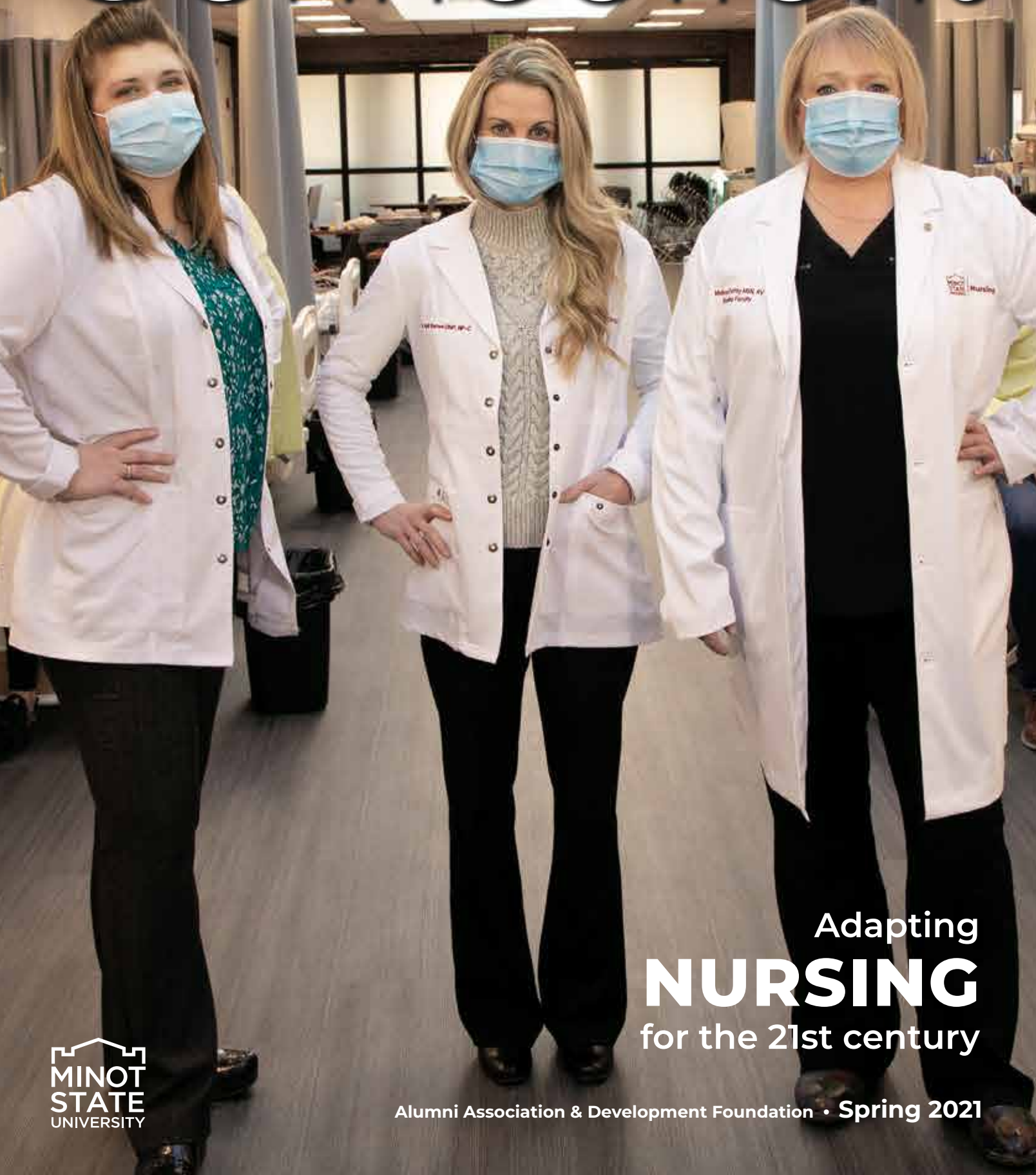


Connections



Adapting
NURSING
for the 21st century



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ADDITIONAL PHOTO CREDITS:

ON THE COVER: Minot State University nursing professors Carrie Lewis, April Warren, and Melissa Fettig inside the new nursing simulation lab in Memorial Hall. The space tripled the amount of simulation space Minot State has to offer students.

Katie Poore; p. 9 photo furnished by Katie Poore.

Judie Boehmer; p. 13 photo furnished by Judie Boehmer and appears in Connections with permission from the family of the patient. This photo was taken before strict COVID-19 precautions of social distancing and face masks at UC Davis Children's Hospital.

Hopkins always there to offer a helping hand; p. 14 photo of The Minot Daily News furnished by Pam Hopkins.

Anchors aweigh as Clayton hits the high seas, p. 18-19 photo furnished by Summer Clayton.

A foundation for the future; p. 20-21 photos furnished by Jag Chohan.

A wild ride, p. 22-23 photos furnished by Max Patzner.

Q&A with Steve Grabowski, p. 24-25 photos courtesy of Utah State Athletics.

Strong foundation helps NDCPD continue to change lives, p. 26-28 photos courtesy of NDCPD.

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President's message

Greetings from the MSU campus! Winter in Minot has been mild for much of this season, but it roared to life in early/mid February. As I type this afternoon, it is minus 10 with a wind chill of minus 37. These are the days that always make me especially appreciative of our other three seasons in North Dakota!

We are nearing the midpoint of the spring semester, and I want to publicly applaud our entire community of students, faculty, staff, and administration for the roles they have played in ensuring the campus has

remained open this entire academic year. We have had our peaks and valleys like any other university, but as the light at the end of this pandemic tunnel slowly gets brighter, I am heartened by the resilience of everyone who has helped lead MSU to a safe and successful year. You will find a few glimpses into COVID life at MSU on pages 30-31. It has been far from a normal year, so flexibility, creativity, patience, and teamwork have been incredibly important characteristics. Great lessons for our students, for me, and for our entire MSU Family!

The feature story of this issue focuses on a signature academic program at Minot State University, and a field that has certainly been at the forefront of society's fight against COVID-19, that of nursing. MSU has a long and distinguished history of five decades educating highly skilled nurses, and you will learn about some of that historical perspective as well as the current status of the program and some other recent highlights. It is certainly an important time in the nursing profession, and we are honored and excited to build upon our legacy of excellence in nursing education.

Another essential component at MSU is the North Dakota Center for Persons with Disabilities (NDCPD). Now celebrating its 30th anniversary, NDCPD has provided (and continues providing) critical services for thousands of North Dakotans. We are proud of the 30-year history and proud to be the home of NDCPD, and you will learn more about the essential mission and statewide impact of the center in these pages.

Please also enjoy profiles on current students and alumni to see the varied academic and career paths they are following. There are so many unique stories to tell through the experiences of MSU alumni, and these profiles are always a special favorite of mine.

We are looking ahead to the spring thaw, and excited to have some opportunities of getting together in-person during the months ahead (see page 33). Here's wishing everyone a safe, healthy, happy, and "normal" 2021!

Thanks for your continued support of Minot State University and our students, and as always ...

GO BEAVERS!



▲ Steven W. Shirley, Ph.D., President

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Be seen. Be heard. Be inspired.

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Have you had a recent change to your HOME, SEASONAL, or EMAIL ADDRESS?



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Adapting **NURSING** for the 21st century

▲ by Amanda Duchsherer



Advancing nurses' vital role in transforming health care around the world came to the forefront of the public's mind in the midst of a global pandemic.

In hindsight, the World Health Assembly declaring 2020 the International Year of the Nurse and Midwife couldn't have been more aptly timed.

Originally designated in a nod to the 200th anniversary of visionary nurse and leader Florence Nightingale's birth, the secondary theme — advancing nurses' vital

role in transforming health care around the world — came to the forefront of the public's mind in the midst of a global pandemic.

As governments, institutions, and myriad people adjusted and adapted in ways never before imagined, nurses continued to show up and do their work. In the nursing field, with or

without a pandemic, there is no such thing as a normal, ideal work condition.

"We're used to being flexible and pivoting," Carrie (Olesen) Lewis '01, Minot State University nursing instructor, said. "And in that way, a university nursing department is also unique because we are the ones who, in our previous

lives as nurses, would be doing the same thing."

The Minot State Department of Nursing has been pivoting and adapting since its inception. With humble roots — the first director of nursing, Sister Mabel Meng, shared an office with tables, refrigerators, a secretary, and an additional faculty member — the program



MSU nursing students during the 1980s



Sister Mabel Meng • circa 1973

graduated its first class of 17 Bachelor of Science in Nursing (BSN) students in 1973. As the department moved from Cyril Moore Hall to Hartnett Hall to Memorial Hall, name changes, curriculums, accreditations, and technology were also evolving.

Most recently, a \$246,000 CARES Act grant tripled the



Katie Poore



Immediately after graduation, Katie (Eshenko) Poore '20 went straight into the belly of the beast: Trinity Hospital's COVID-19 unit.

"It has been a great learning opportunity," she said. "It's something so new to everyone, and it's something that you usually only read about in books while in school — about pandemics and things like that. I've learned so much throughout the past six months."

Poore has been expanding her medical knowledge since enrolling at Minot State. A non-traditional student, she first established a career as a massage therapist, stayed at home with her three children, and moved to Wyoming while her husband was stationed at Francis E. Warren Air Force Base.

When her family landed back in her hometown, she set her sights on a new vocation.

"I had heard so much about the Minot State nursing program, how it was very competitive to get into. I was feeling up to the challenge, plus the tuition rates are lower than any other school in the area," she said. "I wanted to be prepared for what I was getting into. I recommend Minot State to everyone when it comes to nursing; it's a great program."

She credits much of her success to the comradery between the students and nursing staff.

"It's like a family. It's a small but big campus at the same time, and in the nursing program, you become like a family. You get to know each other both in school and in your personal lives," she said. "While it's competitive, you knew that you always had someone to go to if you needed extra help."

Relationship building has continued on Trinity's fifth floor.

"Our COVID patients, a lot of them are there for a long time so we get to really know them," Poore said. "And I get to work with Kate, too."

Kate Zimmerman '20 earned her Bachelor of Science in Nursing alongside Poore and began working in the coronavirus unit at the same time.

"It's so fun to see the transition. Kate was also my partner in the nursing program for assessments and such. I've watched the growth that we've both had and how our confidence has soared throughout this whole thing," she said. "It's nice to have the support. She's new, she knows what I'm going through, I know what she's going through, and we continue to have each other's backs even after school." ▲

▲ by Amanda Duchsherer



simulation space for nursing students returning to campus for the Spring 2021 semester.

