



Public Information Office

A NEWSLETTER FOR EMPLOYEES AND FRIENDS OF MINOT STATE UNIVERSITY

Football and soccer field construction bid awarded

A new artificial turf system is in the construction plans for Herb Parker Stadium on the Minot State University campus. Kraus-Anderson Construction, of Circle Pines, Minn., was the low bidder on the project and will begin in April to make improvements to the 45-year-old facility.



“We’re pleased with Kraus-Anderson’s low bid to complete these changes to the field and surrounding grounds at Herb Parker Stadium,” said David Fuller, president of Minot State University. “Kraus-Anderson is a reputable company which is planning to complete all these

improvements in time for this fall’s football and soccer seasons.”

As the general contractor, Kraus-Anderson will install top-of-the-line artificial turf by FieldTurf. The current field is in dilapidated shape, due to high usage from university teams, high school events, community activities and statewide groups that all utilize the facility. This year’s improvements will provide a more consistent playing surface that allows Minot State to save on maintenance and better serve the needs of western North Dakota.

Along with installing the turf, Kraus-Anderson will remove the track surrounding the field, expand the field’s dimensions to accommodate a full soccer field and install a new lighting system to provide better coverage of the field from both the north and the south sides.

The construction on this field is a necessary first step as MSU moves forward in a multiyear process of changes and improvements in responding to the needs of the university, community and region.

The enhancements to the football and soccer field also represent a continued desire for Minot State to provide a high-quality, complete experience for its student-athletes, the community and the general student population. In the competitive world of athletics, it is essential for MSU to attract the best North Dakota athletes by maintaining a top-notch facility, much like other state universities.

New staff and coaches aboard for 2009-2010

Minot State University would like to welcome four new employees, Timothy Barnes, Robin Erslund, Tiffany Fylling and Jason Spain, and introduce them to the campus.



Barnes



Erslund



Fylling



Spain

Barnes is a custodian. Previously, he worked for ABC Day Care and Burdick Job Corp.

April 7, 2010

PIO update

This spring will bring plenty of opportunities to share in celebration and spend time with family and friends at Minot State University. We invite you to campus to participate in any, or all, of our featured events.

The Spring Honor Dance and Powwow Celebration, an intercultural event honoring all the graduates in the Class of '10, is April 23 and 24. This is a “can’t miss” event focusing on diversity and appreciation.

You do not have to be alumni to attend the MSU Alumni Gala on April 30 at the Holiday Inn. Tickets for this elegant evening of music, auction and fine dining go fast. So, remember to call the Office of Alumni at 858-3234 to reserve a seat.

Moreover, springtime just would not be complete without honoring those students who reached the end of their formal education at Minot State. Commencement is set to take place May 14 at the Dome at 10 a.m. We hope to see you there!

— Mark Lyman, *director of public information*

NEXT ISSUE

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Administration, second floor

Voice: 858-3298 • Fax: 858-4481

linda.benson@minotstateu.edu

www.minotstateu.edu/inside/

Ersland, head wrestling coach, is re-establishing Minot State's wrestling program. For 15 years, he was the head wrestling coach and strength coordinator for the University of Central Missouri, Warrensburg. Ersland was recently inducted into the National Collegiate Athletic Association Division II Wrestling Coaches Hall of Fame. He received his bachelor's degree from Luther College, Decorah, Iowa, and his master's degree from the University of Iowa, Iowa City. Ersland has three daughters, Amanda, Molly and Abby, and he lives to hunt and fish.

Fylling, an administrative assistant for the Office of Enrollment Services, worked at Dakota Square Dental in Minot before joining MSU. Both she and her husband, Jake, are alumni of Valley City State University.

Spain, head women's soccer coach, is starting a new women's soccer program. Last academic year, he served as interim head women's soccer coach at Feather River College, Quincy, Calif., after spending 12 years as head soccer coach for neighboring Yuba College. Spain and his wife, Catherine, have five children, Mia, Brianna, Austin, Zachary and J.R.

MSU hosting Native American Spring Honor Dance and Powwow Celebration

Native American dancers and drum groups from throughout North Dakota, neighboring states and provinces will compete during the 21st annual Native American Spring Honor Dance and Powwow Celebration, at the Minot State University Dome, on April 23 and 24. The celebration will also include special Native American attractions.



