

Connections

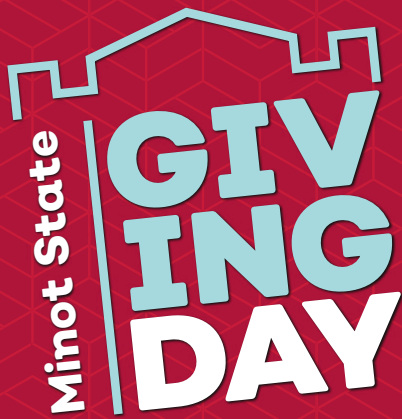
Alumni Association and
Development Foundation

Spring 2022

**Dream it,
Plan it,
Do it,**

**ECKMANN
continues
to be an
inspiration
for students**





MSU Giving Day returns!

4.13.22

We hope you will join us this year — our fourth! — to **EMPOWER** the MSU community, **CHANNEL** that Beaver passion, and **SUPPORT** what you love most at Minot State!

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ADDITIONAL PHOTO CREDITS:

ON THE COVER: Minot State's Terry Eckmann '81/'82, professor and teacher education and kinesiology chair, is making a difference in the lives of her students, just like her mentors did for her at MSU.

Wacker enjoys 60 years of teaching, p. 10-11, provided by Rebecca Gaddie, Grand Forks Red River High School.

A balancing act, p. 18-19, furnished by Kaitlyn Dahlberg.

Geer fills community need, p. 20-21, photo on p. 21 furnished by Kylee Geer.

Toy continues to exemplify lessons learned at Minot State, p. 22-23, furnished by Mike Toy.

Leadership-by-example has huge impact, p. 24-25, by Sean Arbaut Photography.



President's Message

Greetings from the beautiful campus of Minot State University! I sincerely hope you are enjoying a terrific start to 2022, and whether you are in the chilly North Dakota climate or somewhere warmer, I trust you are as excited as I am to start heading toward the spring and summer months.

It has been a busy spring semester at MSU with a host of student activities. Our Beaver Athletic teams have had many games and matches, we have enjoyed a number of campus music events — including the fantastic Minot Symphony Orchestra, and many high school students from throughout the region and across the state have been at

MSU for a variety of events. After a couple of unusual years with disruptions and cancellations due to COVID-19, it is certainly refreshing to be back to a “normal” academic year full of campus activities.

We also have several exciting construction projects in various stages that will transform the MSU campus for the foreseeable future. The Summer Theatre renovation is nearing completion and we look forward to unveiling the upgrades when this summer's theater season kicks off. Last November, the North Dakota Legislature appropriated \$25 million for a complete renovation of Hartnett Hall. Hartnett is one of the largest and most used academic spaces on campus, and this forthcoming transformation will ensure it continues serving the next several generations of MSU students. We are also replacing the turf at Herb Parker Stadium this summer — the turf gets a lot of usage with the Beaver football and soccer programs, but also hosts many other events during the winter months under the air-supported seasonal dome. Finally, there are potential upgrades ahead in both the Student Center and Administration buildings, so stay tuned for those transformations as well.

We are excited to present this issue of Connections with the cover story featuring Dr. Terry Eckmann. Terry is a wonderful faculty member (and alum!), and she has been providing innovative and unique opportunities for students for many years. Terry truly defines the very best of the caring professors who serve our students and help make MSU the special environment it is. Thank you, Dr. Eckmann, for all you do for MSU and our students!

You will also find profiles on both current students and alumni, and as always it is fun sharing their stories and connections to Minot State. As you know, it is the people who make MSU extraordinary, and the opportunity of telling their tales is one of our great honors. Thanks for continuing to stay tuned to Minot State University and supporting our students, and as always ... **GO BEAVERS!**



Steven W. Shirley, Ph.D., President

Connections is published two times a year by the Minot State University Alumni Association and Development Foundation. Send comments, articles, or photos to:
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Third class postage paid at Fargo, ND 58101.