“We wouldn’t have been able to make these changes without the grant,” said April Warren, nursing chair. “With these improvements, we are continuing to provide the best education we can. We’re adapting with the times and continuing to provide a safe place to receive an education.”

In addition to three full-sized simulation lab rooms and extra storage space, the department was awarded another high-fidelity mannequin. The computer-based mannequins allow for unlimited nursing simulation situations, empowering students to gather skills and knowledge on campus.

And when gathering in-person isn’t an option, virtual simulations are the wave of the future.

“We did secure virtual simulation programs for all our specialty clinical classes prior to this school year,” Warren said. “It has been helpful when a student ends up in quarantine; they can complete a simulation from their home through their computer, and that counts towards clinical hours.”

“These simulations play into directives from the Institute of Medicine and the future of educating more nurses,” said Melissa (Branson) Fettig ’06, nursing assistant professor and RN to BSN Completion Program director. “To educate more nurses, we need more space.

Nationwide, because of the lack of space, the lack of simulation areas, and the lack of clinical sites, the future is in these simulations.”

While in-person and virtual simulations are an important facet to the future of nursing education, real-life experiences are also vital to aspiring healthcare workers.

Nestled in the plains, hours away from a major metropolis, the Minot State nursing program is able to offer opportunities not available to many university students: access to a Level II Trauma Center coupled with rural healthcare systems.

Trinity Hospital is verified by the American College of Surgeons as a

Level II Trauma Center, the highest level of trauma care available in North Dakota. Thanks to longstanding partnerships between the University and Trinity Health, students have access to a plethora of hands-on learning experiences.

“In terms of the clinical opportunity here, we really have a great variety,” said Warren.

“From the cancer care center, to the pain clinic, to the cardiac cath (catheterization) lab, to the OR (operating room), we also take our students to a lot of other places people don’t think about,” said Lewis. “There is kidney dialysis and addiction services, including CAPH (child and adolescent partial



“We’re adapting with the times and continuing to provide a safe place to receive an education.”

*April Warren
Chair, Department of Nursing*

friends and my aunt Allison Germolus said, you should really look into nursing.

“So, I spoke with Linda Schaefer (retired Minot State long-term nursing faculty member), and she was a really good salesman.”

Weidler embraced the change, graduated with his nursing degree in 2011, and began working at Trinity Health in the intensive care unit. From there, he moved into a house supervisor role before becoming manager at the inpatient rehabilitation unit.

Today, Weidler serves as the regional vice president for CaringEdge Health-care, which has facilities located in North Dakota and Minnesota, and oversees home health, hospice, and some outpatient rehabilitation.

It is in this role where he first saw the potential future of healthcare.

“The concept of home health, to me, makes sense. It is progressive. We can come into your home and deliver healthcare in an environment that is more comfortable for the patient. We can offer therapies, skilled nursing, social work, and more,” he said. “Oftentimes, we are able to help people recover after a hospital stay or help to prevent them from going into the hospital in the first place, while focusing on keeping people actively independent in their home.”

Weidler credits Minot State for preparing him for his career.

“Football certainly helped me grow as a person and developing as an adult. Coach Paul Rudolph was a great coach and role model for all of us players,” he said. “The nursing program was good for me as well. There was a lot of accountability on behalf of the students, but they were also very supportive of students who also participated in athletics.”

Initially, the Velva native didn’t plan on playing football after high school. A recruiter helped change his mind.

“I toured a few different colleges and then my cousin Tommy (Weidler ’13) committed to Minot State and then so did I. Then his older brother, Matt (’09), actually came and played. All three of us played on the field together for a while,” he said. “My brother (Jordan ’15) came and played, but that was after my time, and so did Tommy and Matt’s brother, Josh (’14). There’s been five of us who’ve went through the football program.”

Another relationship was created during Weidler’s years at Minot State. It’s where he met his wife, Beth (Garber) ’12, a Bishop Ryan Catholic School, Minot graduate and fellow nursing student, making Minot State a true Weidler family affair. ▲

Brendan Weidler

▲ by Amanda Duchsherer



Brendan Weidler changed his major so he could continue attending Minot State.

“I actually thought I was going to be a physical therapist, but I was enjoying football, enjoying campus, and didn’t want to switch schools,” he said. “I talked to a handful of family and

hospitalization) and in-person psychiatry.

“People who aren’t in the know don’t realize how many services are provided for in such a small area.”

The relationship built between the local hospital and the University often translates to immediate employment for students following graduation. Boasting years with a 100% job placement rate, many new nurses stay in the Minot area.

are from the region, the student body is also comprised of individuals who claim a variety of different states and countries as their home location.

Minot State’s price point is one reason students are drawn to the Magic City. The University is the third most affordable institution in the United States, and the online RN to BSN Completion Program was recently

“A lot of nursing programs will not allow students to be athletes,” said Lewis. “If you want to play volleyball and you want to be a nurse, there’s not many places you have that same opportunity. That’s huge for us as a university.”

While much of that is a nod to the culture at Minot State, it is also an acknowledgement of changes in the nursing field. Society has

ing up extra shifts because they’re not going to leave their colleagues hanging, and they are exhausted but still so determined.

“It is so important to listen to their stories, to take the time to appreciate what they’re going through and how resilient they are to keep going through with their education. Each one of them has a story, and I am super proud of them for keeping on.”



“About 75% of our nursing students are going to meet the community demand at Trinity,” said Warren. “We have students in our graduating class that are going to direct specialties like emergency medicine, ICU, and OB-GYN. They’re able to go right into the specialties they desire.”

Those impressive numbers are built on another point of interest: while the majority of nursing students

ranked the 29th most affordable degree of its type in the nation.

“You can come here and get a quality, accredited, affordable degree and immediately join the workforce during or after graduation,” Lewis pointed out.

Flexibility is also a draw for future nurses. Minot’s nursing department is unique in the fact that it allows students to participate in athletics.

rapidly progressed since the days Nightingale founded modern nursing.

“We are more flexible than in the past. You can be flexible and still receive an education. Life happens,” Fettig said. “My students with the RN to BSN Completion Program, they are already working RNs. They’re so determined to get their BSN but they have been working mandatory overtime during COVID-19. They are pick-

It is that tenacity and adaptability that speaks to the ethos of today’s nursing students.

“To add that extra layer of complexity of COVID-19 and to navigate that, I think it makes these students really incredible. They’re not only pursuing their passion to become a nurse, but they’re pursuing it during a pandemic,” Warren said. “It speaks a lot to a person’s character and their dedication to the field.”



Judie Boehmer

by Amanda Duchsherer

Judie Boehmer enjoys a good challenge.

In late October 2020, she watched the healthcare team perform the first craniopagus conjoined twin separation at UC Davis Children's Hospital.

"I was there, watching this 24-hour surgery on a screen in a viewing room with other team members. I had the great opportunity to have the nursing team and the neurosurgeon invite me into the operating room to thank everyone," she said. "It just makes me so tearful, to have been asked to join them as one of their leaders. I feel really blessed to work with such an amazing team, they are simply the best."

Today, the 1-year-olds and their family are doing well, a success story by all accounts.

"In the operating room, the physicians and team demonstrated true compassion, ensuring the babies were safe and loved, never missing an opportunity to touch these babies, reaching out and rubbing their little legs. They treated these babies as their own," she said. "There aren't many people in our hospital who don't know who these two special little girls are."

Boehmer's career is full of cutting edge, high-risk medical procedures since graduating from the Minot State nursing program in 1988. She began her career in a medical surgical unit at the University of California, Davis Medical Center, serving as a staff nurse with head and neck cancer patients and was also selected to serve as a nurse for gender reassignment surgeries.

"We have become so much more sophisticated in healthcare; however, caring compassionately for people has and must remain our true north," she said. "When I started working as a 22-year-old, I had no idea what I was getting in to. I was willing to do anything, I wanted to learn everything and help my patients."

Boehmer had originally set her sights on working for a community hospital and never thought academic-based medicine would become her path.

"When I came out here, I had 14 different interviews. There wasn't a huge shortage of nurses like there is now, and I didn't even have my license yet," she said. "Three of my interviews

were at UC Davis Medical Center, my last stop. I was really close to taking a position elsewhere but when I interviewed at UC Davis, I could not believe the people. They were amazing. My last visit was the spring before I graduated when I signed the contract and I agreed to take my state boards in California."

She has spent the last three decades evolving in her career, including stints in home healthcare and as a staff nurse, nurse educator, nurse manager, and executive director. Becoming a part of the operating room, however, was her main objective.

"When I was planning to become an operating room staff nurse, the chief nursing officer asked if I was interested in leadership," she said. "When she said she was building a brand-new labor and delivery unit and, guess what, it was going to have two operating rooms, I jumped at the opportunity."

After spending a decade in that role, in 2006 she became the executive director in patient care services. Part of her responsibilities include overseeing the UC Davis Children's Hospital and University Birthing Suites.

"Someone saw that spark," she said. "I love caring for people. I get my charge from high-risk situations and helping our patients and families have the best experience possible. I have been blessed to have great nurse managers, amazing colleagues, and accomplished leaders and mentors. I've been so fortunate to have been given some unique opportunities."

Boehmer includes attending the MSU nursing program as one of those occasions.

"Being a student at Minot State, there were so many great moments," she said. "It's an incredibly welcoming environment. It's inclusive. It's fun. The professors really saw students for their potential and did everything they could to push them forward."

"I've used those same principles throughout my journey. It's about relationships, it really is. Be kind, be compassionate, and set your bar high." ▲



WHERE are they NOW



Hopkins always there to offer a helping hand

by Dan Fagan

All communities seem to have those people who you run into on a regular basis. They are always busy, juggling various projects, volunteering for this or that, participating in event after event.

Pamela Hopkins is one of those people.

After 31 years of employment at Minot State, Hopkins retired in 2017, but that hasn't slowed her down one bit.

Hopkins is a member of multiple chorale groups in town. In fact, if you've attended the Minot Chamber Chorale or the Christmas Renaissance Feast in the recent past, there is a chance you saw Hopkins on stage. She was a member of Sisters By Choice, is a current member of Nu Notes of Delta Kappa Gamma, and she has performed with the Western Plains Opera and Mouse River Players.