This event, sponsored by the MSU Native American Cultural Awareness Club and the university, will honor all 2010 graduates. Two "Grand Entries," the time when all of the dancers enter the arena, are scheduled for 1 and 7 p.m. each day. The "Honor Parade," in which all 2010 graduates are invited to participate, follows the 7 p.m. Grand Entry on April 24.

"The Native American Cultural Awareness Club would like to thank the Three Affiliated Tribes and Standing Rock Sioux Tribe for their continued support of our Spring Honor Dance and Powwow Celebration," said Dennis Parisien, Native American student counselor. "Their support allows us to put on an event that is of both the traditional Native American culture, and in a real sense, an educational event that invites peoples from outside of the culture to join us in this celebration of all of our graduates."

Dance competitions will be held for men, women, teens, juniors and "tiny tots." The competition for men includes traditional, grass and fancy dancing. Women's dance

competitions include traditional, fancy and jingle styles. Cash prizes will be awarded.

New this year is a "Switch Dance competition," in which men and women switch regalia and dance in the appropriate style, on April 24. Donations will be taken throughout the day, and the best dancer will take home the collected money.

The celebration offers educational presentations including Native American traditional games by Marvin Bald Eagle Young Man, sweet grass basket making by Carol Parisien, "Seven Teachings," a set of teachings on human conduct towards others by Cecilia Myerion and pictograph vest making by Douglas Pfliger, associate professor of art.

Schools and organizations are invited to bring school-age children to these educational presentations on April 23 from 10 a.m. to noon.

At 5 p.m. on April 23 in the Student Center, a traditional buffalo meal will be served. The Standing Rock Sioux Tribe donated the buffalo.

On April 24, the NACAC will honor Wylie Hammond, director of multicultural support services, since he is retiring at the end of the school year. After 17 years at Minot State, Hammond said he may be leaving, but his volunteer service and recruitment of the Native American population for MSU will continue. Parisien will remain as the Native American student counselor and NACAC advisor.

The doors open at 9:30 a.m. on April 23 for the educational presentations. On April 24, the doors open 11 a.m. Both days feature performances, demonstrations, dance competitions and the sale of Native American arts, crafts and food.

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

For more information, contact Parisien at 858-3365 or 1-800-777-0750, ext. 3365 or dennis.parisien@minotstateu.edu.

Spiritual Wellness series begins Thursday

The Spiritual Wellness series will start with a discussion about the book "A Good Dose of God" by Nathan Anderson, College of Education and Health Sciences accreditation technology support coordinator. Anderson and Kari Williamson, campus pastor, will co-lead the discussion Thursday (April 8) and April 22 in the Office of Housing conference room (Dakota Hall, south entrance), 12:15-1 p.m.

Individuals may purchase the book at Gideon's Trumpet at Dakota Square, Main Street Books downtown, www.adoseofgod.com, or directly from Anderson.

The Lutheran Campus Ministry is sponsoring the Spiritual Wellness series. For questions, comments or suggestions for future Spiritual Wellness series initiatives, contact Williamson at 839-3949 or kari.williamson@minotstateu.edu.

Employee appreciation event is April 15

All Minot State University faculty and staff members have been invited and are encouraged to attend the annual Employee Appreciation Banquet on April 15, noon-2 p.m. in the Dome. President David Fuller has advised supervisors to close offices where feasible to ensure the greatest attendance possible. Join colleagues as those marking five-year increments of service and those receiving Board of Regents Faculty and Staff Achievement Awards will be honored.



Walton, opens the evening, followed by the story of "Peer Gynt" through the music of Norway's Edvard Grieg. A thrilling addition to the music of the evening is Batman, Robin Hood, and Duncan's themes. The "Myths and Legends" concludes with the famous "Stars and Stripes Forever" by

legendary American composer John Philip Sousa. This is the perennial favorite pops concert, and it will begin at 7:30 p.m. in Ann Nicole Nelson Hall.

Maestro Dennis Simons, professor of music, conducts the orchestra.

Minot State University students, faculty and staff are admitted free with a current ID. Additional tickets for adults are \$20. The price for senior citizens is \$15; students 12-18, \$10; children, \$5.

Department of Mathematics and Computer Science hosting 35th annual Math Track Meet

On April 21, Minot State University's Department of Mathematics and Computer Science will host the 35th annual Math Track Meet for area schools in the Dome, beginning at noon.

The Math Track Meet originated in the old Student Union Ballroom with a few dozen students and grew to an event of 1,800. This year, the event will not accommodate as many students since organizers chose to go with one day and only students in grades 9-12.

