minot
Welstad (Hagen), Marlys; Minot
Wicklander, Raymond; Washburn
Willert (Saude), Irene; Minot
Wold, Devon; Minot

Friends

Bertsch, Ella; Minot
Briggs, Constance "Connie"; Minot
Brown, Wayne; Las Vegas, Nev.
Clark, Kenneth; Minot
Corbett, Georgene; Northbrook, Ill.
Emery, Gloria; Minot
Erickson (Schumaier), Noreen; Stuart, Fla.
Eskelson, Raymond; Minot
Feist, Paul; Elk Grove, Calif.
Graner (Giles), Susie; Mendota Heights, Minn.
Hankla (Bergem), Winnie; Minot
Hetland (Brue), Elaine; Dahlen
Holje (Gray), Carol; Minot
Karnack, Sandra; Minot
Knodel, Edythe; Butte
Kolobakken, Floyd; Minot
Larson, Derald; Minot
Leiphon (Mahanna), Mary Lou; Minot
Lilly, Donald; Minot
Lunde, Roger; Rolette
Mellem, Richard; Gilbert, Ariz.
Musch, Martha; Burlington
Olson, James; Minot
Peterson Larson, Barbara; Bismarck
Springsted, Jay; Minot
Trueblood, Howard; Garrison
Vanness, Joyce; Minot
Vickerman, James; Minot

Faculty and Staff

Burger, Lisa, former staff in admissions; Grand Forks
Christopherson, Meri-Jac, former staff in student health center; Naples, Fla.
Maupin (Goranson), Dianne ('72), retired professor of elementary education; Lakeville, Minn.
Nelson, Paul, retired faculty in music; Mesa Ariz.
Seright, Leah, retired staff emeritus in print services; Minot
Thompson, Michael, retired professor emeritus of science; Minot
Weinmann, Ronald, former professor in the college of business; Devils Lake
Willert, Robert, retired staff emeritus in maintenance; Minot

Look who's NEW!



Have you had
an addition to your
family recently?

We want to know! Contact Kate Marshall,
donor relations coordinator, at Kate.Marshall@MinotStateU.edu
to receive a free T-shirt for your new little Beaver! Please be
sure to tell us your baby's name and birth date. Also, please
provide your graduation year, spouse's name, and
contact information. After you receive your T-shirt,
email your baby's photo to:
Kate.Marshall@MinotStateU.edu.



Benaschak
Charlotte Darlene arrived
Aug. 14, 2018 to **Clay
Benaschak '16** and his wife,
Breanne.



Brabandt
Boston Brabandt
entered the world
Aug. 22, 2018.
Proud parents are
Lance Brabandt '07
and his wife, Angela.



Cooper
Proud Beaver
parents **Jordan
Cooper '08** and
**Deidre (Karhoff)
Cooper '14**
welcomed their
first little one,
Vyah Kay, on
June 18, 2018.



DesRoches
Proud Beaver parents **Alex
DesRoches '13** and **Kelsey
(Reinisch) DesRoches '12**
welcomed their second little
one, Kirby Jean, on June 19,
2019.

Aasand

Jenna Lyon '16 and
her fiancé, Grant
Aasand, had
Abel Benum
Aasand on
May 16, 2018.



Froseth

Ada and Emmitt
joined the world
on Jan. 17, 2019.
Parents are
**Jeremy Froseth
'07** and his wife,
Cassie.



Hirschler

Jonathan James made his debut March 13, 2018 and was born to Eric and Tiffany Hirschler. He is the grandson of **Lois (Jevne) Hirschler '71** and her husband, Gary. The families reside in Colorado.



McGinnis

Nathaniel Glenn was born May 27, 2018 to **Kristin (Dannewitz) McGinnis '04** and her husband, Brian. The family resides in Butler, Pennsylvania.



Horner

Ashley (Guillory) Horner '07 and her husband, Vince, had Vincent Henry on July 23, 2018.



Mertz

Michelle (Draper) Mertz '07 along with her husband, Brandon, welcomed Emaline Lucille on Oct. 6, 2018. She joins big brother Samuel.

Huettl

Archer was welcomed by parents **Jordan Huettl '10** and his wife, Katie, on March 27, 2019.



Rovig

Bodie Paul entered the world Aug. 30, 2018. He was born to **Vanessa (Nussbaumer) Rovig '04** and husband, Taylor.



Kranda

Kayla (Bodvig) Kranda '06 along with her husband, Kyle, welcomed Kora Lynn on Jan. 25, 2019. The family resides in West Fargo.



Seright

Billy Seright '96 and his wife, Deanna, welcomed Liam on Aug. 24, 2018. The family resides in Towner.



Silverthorn

Lauren Rose, daughter of **Stephanie (Pfeifer) Silverthorn '11** and husband, Casey, arrived Oct. 20, 2018.

Lee

Londyn Grace was born Dec. 17, 2018 to **Randall Lee II '16** and **Rebecca (Zaharia) Lee '04**. She joins big brother Bryer.



Wiest

Lexus (Kelsch) Wiest '17 and her husband, Michael, had Henry John on July 21, 2018.





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It's time to give back. Back in the 60s, most girls got married out of high school, but I wanted to go to college and be a teacher. My parents decided that I could attend one year of business school so that I had something to fall back on. During my freshman year, I had to figure out how I was going to remain for four years to achieve a teaching degree. With the help of summer jobs, grants, and scholarships, I earned my degree and taught for 41 years in business and home economics, 34 at Minot State University after obtaining a master's degree with the help of scholarships. Through MSU's Grow Your Own Program, I was able to study for my doctorate. Now it's time to give future generations the same opportunities. But instead of waiting for my will to set up a scholarship, why not start now, and help more students enter the teaching profession. I encourage other retired teachers to follow my lead.

▲ *Elaine Larson, Faculty Emeritus*