"I love music," Hopkins said, while reflecting on her experiences. "I have for as long as I can remember."

PAM HOPKINS



To this day, one of Hopkins' favorite musical experiences was singing backup at the Norsk Høstfest with the Neil Diamond Tribute Band.

Hopkins, who has earned the title of staff emeritus, has also returned to Minot State to fill in various positions around campus, most recently as the front-end assistant in the Student Health Center. That stint was supposed to last only a month, but Hopkins ended up being there for half a year.

"It was nice to be back on campus with so many people that I consider friends," Hopkins said.

Originally from Long Beach, California, Hopkins moved to Minot in 1985 expecting to only be there for a few years. She first served as the office manager in the college bookstore, and then in 2011 transitioned to the Veteran Affairs office where she was the Campus V.A. Certifying Official.

Hopkins harbors warm memories of her time at Minot State and is dedicated to helping out around campus whenever she is needed.

Currently, Hopkins works part-time at Trinity Church and Thomas Funeral Home as a visitation hostess where she spends much of her day consoling grieving families and helping with visitation services.

"It's actually a very rewarding experience to be of service to people and help them with their grief," she said.

Hopkins' commitment to her community and others is central to who she is. In fact, on numerous occasions she has been asked by friends to serve as a caretaker for sick family members, a job that comes naturally to someone like Hopkins.

There is a positivity and conviction that shines through when Hopkins talks about her day-to-day experiences. When asked how she sustains this outlook in difficult times, she is quick to point out that she is a person of strong faith.

And, of course, she is someone who tends to see and remember the good things in life. The kind of things that are worth singing about. ▲

alum from DAY one

FRESHMAN Riley Wallace

Physical education ■ Oak Lake, Manitoba

Riley spends most of his time behind a mask — and not because of COVID-19 — as goaltender on the Minot State men's hockey team. Off the ice and in the classroom, he has made a name for himself as someone who is “counted on for enthusiastic participation,” as one of his nominating professors said.

Why did you choose Minot State?

Minot State is a great school that's not too big and happens to be super close to home for me.

What is your favorite quote?

“It always seems impossible until it is done.”
— Nelson Mandela

What has been your favorite class?

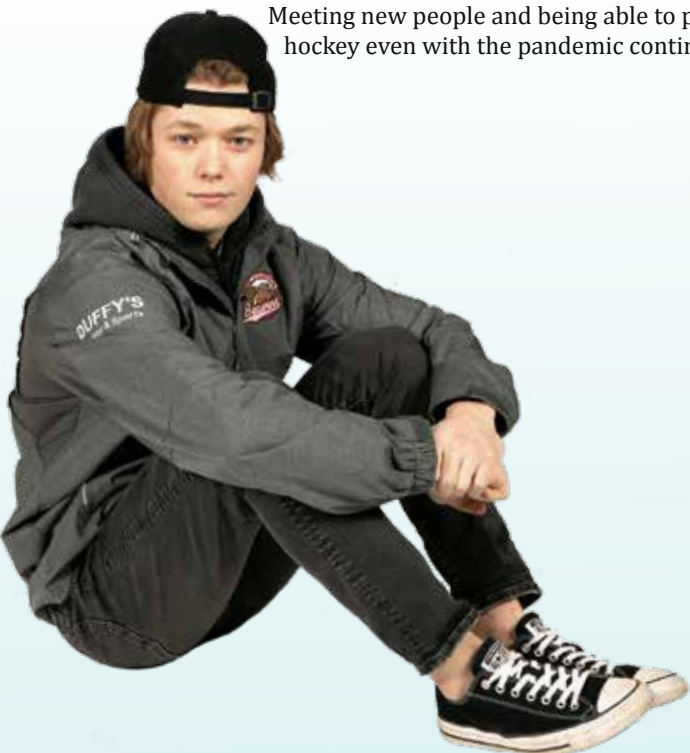
ED 282: Managing the Learning Environment. I found it really interesting and learned a lot of tips that will help in the future with the education system.

Who has been your most influential professor?

Molly (Hoff) Pasek '88/'01. She goes above and beyond and is very passionate about her job.

What is your most memorable moment at Minot State?

Meeting new people and being able to play hockey even with the pandemic continuing.



SOPHOMORE Tayton Hjelmstad

Broadcasting and professional communication ■ Towner

Tayton spends much of his time in the studio as an on-air personality, focusing mainly on sports. He extends that love of sports off campus as well playing wheelchair basketball, and watching Minnesota professional teams and NASCAR.

Why did you choose Minot State?

I chose MSU because of its affordability, the small department sizes, and its proximity to my hometown.

How has Minot State helped you further your academic career?

Academic coach Nicole DesRosier '07 introduced me to the POWER Center and that program feels like a giant family of students going after the same thing. It reminds me that we're all in this together.

What is your favorite quote?

“The only disability in life is a bad attitude.”
— Scott Hamilton

What has been your favorite class?

Special Events Planning with Janna (Olson) McKechnie '14, director of alumni relations and annual giving. Planning the auction was way more work than I thought it would be, but the night was worth all the work.

Who has been your most influential professor?

Neil Roberts, associate professor, broadcasting and professional communication, has been a great advisor and mentor. He makes his classes feel less like lectures and more hands on.

What is the best kept secret about Minot State?

How tight knit the student body is. After my first full year, I met so many people and you feel like you know everyone.

What is your most memorable moment at Minot State?

The trip to Washington D.C. with POWER, hopefully we can get back to those trips soon.



alum from DAY one

JUNIOR Travis Smith

Computer science and cybersecurity and operations ■ Colstrip, Montana

Travis keeps himself busy on campus with a wide array of activities, clubs, and jobs. He is in the honors program and is a member of the MSU men's golf team. He is also a part of Residence Life, MSU Life, and the University's Computer Science Club.

Why did you choose Minot State?

It was a great combination for me! It was an inexpensive, small school, and I had an offer to play NCAA Division II golf.

How has Minot State helped you further your academic career?

Minot State has been HUGE for me! I graduated high school with a 2.7 GPA, but when I came to Minot, I found a drive to do better. Since, I have maintained a 4.0 cumulative GPA.

What has been your favorite class?

Robotics.

Who has been your most influential professor?

Darren Seifert, assistant professor, math and computer science. He is my academic advisor and is awesome about ensuring that we truly understand our content before moving on.

What is the best kept secret about Minot State?

The community that is built in the residence halls. There are tons of fun activities to take part in — and prizes to win!

What is your most memorable moment at MSU?

Getting to travel to Las Vegas for golf my freshman year. It was an amazing experience.

SENIOR Thea Bonebrake

Biology ■ Minot

Thea is a mainstay in all things MSU Life, from working in the office, to being the "face" you see during online bingo. In the classroom, she has worked with Heidi Super, biology professor, on research and is a member of the Honor Society.

Why did you choose Minot State?

I transferred to Minot State my sophomore year because I wanted to be a part of a closer community; Minot State offered me exactly that.

How has Minot State helped you further your academic career?

The small class sizes. My professors know me by name and sincerely care about how I am doing. They want to help me succeed and have been right alongside me the last three years.

What is your favorite quote?

"Nobody's perfect, but all of us can be better than we are." — Jackie Stewart

What has been your favorite class?

Histology with Alexandra Deufel, professor in biology — I loved the lab.

Who has been your most influential professor?

Heidi Super. Doing research with her has opened an entirely new aspect of biology to me.

What is the best kept secret about Minot State?

The student activities! There is no possible way to be bored while on campus; there is something for everyone.

What is your most memorable moment at Minot State?

Meeting Aaron (Jaeger) Hughes '12, student activities coordinator, and Leon Perzinski '89, Student Center director, in the Student Activities office. Their office has become my home away from home and I am so grateful for the opportunities they have given me.



MASTERS Lauren Cowden

Sociology ■ Moorpark, California

Lauren '19 is in her final semester and will earn her second degree from MSU with a Masters of Education with a concentration in Cognitive Science in May. Lauren played softball for the Beavers and has continued to work with the team as a graduate assistant coach the past two years.

Why did you choose Minot State?

I liked how small class sizes were. I knew I would get the attention and help I needed to be successful in school. Also, the softball team was very family oriented and the coaching staff truly cared about me as a person and a player.

How has Minot State helped you further your academic career?

The professors are extremely caring. They want you to succeed and will do all they can to help you be successful. I have made life-long relationships with professors and they continue to help me grow inside and outside the classroom.

What is your favorite quote?

"I can do all things through Christ who strengthens me."
— Philippians 4:13

Who has been your most influential professor?

Dan Conn, Master of Education program director, my academic advisor and mentor.

What is the best kept secret about Minot State?

The Gordon B. Olson Library! The library is three stories with a ton of resources, and we have the most accommodating librarians.

What is your most memorable moment at Minot State?

Besides making the all-conference team for softball, it would be hosting/moderating an antiracist panel. It was amazing to be a part of something bigger than myself and have the community be a part of such a beneficial conversation. It inspired me to further my education and approach life with an open mind!

STAFF Teresa (Kraft) Loftesnes

Master of Science in Management ■ Norwich

There is no doubt you've seen Teresa '07/'15 at something on campus — athletic, music, theater, alumni, student life, or one of her own marketing events. There is also no doubt she makes the best monster cookies and strawberry jam on campus! When she isn't working on something MSU, Teresa squeezes in projects for one of the various boards she serves on.

Why did you choose Minot State?

In a way, I'm thankful Minot State chose me. I was very familiar with Minot State and had several friends attending that said it was a fun place to go to college. I enrolled as a student, was hired as a student worker, and then became a full-time employee.

How has Minot State helped you further your academic career?

I've had the opportunity to complete my undergraduate and graduate degrees while receiving support from the University to attend conferences to acquire new skills and strategies.

What is your favorite quote?

"It's not where you are in life; it's who you have by your side that matters." — Unknown

Who has been your most influential mentor?

I've been blessed to have several mentors during my career. Archie Peterson, Nancy Hall, and Linda Cresap impacted my career by exhibiting solid role modeling and leadership qualities. I've also learned so much from my student employees — they've kept me youthful.

What is your most memorable moment at MSU?

It was definitely Minot State celebrating its 100th birthday in 2013-14. The year-long celebration brought people of all ages together to celebrate Minot State's history. It was priceless!



Anchors aweigh as Clayton hits the high seas

▲ by Dan Fagan

As a corporate fitness major at Minot State, Summer Clayton '17 expected to be spending much of his future in gyms. What he did not expect was that he would one day be working on a ship.