As in previous years, proctors will administer four individual exams for grades 9-10 and four individual exams for grades 11-12. The top Class A and Class B participants for grades 9-10 and grades 11-12 will receive individual awards, and each participant will get a participation gift.

Organizers will post results and photographs shortly after the event on the Math Track Meet Web site, www.minotstateu.edu/mathcs/TrackMeet.shtml.

Campus cleanup is April 22

Campus Cleanup Day is Earth Day, April 22, from 9 a.m. to noon. The Sustainability Committee will have a table in the Quad where people can obtain gloves and trash bags. This year, volunteers will receive two bags — one for recyclable items and another for trash. The cleanup ends at noon, so that volunteers can view the Earth Day poster/project/product presentations in the Atrium, noon-2 p.m.

For more information about Earth Day, visit www.minotstateu.edu/sustain/earth_day_2010.shtml.

Symphony ends 'Myths and Legends' season with pops perennial

The Minot Symphony Orchestra's 2009-2010 season wraps up April 24. "The Crown Imperial," a march by William

Retirement social slated for April 27

The annual retirement social is April 27 in the Conference Center, 2-4 p.m. This year, 10 Minot State University employees, who have recently retired or will retire at the end of this semester, will be honored.

The honorees are Roger Burchill, Ron Dorn, Wylie Hammond, Marita Hoffart, Gerard Oie, Ron Rogelstad, Audrey Sidener, Bob Sundberg, Larry Vannett and Jonathan Wagner.

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

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

Alumni Association plans premier Gala event

It is the Alumni Association's perennial favorite, the 27th annual Gala Dinner and Auction on April 30 at Minot's Holiday Inn. The social and auction preview begin at 5:30 p.m. and dinner is at 6:45 p.m. The \$50 tickets include a gourmet dinner, and the attire for this event is semi-formal.



Successful bidders may win "Night Raid," an original painting by Monte Yellowbird, Minot State University alumnus, or artwork by Floyd Fairweather. Other items include a rocking chair, a beaver carved from wood, sports memorabilia and a platoon ride on Lake Metigoshe.

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

Chase Lee elected SGA president

On March 30, the Minot State University student body elected a new slate of Student Government Association officers and senators.

Executive officers are Chase Lee, president, Minot, physical education; Stetson Sannes, vice president, Minot, international business and finance; Amanda Roise, secretary, Minot, biology; Trey Welstad, treasurer, Minot, marketing and management. Executive positions gained through interviews are Derek Hackett, director of entertainment, Minot, broadcasting; Maxwell Buchholz, director of public relations, Minot, marketing; Ethan Fritel, co-director of intramurals, Hazen, management; Eric Manlove, co-director of intramurals, Fargo, broadcasting; and Mary Christian, director of state affairs, Minot Air Force Base, broadcasting.

The elected Student Government Association senators and their constituencies are:

- College of Arts and Sciences — Aaron Jaeger, Washburn, graphic design; Sara King, Minot, broadcasting; Cassie Neuharth, Minot, broadcasting; Jesica Sanders, Minot, art; Juan Vadell, Minot, broadcasting; and Tashina Wilkie, Minot, English education.
- College of Business — Jordan Kluck, Minot, management; Camila Oliveira, Beulah, international business; Kala Wangsness, Powers Lake, management; and Luis Elizondo, Minot, finance.
- College of Education and Health Sciences — Lisa Brule, Spiritwood, Saskatchewan, communication disorders; Melissa Elker, Bismarck, music; Annamaria Holt, Andover, Minn., special education and elementary education; Alyssa Jenkins, Minot, corporate fitness; Tara Kuntz, Rugby, elementary education; and Bethany Tedford, Great Falls, Mont., communication disorders.
- General Education — Anthony Anderson, Minot, finance.

SGA is the chief law and policy-making organization for the MSU student body.

Sertoma Club donates to NDCPD Access Scholarship Endowment

On March 29, the North Dakota Center for Persons with Disabilities at Minot State University received a donation from the Minot Sertoma Club for nearly \$4,000.

“The Minot Sertoma Club contribution goes into our NDCPD Access Scholarship Endowment. NDCPD is able to use proceeds from that endowment to fund scholarships for students with disabilities to attend Minot State University,” said Brent Askvig, executive director of NDCPD, acknowledging the contribution and its importance and value to persons with disabilities. “These funds are an important contribution to furthering higher education and diversity at our university.”