Clayton has been working as an afloat fitness specialist for the United States Navy since last September. His job consists of creating, coordinating, directing, and overseeing a comprehensive fitness and recreation program for the crew aboard a naval ship.

His first day on the job was unique compared to most, which involved boarding an aircraft, strapped in a cradle and life vest, flown out to sea, and dropped off in an undisclosed location aboard a warship.

"I had never even been on a ship before," Clayton said with a chuckle. "I had been in a canoe. That was the extent of my experience being on the water."

He contends his heart led to his job with the Navy because he realized how difficult it can be for someone who has signed their life into a contract without fully being able to foresee the outcome of it.

"They give their lives to armed services," Clayton said of the servicewomen and servicemen. "It's rewarding to be a small part of supporting and raising their morale."

Clayton's college journey was as shifting and dynamic as the sea itself. He attended multiple schools before landing at Minot State as a corporate fitness major. The degree's calling for people who are ardent practitioners of strength and conditioning appealed to him.

Clayton was a regular at the MSU Wellness Center, and, well before working as a fitness trainer, he was an advocate for strength and conditioning among his peers.

"We have strong evidence backed by studies that exercise introduces hormones into the bloodstream that help to keep our moods elevated and to stave off depression and anxiety. Essentially, it makes us happier," Clayton said. "It's a great coping skill compared to some other choices that are unhealthy and even destructive."

Clayton moved to Colorado and completed a fitness training certification, landing an internship at the Air Force Academy. He enjoyed being around the cadets and found their eagerness to learn, coachability, and fervor for fitness something to latch onto.

He returned to North Dakota in early 2019 working part time at the Minot Air Force Base. His plan to find a full-time job was stymied in 2020, compounded by COVID-19, before he applied for a federal civilian job with the US Navy as a fitness specialist. During that interview he was informed that there was a need for fitness instructors who serve on naval carriers.

He applied and was quickly accepted. After two weeks of a mandatory quarantine, he shipped out.

Clayton admits he is still dealing with COVID-19 — the planning of classes, programs, and competitions require strict adherence to social distancing guidelines to ensure the health and safety of the crew.



“It’s a warship first,” Clayton said. “You may have a Zumba class scheduled at 3 P.M., but all of a sudden a jet comes down and it needs emergency maintenance. Obviously, that takes priority.”

A typical workday at sea can last anywhere from 10 to 15 hours. Clayton fills the time by meeting with crewmembers and helping them with fitness plans. There is also a fair amount of time

spent figuring out where to put mandatory equipment in the limited space of a ship.

“The fitness area isn’t in one space,” Clayton said of the spatial limitations. “You have to find ways to design a layout that is going to be safe but also practical.”

Clayton credits Minot State’s corporate fitness program with providing a diversity of coursework to apply his

knowledge and skills as it opened up opportunities to apply for a wide range of positions in the health and fitness arena and led him to his current position.

“The most rewarding part of my job is watching the personal growth of the people I work with,” Clayton said. “That’s always what I’ve been drawn to in this field—being there for people and supporting them.” ▲

“They give their lives to armed services,” Clayton said of the servicewomen and servicemen. “It’s rewarding to be a small part of supporting and raising their morale.”



A foundation for the

▲ by Emily Schmidt



If there is one thing Jag Chohan '09 has learned from the trucking industry, it is to invest in the present to build a strong foundation for the future.

The Vancouver, British Columbia native built his foundation in business when he graduated from Minot State. Triple majoring in management, marketing, and international business, Chohan planned to go into real estate.

"I've always been a business-minded individual; I started my own lawn mowing business at the age of 14," he said. "I wanted to work for myself one day, so from that young age, business was such an easy decision. I think the great thing about Minot State was that the class sizes were so small; if you were doing one major, the professors persuaded you to do more."

But as they often do, plans change. "Once I graduated, I went back to Vancouver and started working for this local brewery as a sales rep, and everyone was like, wow, you're really good," he said. "I had to do more, so I applied for PepsiCo and relocated to Victoria, British Columbia as a sales representative. I did that for about 11 months until I got promoted to delivery supervisor in Winnipeg. I think my experiences of being on my own at Minot State helped that transition to moving to Winnipeg on my own."

That was only the beginning of Chohan's traveling and earning promo-

tions. In his eight years with PepsiCo, he was promoted four more times to sales manager, senior national accounts manager, national co-manager for Ontario, and senior fleet manager for Western Canada, relocating to Toronto and back to Vancouver.

With only sales experience, Chohan's final promotion to senior fleet manager gave him an opportunity to leave PepsiCo better than he found it.

"It was a culture shock on the other side. I had to sell the operation to the sales team. You have to have your drivers clean their cabs and wash the equipment, and the sales teams were

future



just like, 'Wow, we never knew about this.' I think that the frontline employees appreciated it too because in the past, the fleet people stayed in the fleet, so they never really knew what was happening in sales," he said. "It was really rewarding when I used to visit my locations and staff would say, 'Hey, thanks Jag. We now feel like we're part of the whole.'"

Today, Chohan is the director of both sales and operations at his family's business, All Routes Logistics, in Mississauga, Ontario. He has his eye set on building a solid foundation there, too.

"My goal in the next five years is to build this organization up where I can

coach and develop individuals like me so they can manage a whole area of the company," he said. "I've seen a lot of leaders worry about just promotions and getting to the next step; they do all these great things, but there's no foundation. Once they're gone, nobody knows how they did it. I'm a big believer in your team, and one thing I learned very early is that when I hire people, I don't hire them to work for me. I hire them to be better than me one day." ▲

A wild ride

by Amanda Duchsherer

WITH THE RELEASE OF “WILD AND THE ANIMAL BAND,” MAX PATZNER '13 HAS COME FULL CIRCLE.

Featuring a furry cast, the children’s book combines a whimsical storyline with colorful illustrations and includes a CD with five original songs performed by Patzner and Wild Hands, his Americana, folk, and rock band.

As a child, he spent much of his time writing and illustrating comics, followed by carefully stapling the pages together and placing them amongst other works of art on his bookshelf. It was a gift that helped him realize his hobby could become so much more.

“A family friend took one of my books I wrote and actually had it printed as a hardcover book and professionally designed and bound. It was the coolest thing I had ever seen in my entire life,” he said. “It gave me so much confidence in my art and writing, and it might have been just the thing that sent me down my path to pursuing the arts.”

It is that feeling he hopes to build in other inspiring creatives.

In 2018, a Bush Foundation grant enabled him to take workshops into the schools, and it was their success that pushed him to establish the Little Why Not? publishing house. While the house’s 2020 launch was postponed due to the coronavirus, Patzner has established a base inside Main Street Books.

“I think the act of writing a book and making the art will be super fun and a great experience all on its own,” he said. “I think the really inspiring part is getting their books professionally designed, printed, and bound into hardcover books.”

“Holding a really beautifully crafted hardcover book — that they made — has a great possibility of sparking an idea of what could be down the path to becoming an artist.”

Patzner has continued to evolve his craft since his childhood days.

Wild Hands, comprised of Patzner, Joe Andrus, Nick Holwegner, and friends, debuted in October 2012 at Minot State’s NOTSTOCK, an annual live, hands-in, hands-on art event.

“We had just started the band maybe a few weeks before and didn’t have any songs for the show,” he said. “We got to working and wrote 30 minutes’ worth of music to open up at Aleshire Theater. All those songs made it on our first album that we released the next year at NOTSTOCK. It was pretty magical!”

That concert served as the jumping off point for the band. They have since released four albums and played shows all around the country, including a performance on Prairie Public Television. And even though live performances are currently on hold, Patzner continues to create music.

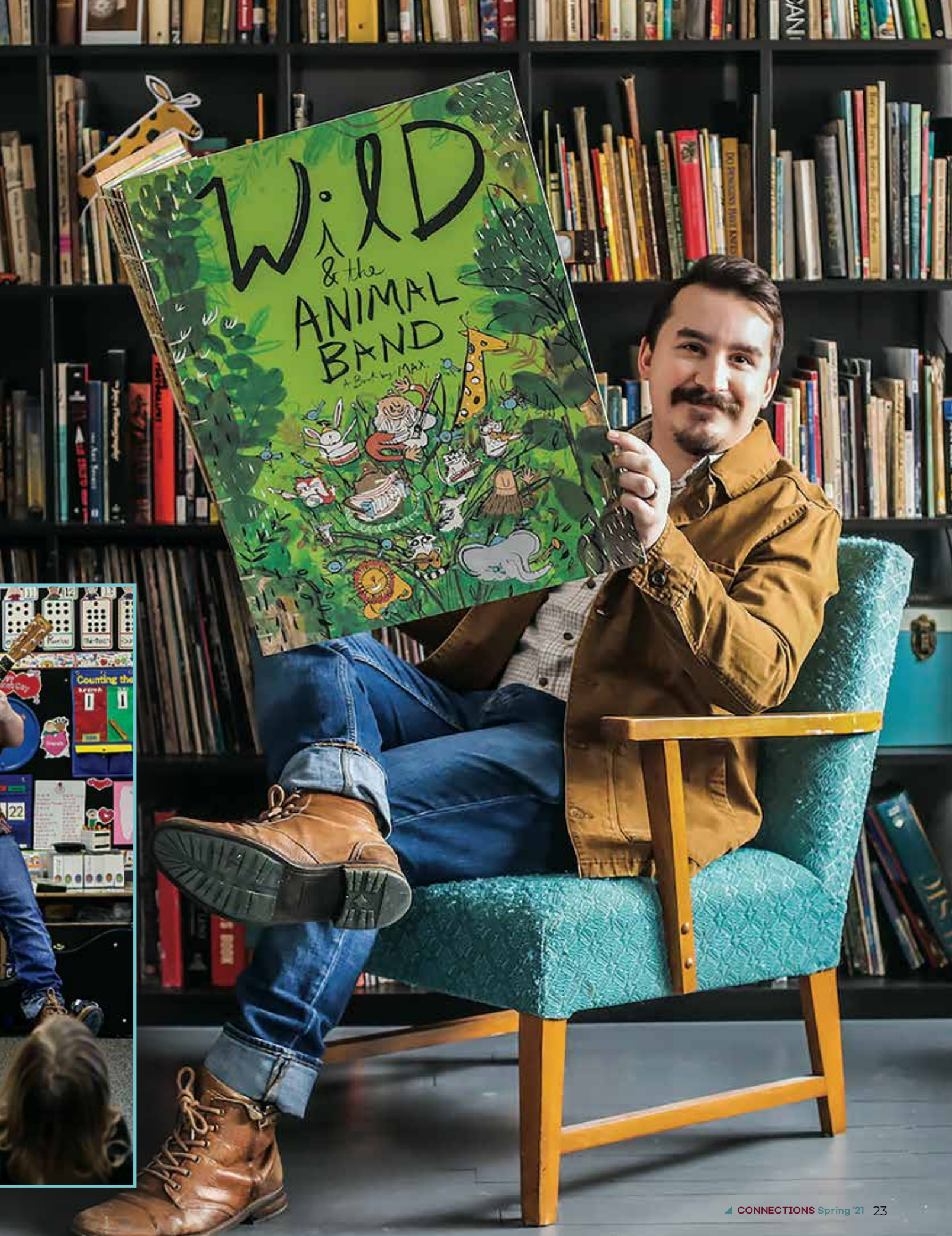
“I have to make music. I have to make art — nothing is going to stop that. And, oftentimes when artists get all these emotions amped up, it helps us make some really meaningful work,” he said. “I took the opportunity to write a ton of new music and create a bunch of art.”