For more information on the NDCPD Access Scholarship, contact Susie Mack, NDCPD office manager, at 1-800-233-1737 or 701-858-3009 or visit NDCPD's Web site at www.ndcpd.org/disinfo/access.shtml.

Minot State captivated Dakota Square

MSU at the Mall provided an excellent opportunity for Minot State University to showcase its students, academic programs, services, student organizations and other university entities to the community.

The biology booth with its salamanders, the Student Government Association duck pond and the Public Relations Student Society of America booth with spray-on tattoos were popular locales.



Wellness works

Spring fever: body chemistry and seasonal biology

“It’s spring fever. That is what the name of it is,” said Mark Twain. “And when you’ve got it, you want — you don’t quite know what it is you do want, but it just fairly makes your heart ache, you want it so!”

Spring Fever is a physiological and psychological shift in the body’s response to changing seasons. It comes with telling signs: restlessness, intense nervous excitement, high-energy spurts, loss of appetite and insomnia.

Statistically, at least half of the people who live in the northern latitudes of the U.S. and Canada experience more intensely the symptoms of spring fever. Longer sunny days seem to have a direct impact on people’s psychological and physiological responses to the passage of the seasons. Spring fever is not just in the head. An adjustment in body chemistry and seasonal biology causes it. Doctors have attributed the phenomenon of spring fever to human reaction to seasonal changes. Since the mid 1980s, scientists have validated the diagnosis of Seasonal Affective Disorder, a depression and mood disorder that emerges during the fall and winter months. They have also perceived a noticeable departure of SAD symptoms with the coming of spring and summer. One reason is the realignment of the body’s chemistry with sunlight. Changes during spring can readjust body chemistry, specifically the internal body clock that responds to sunlight.

Light affects the circadian rhythm of the internal body clock. It also affects the body's secretion of melatonin, a hormone that influences sleep and energy levels. During the winter, the body's secretion of melatonin is relatively high; during spring, however, the level of melatonin decreases, which results in greater wakefulness. Serotonin levels also increase during spring, which accounts for the breakaway sense of elation. Research also suggests a link between spring weather and spikes in hypomania, when individuals experience a sense of inflated grandiosity, uninhibited pursuit of "the chase" and a significantly reduced need for sleep.

To learn more, visit generalmedicine.suite101.com/article.cfm/what_is_spring_fever#ixzz0jgy8ZUt7

Announcements

Enrollment services bids Trainer farewell

The Office of Enrollment Services will be hosting a going away event in Jason Trainer's honor on Friday (April 9) in the Multicultural Center from 2 to 4 p.m. Please join us in congratulating Jason on his new position at Northland Community and Technical College, East Grand Forks, Minn. He has accepted a position as the director of marketing. Light refreshments will be served.

For questions, contact 858-4348 or rebecca.porter@minotstateu.edu.

— *Rebecca Porter, recruitment coordinator*

CETL mini-grants available

The Center for Engaged Teaching and Learning would like to announce, to all faculty and staff, the opportunity for a CETL mini-grant. These mini-grants may be used to enhance student success through engaged teaching and learning and/or enhanced civic or community engagement. CETL encourages any interested faculty or staff to apply for these mini-grants by April 15. Those receiving mini-grants will be notified no later than May 1.

If there are questions, contact beth.odahlen@minotstateu.edu or 858-3177.

— *Beth Odahlen, CETL director*

NDUS Arts and Humanities Summit submission deadline extended

The deadline to submit a proposal to the 2010 NDUS Arts and Humanities Summit has been extended for two weeks, until April 15. For more details about the conference and how to submit a proposal, go to www.dickinsonstate.edu/AHsubmit/.

— *Marilyn Lee, DSU associate professor of art, and Jim McWilliams, DSU associate professor of English*

In the galleries

April 7-13 — "Homeplace," photographs by Sarah Christianson, Mountain View, Calif., Library Gallery.

April 9-29 — Juried student art show, Hartnett Hall Gallery.

April 19-May 14 — Photography by MSU senior Donna Franklin, Library Gallery.

The public reception for the juried student art show with juror Cyndi Jelleberg and Christianson's exhibit is Friday (April 9), Hartnett Gallery, 6:30–8 p.m. On April 21, a public reception for Franklin's senior art show will be in the Library Gallery, 6:30–8 p.m.