Throughout the pandemic, he has written 15 – 20 new songs and currently has three book projects in process. He credits the Minot State Art Department with helping turn a passion into a profession.

“My time at MSU helped me find my voice as an artist and ultimately succeed at it. I am now living a dream of mine — full-time artist, writer, and musician. That’s my job and it’s pretty cool,” he said. “I still stay in touch with all of my professors and we still make art together from time to time. I don’t think that happens very often at other universities, and I feel very lucky it happens at MSU.”

“My time at MSU helped me find my voice as an artist and ultimately succeed at it. I am now living a dream of mine — full-time artist, writer, and musician.”





Wild & the Animal Band

A Book by Max





Q&A

with Steve Grabowski

by Jeff Bowe

Steve Grabowski '04 is the director of men's basketball operations at Utah State. He is in his second season with the Aggies after spending seven years at the University of North Dakota, two as the director of operations and the final five as an assistant coach. Grabowski played and coached at Minot State, earning a degree in physical education. Grabowski is joined on the Aggies staff by former Beaver Justin Johnson, who serves as a special assistant to the head coach, and former Minot State assistant coach Craig Smith, who is the Aggies head coach.

Q. Why did you choose to attend Minot State?

A. I was recruited there out of high school (Minot High) but chose a different route initially and accepted an ROTC scholarship at the University of Northern Colorado. After being out of it a year, I realized how much I missed the game. I got in touch with former teammate, Kent Bloms '04, who had just transferred back as well.

I talked to him, then with coach Hultz (former MSU head coach Mike Hultz), and decided to come back to Minot and play.

Q. What are you doing now?

A. I am in my 17th season as a college coach and second season as the director of men's basketball operations at Utah State University.

Q. Did your impression of Minot State change from day one to your last day?

A. 100%. I was a naïve freshman that thought college basketball was going to be easy. I was a pretty good player in high school and almost had an arrogance that I was better than this level coming in. Once you get to college, you realize there are a lot of good



players and teams. It made me realize playing basketball, or any sport for that matter, at the college level is tough. By the time I had finished I was proud to be a Beaver and wouldn't trade my college experience for anything.

Q. How did Minot State University mold you for your future career?

A. It really jumpstarted my college coaching career. I was fortunate to play and work for some great coaches. My former head coach and boss Mike Hultz taught me a ton about the game and paying attention to the details. As I worked for him, he allowed me to grow and have a ton of responsibility as a young assistant on the floor. That experience was so valuable. Then, the two assistants I had in my time were high level guys — Chris Johnson (head coach at the University of Sioux Falls) and Craig Smith, my current boss here at Utah State, were great at what they did. What I remember most, other than the fact that they were both just great people, was the passion both had, their tireless recruiting efforts, and their abilities to form relationships with the players. I think seeing all of that as a college athlete and young coach helped mold me into who I am as a coach today.

Q. What do you do now on a day-to-day basis because of your time at MSU?

A. I am fortunate because day-to-day, I am getting to live out my dream. Going to “work” every day for me is a joy. My career was jumpstarted because I got into coaching right out of college. The biggest thing for me is just trying to make a positive impact on these guys' lives every day, help them grow into men, and hopefully have some fun along the way doing it.

Q. When was the last time you've been back to Minot State University and what was it for?

A. I was back in the summer of 2019, right before I moved down to Logan, Utah. I have a sister that still lives in town and my parents

“I am fortunate because day-to-day, I am getting to live out my dream.”

happened to be up visiting from Virginia. We all made a trip over to the Dome to see the renovations. Before that it was for Kent Bloms' Hall of Fame induction in 2018.

Q. How did the University change from your time as an undergrad to when you went back?

A. From the time I was an undergrad to now, it is night and day. The biggest changes are obviously facilities. I have kind of a different view of things because some of the changes were made after I got done playing, but while I was still coaching. When I was playing, the Dome was as big and as nice as it got for a facility at the time in our area, especially at the NAIA level. When I played, we had the old Swain Hall, which from a nostalgic standpoint I loved, but for the most part it was all old. Now you have the beautiful renovations to the MSU Dome — with red seating and not blue — the relatively newer Swain Hall, the Wellness Center and weight room are finished, both of which were in the process of being done when I was there. Also, when I played, there was no Beaver Dam and the dining services were nowhere near what it is now. When I was coaching it all got renovated. I would have loved to have all of that when I was in school, but it did make it a little easier for recruiting. Then other stuff around campus with the new football field, signage, the opening of the road right in front of the Dome. Things like that just make the campus in general more aesthetically pleasing. ▲

Strong foundation helps NDC



The sheer number of programs and dollars raised at the North Dakota Center for Persons with Disabilities (NDCPD) is extraordinary.

The center has funded 1,068 projects totaling \$147,150,876 in grant funding during the past 30 years.

But as impressive as those numbers are, it pales in comparison to how many lives have been affected by the work NDCPD has done.

“The numbers are really just a tool for what the center does,” said Brent Askvig, former director and founding leadership team member who retired at the end of December. “The funding helps the center through its infant development program, it helps us change laws, it helps us give people better lives, it helps us look at all new ideas and concepts, it trains personnel in the field, and it changes the lives for people with disabilities and their families.”

Askvig’s successor, Lori (Sellers) Garnes ’96, who becomes just the fourth director in 30 years, echoed his statement of impact, noting NDCPD starts with helping individuals in North Dakota.

“NDCPD is a state partner in the Developmental Disabilities Network. We have a federal mandate to collaborate with the ND State Council on Developmental Disabilities and Protection,” she said. “We have projects that span the

entire state and have impact throughout.”

The center celebrated its 30th year with a series of events during the Fall 2020 semester. Many of the events took on a virtual setting due to COVID-19 and can be accessed at ndcpd.org/30th-anniv.html.

NDCPD’s growth has been constant, beginning with a grant of \$150,000 in 1990 while finishing 2020 with a total of \$8.7 million. Askvig believes the growth

of NDCPD through the years started with a foundation laid by his predecessors, Stephen Ragan and Bryce Fifield.

“When we got that first amount, I thought what will we do with all that money,” Askvig said. “I can remember (a few years later) being in the car with Bryce and he asked, what is our next target? I think at the time we had done about \$3 million. I said \$5 million. He said, ‘are you crazy?’ and just about drove the car off the

NDCPD continue to change lives

▲ by Michael Linnell



road. In three years, it was up to \$5 million.

“I’ve asked that same question to Lori, what is her target? She said \$10 million. I have no doubt in my mind they will get to \$10 million. We have the system in place and the foundation that was laid by Steve and Bryce. I sarcastically said, ‘are you crazy?’ but they will blow that away.”

The early directors stressed the ability to seek out partners and partner-

THE CENTER
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ships. Projects — as well as inspiration — happen at a local and global level. NDCPD also sought out experts and then became the experts in their field. That level of expertise led to the entire staff becoming grant writers.

“We had the luxury of working with state agencies, private citizens, and community businesses. We expanded that to international partners,” Askvig said. “Bryce moved us to becoming the experts where



NDCPD's first team — 1991

“NDCPD is not like other jobs. It is all about change. Every person hired is told that the job they are hired for may not exist in a year or two but there will be plenty of new opportunities available,” she said. “The people who stay employed by NDCPD, and many do, are people who have multiple interests, are highly capable in the disability field, and who adapt well to an ever-changing environment.

“NDCPD envisions a world where people see the

potential and worth of all individuals and where people with disabilities are free from abuse and neglect, contribute to a rich and full community life, and make choices about their own future. To make this vision a reality, our mission is to provide service, education, and research which empowers communities to welcome, value, and support diverse people of all abilities to advance self-determination and inclusion throughout the lifespan.”

She also feels over time there have been strides in accomplishing that vision.

“Since 1990 when NDCPD was first funded, the entire philosophy about people with disabilities has changed,” Garnes said. “We have gone from a country that simply wanted a place where people with disabilities could be taken care of, to a country that values the opinions and contributions of all people — to find the beauty and value in the differences people have and celebrate those contributions that help make the United States the great melting pot that it is.” ▲

people wanted to partner with us. We invested in our staff and gave them skills and knowledge to become the experts. Everyone on staff is involved in going out and getting funding, from part time to full time. We don't have a grant writer — everyone is a grant writer. Everyone is involved with sustaining the center.”

While the volatile work environment of grant-based employment might be a little daunting for some, Garnes knows investing in quality people will pay off for the center.

PROJECTS
as well as
INSPIRATION
happen at a
local and global level.
NDCPD sought out experts
and then became the
experts in their field.



CHANGING LIVES

and making dreams come true

GREETINGS FROM MINOT STATE UNIVERSITY and the MSU Development Foundation office. I continue to be amazed by the support we receive from our alumni and friends. While 2020 was a year to remember in so many ways, it has also been a record setting year for giving to Minot State University. We typically track giving over a fiscal year per our Foundation policies, but we can't overlook the outstanding support we've received over the last 12 months, especially during these challenging times. A record setting \$11,163,985 was recorded on our books through cash, pledges, and bequest intentions during calendar year 2020. This is nearly double any previous fundraising total through the MSU Development Foundation. This only happens through the outstanding support of so many generous alumni and friends. We can't thank you enough — you are changing lives and making dreams come true.

I want to introduce you to our frontline fundraising team.

Jeremy Feller (right) is in his fourth year with the MSU Development Foundation as a development officer. Jeremy graduated from Surrey High School and is a 2007 graduate of Minot State. Jeremy spent his early career in teaching and coaching in the Minot area. He's done a great job of developing relationships with University partners, alumni, and friends. Jeremy is married to Jade (Grigsby) '04 and they have three daughters.

Steve Lipp (left) joined our team last July and has hit the ground running. Lipp, a 1990 MSU graduate, previously worked for six years for Bishop Ryan Catholic School as the director of Mission Advancement and Foundation. Prior to working with Bishop Ryan, he practiced chiropractic in Minot for over 20 years. Steve supports the fundraising and philanthropic efforts of the MSU Development Foundation with a focus on planned giving. Lipp is married to fellow 1990 Minot State grad Trini (Lach), and the couple have three children and two grandchildren.

Jeremy and Steve are just two members of our "A Team." We have a wonderful group within our development foundation and advancement office, all of them working tirelessly behind the scenes to help move Minot State forward.

In closing, I encourage you to check out our planned giving website that was recently launched (MinotState.giftlegacy.com). On this site, you will find up-to-date, helpful information on topics that impact your quality of life, your finances, and your legacy. You can also sign up for our quarterly eNewsletter. This is a great resource for all your personal planning needs.

Once again, thanks for all that you do for MSU! ▲





Campus life dur



The COVID-19 pandemic changed higher education across the country in 2020-21, touching the lives of each student, faculty, and staff member at Minot State University. Some of the changes were visual as the University required face coverings before the Fall 2020 semester started, implemented social distancing protocols in all on-campus



ing COVID-19



facilities, and adjusted itineraries or limited capacities at various events. Other changes were behind the scenes, most notably upgrades in technology to accommodate the HyFlex model of delivering classes in person and online and enhanced its inventory of cameras, microphones, and laptop computers.

MINOT STATE UNIVERSITY

Alumni Association's 37th Annual

2020 Gala & auction & dinner

Friday, May 7

Clarion Hotel



Elegant dinner



Live and silent auctions



Mobile bidding

Tickets: \$60

Contact the
MSU Alumni Office
at 701-858-3234
MinotStateU.edu/Alumni

ALUMNI ASSOCIATION

Upcoming **EVENTS**

All dates are tentative based on COVID-19 restrictions.



Florida

ALUMNI & FRIENDS SOCIAL

March 25

Alumni Association



ARIZONA ALUMNI EVENTS

April 8 – 10

Alumni & Friends fifth annual



DATE: TBD



Tickets **\$40**

**TRIVIA PRIZES
SPECIAL EVENT
GIVEAWAYS**

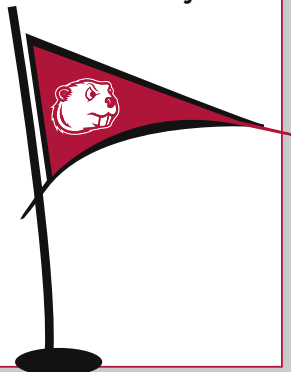
Alumni Association

2021 friend-raising **MSU Golf Tour**

6.8.21
VELVA — Star City Golf

6.29.21
BOTTINEAU Country Club

8.5.21
KENMARE Country Club



CONTACT:

Janna.McKechnie@MinotStateU.edu or call 701-858-3373.

Register for events online at MinotStateU.edu/Alumni

HOMECOMING 2021



October 3 – 10



Alumni Association 'Social Distanced' Basketball Appreciation Nights

January 22 and 29



1966



Doug Graupe will not be seeking another term on the Divide County Commission. First elected to office in 1982, Graupe will have held a seat on the commission for 38 years. He is a lifelong resident of Divide County and operates a farm north of Grenora with his son, Jeff. He plans to fill his time doing "lots of things" including spending time with his sons, Jeff and Mark, and attending Twins and Vikings games.

1978



Gary Cederstrom was named to the North Dakota Officials Association Hall of Fame. His career began in high school football and boys basketball in 1975 and later to Major League Baseball marquee events like the All-Star Game and postseason. Cederstrom retired as an MLB umpire in February 2020 and officiated North Dakota high school football games in the ensuing fall season.

1980



LaDonna (Benge) Erdmann retired from teaching in Spring 2020 when Goodrich High School closed its doors. Erdmann taught 7-12 math, including college algebra, for 40 years and music for the last nine of those years. She and her husband, Kim, live in Goodrich and have three grown children — all MSU graduates — and eight grandchildren.

1981



Shelly (Summers) Weppler was re-elected to a third four-year term as a Ward County Commissioner. She is the president of St. Joseph's Community Health Foundation.

1986



Larry Sandy was named Region 3 Football Coach of the Year. Sandy, a Westhope native, spent a few years in South Dakota, one

year in Steele, and has been in Velve ever since. He has taught business and physical education alongside being the school's tech coordinator and athletic director.

1987



Kelly Hayhurst, branch manager of Hayhurst and Erickson LLC, was named a member of the Raymond James Financial Services 2020 Executive Council. This marks the seventh time Hayhurst has qualified for the recognition. Membership is based on the prior year's fiscal year production. Hayhurst joined Raymond James in 2006 and has more than 31 years of experience in the financial services industry.



Randy Johnson, Hazen, will be inducted into the National Coaches Hall of Fame. Induction will take place July 28 in Lincoln, Nebraska at the NHSACA National Convention.

1989



Jonelle Fenner, Trinity Medical Center-Allergy Clinic, received the Minot Area Chamber of Commerce Eagle Award in December. MACC sponsors the program to recognize Minot workers who exhibit superior customer service.

1990



Deanna (Laber) Klein was elected to serve a three-year term on the SRT Communications, Inc. Board of Directors. Klein will also serve as the secretary/treasurer of the board.



Sara (Birkeland) Medalen was recognized by the NEA Foundation with the prestigious Horace Mann Award for Teaching Excellence. Medalen is an elementary reading and math interventionist in Minot at Sunnyside Elementary School.



Kate (Sevde) Preisler joined Berkshire Hathaway HomeServices Premier Properties as a licensed realtor in North Dakota and Minnesota. She will concentrate on selling and listing residential properties. Originally from Williston, Preisler has lived on both coasts of the United States. She enjoyed a career in radio, television, marketing, and design for many years. In 2010, she formed Design Solutions as a commercial and residential decorator. Preisler resides in Fargo and supports World Vision International and Good News Clubs, as well as volunteers at local theater venues. Outside of work, you can find her spending time with her college-aged son and daughter, hiking, biking, and enjoying the outdoors.

1992



Lana (Peterson) DeCoteau retired as superintendent of the Belcourt School District on Dec. 31, 2019. DeCoteau spent 40 years in the educational system as a teacher, assistant principal, principal, assistant superintendent, and as superintendent. She joins her husband, Mick, who retired from Otter Tail Power Company after 39 years. They are both enjoying their time together and have two children and four grandchildren.



Jonn Knecht, American Bank Center, was selected to serve as the chair for the Minot Area Chamber Economic Development Corporation (EDC) Board.

1993

Allen Deplazes is the director of the memory care unit at Edgewood Assisted Living Center in Minot. After 27 years of service in the mental health field, Deplazes decided to take on a new challenge. He currently resides in Surrey, along with fiancée, Tori. He enjoys his lifelong hobbies of antique collecting and automobile restoration.

1994

Chad Dahlen is the head coach for the Killdeer varsity girls basketball team. Following graduation, he taught social studies and physical

education for 13 years in New Town while coaching basketball, volleyball, and track. He then became the athletic director and principal for the New Town Public Schools. Dahlen, who is part of the Three Affiliated Tribes, Mandan, Hidatsa and Arikara Nation, is the father of six and a rancher.

1996



Jeff Vanlaningham has been promoted to chief people officer with BNG Team in Fargo. As the leader of BNG Team's "People Team," he oversees the company's recruitment and hiring activities with the goal of attracting and retaining top talent and delivering a world-class employee onboarding experience. BNG Team delivers business technology solutions, including merchant payments, credit card processing, point-of-sale systems, and automated billing software. Before his work with BNG Team, he served as the president of Real Truck.

1999



Mary (Rutten) Schimke received the 100% award from RE/MAX Realty as a distinguished realtor in Fargo.



Mary Beth (Jessen) Tolan is an EMS life skills teacher for the Great Falls (Montana) Public Schools.

2000



Ben Slind, Thompson Larson Funeral Home, received the Minot Area Chamber of Commerce Eagle Award in January. MACC sponsors the program to recognize Minot workers who exhibit superior customer service.

2001



Bryan Thiel is an agent for Bell Insurance in Fargo. Originally from Rugby, Thiel has worked in the insurance industry for 20 years, earning the Professional Insurance Agents of North Dakota Company Person of the Year award

in 2015. He holds designations as a chartered property casualty underwriter and a certified professional insurance agent. Thiel lives in Harwood with his wife, Barb. They have two children.

2003



Joel Kostelecky was promoted to First Western Bank & Trust – Bismarck Market president. Kostelecky, a Bismarck native, is an active volunteer for Junior Achievement and has 20 years of banking and financial services experience.

2006



Kent Kirkhammer, co-founder and CEO of NewKota Services & Rentals, was elected to the North Dakota Petroleum Council's Board of Directors.

2007



Teresa (Kraft) Loftesnes joined the Magic City Discovery Center Board of Directors. The Center will provide STEAM-based exhibits as well as outdoor exhibit space, educational classrooms, and community multi-purpose spaces. The facility will include several themed exhibit galleries layered for children from birth to age 14+. Loftesnes was also appointed board president for Metigoshe Ministries, a camping ministry owned by over 70 ELCA congregations in north central North Dakota.

2008



Ashley Eurich, vice president of Lockdogs in Minot, has been recognized as an emerging leader in gaming by the Innovation Group and Global Gaming Business Magazine. Eurich was recently named a winner in Emerging Leaders of Gaming 40 Under 40, a program that recognizes young professionals making significant impacts in the casino gaming industry. She is originally from Rolette and attended school in Burlington-Des Lacs before graduating from Minot High School. After college, she taught English as a second language at MSU. She currently manages digital

material resources for a large online university along with her work with Lockdogs. She has also operated a small cleaning business and managed a concrete company in Minot. Eurich divides her time between North Dakota and her home for the past two years in Tampa, Florida, where she has family.