Calendar

April 7-22, 2010

- 7 Beaver Booster Spring Party, Grand International, 6 p.m.
- 7 Beaver Idol Finale, Beaver Dam, 6:30 p.m.
- 7 Baseball at Jamestown College.
- 8 State Board of Higher Education, Mayville State University.
- 8 Spiritual Wellness series, discussion on the book "A Good Dose of God," by Nathan Anderson, accreditation technology support coordinator, housing conference room, Dakota Hall, south entrance, 12:15–1 p.m.
- 8 Institutional Review Board, Memorial Hall 236, 1:30 p.m.
- 8 Faculty Senate, Westlie Room, 3:30 p.m.
- 9 Last day to drop 16-week class.
- 9 Summer Theatre auditions, Aleshire Theater, 4–7 p.m.
- 9 NAC public reception for juried student art show with juror Cyndi Jelleberg, Hartnett Hall Gallery, and for Sarah Christianson's exhibit "Homeplace," Gordon B. Olson Library Gallery, 6:30–8 p.m.
- 9 Senior music recital by Jeremiah Johnson, violinist, Nelson Hall, 7:30 p.m.
- 9-29 NAC exhibit: juried student art show, Hartnett Hall Gallery.
- 10 Graduate School: written comprehensive exams.
- 10 Student music recital by Jennifer Brenna and Katie Langemo, vocalists, Nelson Hall, 7:30 p.m.
- 10 Outdoor Track and Field at University of Mary Marauder Open, Bismarck.
- 10-11 Beaver Booster Boys Basketball Tournament, Dome.
- 10-11 Baseball at Dakota State University, Madison, S.D.
- 10-11 Softball at Dakota State University, Madison, S.D.
- 11 International Artist Series, Nelson Hall, 7:30 p.m.
- 11-12 Golf at South Dakota Mines, Rapid City, S.D.
- 12 Weight Management Club, Jones Room, 8:30 a.m.
- 12 Student Government Association, Westlie Room, 7 p.m.
- 13 Marketplace for Kids.

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| 13 | Baseball at Dickinson State University. | 18 | Brass Band of Minot, Nelson Hall, 4 p.m. |
| 13 | Student music recital by Caitlin Benson, cellist, Nelson Hall, 7:30 p.m. | 18-19 | Golf at Black Hills State University, Spearfish, S.D. |
| 14 | Military service member outreach, Beaver Dam hallway, 11 a.m.–1 p.m. | 19 | Student Government Association, Westlie Room, 7 p.m. |
| 15 | Employee Appreciation Banquet, Dome, noon. | 19 | MSU piano accompaniment class recital, Nelson Hall, 7:30 p.m. |
| 15 | Softball vs. Valley City State University, South Hill Complex, 2 p.m. doubleheader. | 19-May 14 | NAC exhibit: photography by MSU senior Donna Franklin, Library Gallery. |
| 15 | Faculty Senate executive board, Souris Room, 3:30 p.m. | 20 | Staff Senate, Jones Room, 9 a.m. |
| 16 | Beaver Booster luncheon, Sevens Restaurant, noon. | 20 | Faculty Senate elections, Aleshire Theater, 12:30–2 p.m. |
| 16-17 | Outdoor Track and Field at Sioux City Relays, Sioux City, Iowa. | 20 | Small Ensembles concert, Nelson Hall, 7:30 p.m. |
| 17 | Junior music recital by Erin Rosel, pianist, Nelson Hall, 7:30 p.m. | 20 | Softball at Mayville State University. |
| 17-18 | Girls Youth Basketball Tournament, Dome. | 21 | University Cabinet, Westlie Room, 9 a.m. |
| 17-18 | Softball vs. Black Hills State University, South Hill Complex, 1 p.m. doubleheader. | 21 | Math Track Meet, grades 9-12, Dome, noon. |
| 17-18 | Baseball vs. Jamestown College, Corbett Field, 2 p.m. doubleheader. | 21 | NAC public reception for senior art show by Donna Franklin, Library Gallery, 6:30–8 p.m. |
| | | 21 | Golf at Bismarck State College. |
| | | 22 | Earth Day cleanup, Quad, 9 a.m.–noon. |
| | | 22 | Earth Day poster/project/product presentations, Atrium, noon–2 p.m. |

Minot State University Mission

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

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500 UNIVERSITY AVE W
MINOT, ND 58707

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