2009



Angie (Zieske) Hansen was promoted to vice president loan operations for First Western Bank & Trust. She has been with the bank for over 23 years. Hansen has served as the treasurer for the Y Men's Tough Enough to Wear Pink program for 12 years.

James Jackson was promoted to senior systems engineer with CompuNet, an IT consulting firm, based out of the Bozeman, Montana office.



Tony Thoreson was named president of Farmers Security Bank of Washburn. In his new role, Thoreson will continue doing much of the bank lending along with management duties.

2010



Courtney Black has joined Trinity Health as a hospitalist. Black, a family medicine specialist, received her Doctor of Medicine degree from Ross University School of Medicine, Bridgetown, Barbados, and completed her family medicine residency at Hennepin County Medical Center in Minneapolis. She began her medical career as a nurse, practicing in Trinity Hospital's emergency and medical surgery units for four years. Her professional affiliations include the American Academy of Family Physicians and the American Board of Family Medicine. A Minot/Minneapolis native, Black's personal interests include dog rescue, running, and gardening.

Tammy (Jacobson) Dixon joined the North Dakota Telephone Company as an accountant. Dixon spent the past year and a half working as a senior financial accountant for RDO Offutt Farms and prior to that, worked at 702 Communications in Moorhead, Minnesota, and SRT Communications in Minot.

2011

Shawn Holen, John Hoeven Elementary, received the Minot Area Chamber of Commerce Eagle Award in January. MACC sponsors the program to recognize Minot workers who exhibit superior customer service.



Jon Lee, RTC financial manager, was promoted to chief financial officer. Lee began his new role on Jan. 1, 2021. While working toward his degree, he was employed by RTC on the plow crew in the summers. Once he completed his degree in May 2011, he began working for RTC full time as an accountant. He took and passed the CPA exam in August 2016. In September 2017, he was promoted to accounting manager. Lee and his wife, Mackenzie, live in Parshall and have two children. They enjoy camping, playing golf, and never miss a Broncos game.

2012



Kelsey (Barney) Aller was promoted to human resource officer at First Western Bank & Trust. Aller, a Minot native, is a member of SHRM, Society for Human Resource Management, and is a SHRM-certified professional. She is a member of the Kiwanis Club of Minot and has been with First Western Bank & Trust since November of 2013.



Amanda (Burckhard) Geinert has been promoted to assistant vice president, mortgage loan officer, at First International Bank & Trust in Minot. Geinert has been with FIBT for the past 12 years. She is involved in the community with the Young Professionals Network, Minot Association of Builders 40 Below Committee, Minot Area Chamber of Commerce's Junior Achievement program, and the Minot Board of Realtors Events Committee. Geinert was recognized as the 2019 Affiliate of the Year by the Minot Board of Realtors, as well as the 2019 Associate of the Year by the Minot Association of Builders. She and her husband, Luke, have four sons.

2014



Jamie Council joined the KNDU/KNDO/SWX team as the sports director in May 2020. Council worked for a hockey production company as a sideline reporter and fill-in technical director and worked part time for the local news until graduation. Following graduation, Council started working full time for the local news in Western North Dakota. During that time, she learned to love small town sports and dipped her toes in the professional sports realm doing coverage with the Minnesota Vikings.



Terry Effertz started in a dual role as a regional government relations manager with Primacy Strategy Group and associate with Lockridge Grindal Nauen P.L.L.P. Effertz attended the University of North Dakota School of Law and received her Juris Doctorate in May 2018. During law school, she was involved in Moot Court, Student Trial Lawyers Association, Law Review, and various national organizations. She served as a law clerk for the North Dakota Supreme Court Justice Daniel Crothers and interned for the North Dakota Attorney General's office and the North Dakota Legislative Council. Prior to joining Primacy Strategy Group, Effertz was an associate attorney with Larson Lathan Huettl LLP.



Katelynn (Weiss) Lesmann joined American State Bank & Trust Company of Williston as a trust officer. Lesmann holds a master's degree in energy legal studies from Oklahoma City University. She specializes in mineral management and other oil and gas related matters. She previously worked as a landman for 10 years and is a member of the American Association of Professional Landmen. Lesmann enjoys fishing and yoga, and she and her husband, Jake, enjoy spending time outdoors with their two dogs.



Cyrille Litche joined Widmer Roel, a public accounting and business advisory firm, assisting the audit department.

Litche provides audit and accounting services. Prior to joining Widmer Roel, he worked for the North Dakota State Auditor's Office, where he provided audit services to local governments across the state of North Dakota. He earned a Master of Science in Accounting and Finance from Minnesota State University Moorhead.

Aaron Michels teaches art at Des Lacs-Burlington High School in Des Lacs and owns Aaron Michels Photography.

2015



Kortney Arnold is teaching 7-12 grade social studies at Bowbells School. Arnold obtained a Master of Arts in History from Boston College. He

has taught at both Minot State and Boston College.

Jessi (Hoffer) Erdmann has been promoted to assistant vice president, mortgage loan officer, at First International Bank & Trust in Minot. Erdmann has been employed at FIBT for the past 9.5 years. Erdmann was selected by the Minot Board of Realtors as the 2020 Business Partner of the Year. Her community involvement includes Minot Young Professionals, Minot Board of Realtors, Minot Association of Builders 40 Below Committee, Northern Plains Children's Advocacy Center, Companions for Children Lunch Pal program, and the Minot Area Chamber of Commerce's Junior Achievement program. She and her husband, Jake, have a daughter.



Sarah Howard, Trinity Health, received the Minot Area Chamber of Commerce Eagle Award in January. MACC sponsors the program to recognize

Minot workers who exhibit superior customer service.



Heather (Reents) Livingston is the special education teacher for grades K-12 at Bowbells School. Livingston previously spent

four years working at Powers Lake School teaching special education. She and her husband, Jamie, have a son and daughter.



Jenelle Joseph-Williams is currently working for Communities in Schools-Southeast and Brazoria County in Alvin, Texas as the

director of program operations.

2016

Brendan Bowman was promoted to assistant athletic trainer with the San Antonio Spurs. Bowman has been with San Antonio for the last three seasons, most recently serving as medical systems assistant. He spent his first two seasons with the Spurs as a medical quality assurance assistant after spending a season as the athletic trainer for the Erie Bayhawks, the NBA G League affiliate of the Orlando Magic, in 2016-17.

Kayla Richard was sworn in as an officer with the Dickinson Police Department in November. Richard was a juvenile institutional resident specialist at the Youth Correctional Center in Mandan before applying for the position in Dickinson, where she has local ties to family.



Emilie (Rebelo) Taylor re-signed to play football (soccer) for the Mitchelton Football Club in Queensland, Australia.

2017



Zach Cummings is teaching at Callaway Middle School and is the head wrestling coach at Callaway High School in Hogansville, Georgia.

Katy (Demming) Drader teaches social science in the Bottineau School District. Drader was born and raised in Bottineau. She taught social sciences at Newburg United School for a year and a half before joining the Bottineau school system.



Cody Haugen graduated Magna Cum Laude with a Doctor of Chiropractic degree from Northwestern Health Sciences University in October

2020. He is practicing at Premier Chiropractic in Minot.



Ashley Vander Wal was selected to serve a one-year clerkship with the North Dakota Supreme Court for the 2021-22 term beginning Aug. 1.

Vander Wal is expected to receive her Juris Doctor degree from the University of North Dakota School of Law in May.

2018

Madison Burtch is teaching kindergarten in the Bottineau School District. She and her husband, Darin Hasenwinkel, make their home in Bottineau and have a son, Maverick.



Alex Harrom joined Minot Convention & Visitors Bureau as the director of team events and meetings. She will be responsible for assisting

incoming team events, conferences, and conventions as well as curating and growing new events. Harrom spent time growing up in many places and has called Minot home for 13 years. She was a member of the MSU women's ice hockey team.



Morgan Holzer is the speech-language pathologist at Linton Public School. Holzer will also provide services for students at Strasburg Public

School two days per week and Baker Elementary School in Westfield one day per week through the South Central Prairie Special Education Unit.

2019

Katherine Klemetsrud is the business teacher, freshman class advisor, taking over the yearbook, and serving as the vice president of the Wishek Education Association at Wishek Public School. This is Klemetsrud's first year teaching. She has previous experience working in the insurance industry and as an auditor. She is currently helping drive bus in Wishek. When not at work, Kathy enjoys geocaching, capturing her travels through the photos she takes, and music.



Taylor Peterson is teaching kindergarten at Bowbells School.



Aaron Richard is the assistant store leader for Scheels in Eden Prairie, Minnesota.

2020



Rebekah Wangler is teaching fifth and sixth grade at Bowbells School.

Attended:



Jim Rostad was re-elected as the Northwest director on the North Dakota School Board Association's board of directors. Rostad,

who is also the president of the Minot Public School Board, was first elected to the state board in 2010 and served as president 2014-16. He has also served as a commissioner on the Ward County Commission since 2016.

Friend



Shane LaDage is the head football coach for Briar Cliff in Sioux City, Iowa. LaDage served as an assistant coach for the MSU Beavers since 2015

and was named associate head coach in 2019. LaDage's coaching resume includes stops at the University of Wyoming, Saint Joseph's College, and Southwest Minnesota State. He and his wife, Michelle, have two daughters.



Beth Odahlen, MSU's Academic Support Center director, has been appointed board president for Strengthen ND. Strengthen ND is a

dynamic, multi-faceted, and well-connected organization that works across North Dakota to elevate nonprofits and rural communities to support a high quality of life and resources for vulnerable populations through community development.



Isaiah Weed signed as quarterback for the 2021 season for the Serbia Kragujevac Wild Boars.



In memory

It is with honor we dedicate this section to recognize alumni and friends who have passed away from approximately November 2020 through January 2021 or as submitted.

Graduates

- '37 Overholser (Schell), Ruth; Blandon, Pa.
- '40 Locken, Henry; Ventura, Calif.
- '40 Locken (Kopp), Josephine; Ventura, Calif.
- '40 Olson, Dr. Clarence; Minot
- '41 Carlson, Harold; Grand Forks
- '41 Lewis (Knutson), Helen; Portland, Ore.
- '48 Berkowitz (Ominsky), Elaine; West Chester, Pa.
- '49 Oen, Martin; Georgetown, Texas
- '50 Johnson, Jack; Bismarck
- '51 Grove (Myhre), Lois; Minot
- '52 Mueller (Rian), Adeline; Fargo
- '56 Fox (Lee), Ellen; Tioga
- '56 Fuchs (Kaufman), Colleen; Wichita, Kan.
- '56 Schell (Weber), Clara; Garrison
- '57 Anderson, George B.; Bismarck
- '58 Johnson (French), Cheryl; Fort Collins, Colo.
- '61 Kjellberg (Olson), Norma; Stanley
- '61 Metcalfe, Larry; Fargo
- '63 Bakken, James; Minot
- '63 Halgrimson, Ellis; Mesa, Ariz.
- '63 Staiger, Raymond; Bismarck
- '64 Zerr, Merceda; Harvey
- '65 Overlie (Walker), Carol; Kalispell, Mont.
- '65 Rosaen (Ross), Shelly; Sidney, Mont.
- '65 Sailer, Clyde; Williston
- '65 Sortland, Trudith; Minot
- '66 Legg, James; Minot
- '66 Sevison, Jack; Ogden, Utah
- '69 Haugen (Benedict), Janene; Minot
- '69 Stafford (Stenseth), Jean; Bismarck
- '71 Anderson, Bruce; Meridian, Idaho
- '71 Frey (Bacon), Arlyss; Granville
- '71 Hoffert (Bryn), Bonnie; Glendale, Ariz.
- '71 Ingebo (Hofstad), Mildred; Rugby
- '72 Guttormson, Larry; Minot
- '72 Hazel (Grossman), Patricia; Dickinson
- '73 Bone (Belford), Deborah; Fresno, Calif.
- '73 Delbello, Aurelio; Lethridge, AB
- '73 Johnson, Larry D.; Mesa, Ariz.
- '74 Corey, Clarice; Bowbells
- '74 Goetz, Raymond; Bismarck
- '74 Hasby (Norby), Lilah; Minot
- '74 Kath, Lyle; Wahpeton
- '74 LaBrant, Arthur; Vancouver, Wash.
- '75 Flumm, George; Humphrey, Ark.
- '76 Nelson, Thomas; Bismarck
- '77 Elgie, Michael; Minot
- '78 Belgarde (Swensrud), Shirley; Minot
- '79 Abrahamson, Darla; Minot
- '79 Pederson, Doris; Minot
- '83 Boschert, Kevin; Nicholasville, Ky.
- '83 Ganske (Borgen), Debra; Minot
- '83 Lindstrom (Goodman), Mary; Bottineau
- '86 Charlebois, Martin; Sheridan, Wyo.

- '87 Seibel (Aaseth), Martha; Minot
- '88 Edwards (Halvorson), Michelle; Moorhead, Minn.
- '89 Johnson (Patron), Nona; Devils Lake
- '89 Simmonds (Yellow Wolf), Karen; New Town
- '90 Stotz (Kuntz), Sally; Anamoose
- '92 Parker, Stanley; Bruce, S.D.
- '92 Woolard (Garrison), Karen; Minot
- '93 Arnott (Rodriguez), Gladys; Minot
- '93 Rowley, Terri; North Battleford, Sask.
- '94 Ova (Butts), Kathryn; Minot
- '96 Hilbert (Leamon), Viki; Bismarck
- '99 Davis, J. Bernice; Belcourt

Attended

- Anderson (Smith), Debra; Williston
- Anderson (Hedin), Shirley; Sidney, Mont.
- Axt, Dixie; Las Vegas, Nev.
- Beck (Hornvedt), Arlene; Minot
- Berglund (Aandreud), Dallas; Cavalier
- Cilke, Roger; Velva
- Decker (Henjum), Marion; Bismarck
- Dyke (Bottleson), Judy; Plaza
- Flagstad (Tengesdal), Heidi; Minot
- Fleener, Judith; Saint Paul, Minn.
- Haman, Jerome, Seattle, Wash.
- Hoff, Terry; Colorado Springs, Colo.
- Hoffer, Bridger; Minot
- Holmes, Bruce; Leeds
- Huntley (Mills), Edriel; John Day, Ore.
- Johnson, Donald; Coeur d'Alene, Idaho
- Jorgenson, LaVern; Williston
- Marchand, Evan; Bismarck
- Mitchell (Jacobson), Marilyn; Burlington
- Munch, Jerry; Minot
- Norsby, Richard; Minot
- O'Shea (Narum), Florence; Turtle Lake
- Olson (Rice), Alice; Mohall
- Otto, James; Mohall
- Pederson (Ostroot), Rhoda; Minneapolis, Minn.
- Pladson Salveson (Sonnenburg), Edyth; Tioga
- Poling, Clarence; Williston
- Quatier (Vossler), Luella; Vancouver, Wash.
- Sager (Peterson), Signe; Cando
- Slater, Patricia; Minot
- Steinhaus, James; Livermore, Calif.
- Teagle, Richard; Minot
- Villarreal, Robert; Socorro, Texas
- Wadholm (Stout), Arlyn; Minot

Friends

- Aasendorf (Anderson), Evelyn; Velva
- Baumgartner, Duane; Rice Lake
- Benson (Green), E. Fay; Bottineau
- Brandt, Calvin; Minot

- Chadwell, Demer; Sioux Falls, S.D.
- Davy (McAfee), Marjorie; Burlington
- Dupre, Richard; Minot
- Eidahl, Galen; Minot
- Gemar (Cink), Janine; Minot
- Germain (Tohm), Violet; Minot
- Gowan, Robert; Minot
- Graber, Edwin; Fargo
- Greig, Gordon; Rugby
- Grochow (Kemper), Linda; Wahpeton
- Guenther, Loran; Bismarck
- Hance, Glenn; Minot
- Hankla, Wally; Minot
- Hedberg, Brent; Minot
- Heidlebraugh, Eldon; Rugby
- Hensen (Tofstad), LaVonne; Glenburn
- Hudson (Old Dog), Marilyn; Parshall
- Johnson, Melvin; Glenburn
- Klimpel, Gaylon; Minot
- Knopfle (Kerzman), Evelyn; Minot
- Kornkven, Owen; Lake Metigoshe
- Larson, Allen; Minot
- Luchsinger (Dickinson), Jill; Minot
- Mitchell (Doran), Mary; Minot
- Morelli, Reggie; Minot
- Nord, Lyder; Minot
- Olander, Arnold; Minot
- Opland (Vangness), Esther; Minot
- Ostby (Kulesza), Betty; Minot
- Pankow (Hoppe), Maxine; Minot
- Patterson, Dr. Daniel; Littleton, Colo.
- Podolski (Rudnick), Faith; Minot
- Richter (Leintz), Shirley; Minot
- Roger (Koppinger), Tara; Douglas
- Rollman (Kingsley), Jean; Minot
- Scheresky, Laurence; Des Lacs
- Short, George; Dunseith
- Solar (Coffin), Ruth; Mohall
- Stafford, Ardell; Bismarck
- Strand, Thor; Eden Prairie, Minn.
- Struckness (Herr), Shirley; Monticello, Minn.
- Tandberg, Ardien; Deering
- Watts, Jack, Sr.; Minot
- Voeller, Theodore; Minot

Faculty and Staff

- DeFeyter, Shirley; former custodial staff; Minot
- Doering, John; professor emeritus in the college of business; Minot
- Farnum, Dr. Bruce; former faculty in chemistry; Lakeland, Minn.
- Hartley, Randy; former custodial staff; Minot
- Holte, Robert; former men's basketball coach; Minot
- Johnson, Donald; Coeur d'Alene, Idaho
- Semmens, Ronald; former adjunct faculty in the college of education; Mayville
- Wilson, Lillian '36; former faculty in the department of social science; 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.



Gudmunson

McKenna (Larson) Gudmunson '13 and her husband, Andrew, welcomed their first little one, Liv Michelle, on March 1, 2020.



Jonathan

Elijah River, left, and Ezekiel Oak entered the world Sept. 3, 2020. Proud parents are **Sierra (Lassila) Jonathan '14** and her husband, Yoel.

Orluck

Isaac Daniel was born July 19, 2020. He is the son of **Thomas Orluck '10** and his wife, Sarah.



Papp

Ryker Rollins was born Sept. 23, 2019 and was welcomed by **Amanda Papp '18**.

Rasmusson

Ryan and Samantha (Lucy) Rasmusson '15 happily welcomed Jett Michael on Nov. 16, 2020.



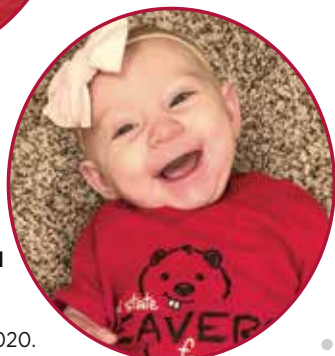
Walker Gaskill

Starling Joy entered the world Aug. 14, 2020. She was welcomed by **Abby Walker Gaskill '07** and her husband, Rob.



Barney

Chris Barney '11 and his wife, Katelynn, welcomed Mila Roselynn on Oct. 22, 2020.



Engh/Faulkner

Proud beaver parents, **Jared Engh '07/'10** and **Virginia Faulkner '10** welcomed Cheyenne Jean on Aug. 6, 2020.



Schweitzer

Elsie was born Nov. 21, 2020 to **Becky (Kaylor) Schweitzer '09** and her husband, Nathen.



Westman

Sheyanne was born Jan. 7, 2020 to **BreAnne (Etier) Westman '17** and her husband, Lane.



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Kathy (Hendershot) and I are proud graduates of Minot State. Kathy graduated in 1980 with a Bachelor of Science degree in elementary education and I graduated in 1979 with two Bachelor of Arts degrees in business administration and economics. Both of our children, Britni (DesLauriers) Schmalz '07/'12 and Brock DesLauriers '08, have also received degrees from MSU. We're hoping someday our grandchildren will also choose MSU.

We are pleased to have established the Bert Leidholt



Athletic Scholarship Endowment and recently the Blaine and Kathy DesLauriers Scholarship Endowment. We have been blessed with successful careers and want to give back to our University. Providing scholarships to deserving students is a great way to help the University and the students.

We love attending MSU athletic and cultural events on campus. Kathy and I have made life-long friends, from our college days, and we always look forward to alumni events.

▲ *Blaine & Kathy
DesLauriers*