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



PLEASE CONTACT

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Bonnie.Trueblood@MinotStateU.edu.
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Deadline to submit nominations:
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Dream
it,
Plan
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Do



ECKMANN
continues
to be an
inspiration
for students



Eckmann and student Holly Steer

by Michael Linnell

Terry (Ferebee) Eckmann '81/'82 has a motto for her students: Dream it, plan it, do it. She's followed that same mantra for much of her personal life.

Eckmann, in her 23rd year with Minot State and currently the chair of the Teacher Education and Kinesiology Department, is an author, international health and wellness presenter, former small business owner, leader, and educator.

The common thread with these ventures is she has strived to inspire and encourage — readers, audiences, and students alike.

"I have been supported in everything I've done and I hope to continue to support students in the same way," Eckmann said. "I always had big dreams and set goals to make them happen. I've presented at conferences in the U.S., Canada, Thailand, New Zealand, and Mexico. I've been writing articles, book chapters, and books for three decades. I've served on international advisory boards and even had the opportunity to host my own TV segment, 'Eye on Fitness,' for over 25 years.

"Sometimes I think I didn't realize how much I was putting myself out there because if I did realize it, I probably would have been too scared to do it."

That support system started with her parents, Cliff and Marion Ferebee, and was solidified at Minot State by her mentor Garnet Cox. Cox spent 33 years at Minot State, influencing countless students along the way, including Eckmann who felt Cox was constantly her biggest fan.

"Garnet was such an inspiration to me throughout my life. The one thing I hope I do for students is what she did for me and that was help them believe in themselves," she

said. "We all have self-doubt and wonder about the direction we are going, but when someone encourages you and believes in you, sees the good in you, and pushes you to do a little bit more, those are the ones that make the biggest impact. Garnet did that for me.

"She taught me or reinforced many of the things my parents had given me, like put your best foot forward, believe in your abilities, show up, show up early, work hard, do those things and you will be successful."

Eckmann and Cox continue to share a special bond to this day and the life lessons Cox taught extend into many facets of Eckmann's life.

"It's so many things, like investing and negotiating for myself, maybe things outside of what the expectations were of a woman, like starting a new business," Eckmann said. "Garnet came here from upstate New York in the 50s. It takes a pretty strong woman to do that and she inspired me to be a strong woman."





Ferebee Eckmann | Cox — May 1981

Eckmann’s opportunity to meet Cox almost didn’t happen. As the Halliday native approached high school graduation, Eckmann had planned to attend Dickinson State as were many of her fellow classmates. But she yearned to stretch her wings.

“I was all set to go to Dickinson State. Most of our high school events, districts and regional basketball, speech, music, they were all there,” she said. “I had quite a few scholarships there. But I decided I wanted to look for a university that was a little bigger and maybe didn’t have as many people from my hometown.

“I wanted something bigger and better, and my career choices at the time were education and speech-language pathology. I decided speech path was the right direction for me and Minot State had a great speech path program. I earned undergrad degrees in both and a master’s in speech-language pathology.”

Eckmann continued to look for bigger and better adventures that ultimately led to her teaching career. After working as a speech-language pathologist, own-

ing her own business, Body by Choice exercise studio, and serving as the Director of Wellness, Marketing, and Community Education at Trinity Health in Minot, she found her way back to MSU.

“I started the Wellness Center at Trinity Health and served in various leadership roles at Trinity — marketing, community ed, public relations, wellness — for 12 years,” she said. “During that time, I never really considered it (teaching at MSU), not that I didn’t want to, just didn’t think about it. I loved what I was doing and where I was at.

“But some changes happened at Trinity and Dave Rochholz (then director of human performance program at MSU) reached out about teaching. I thought about it overnight and then called him back and said yes. It has been one of the best decisions of my life. I’ve had some amazing jobs, I’ve been very fortunate to have great bosses, but by far this is my favorite career opportunity.”

In the process, Eckmann moving to Minot State has opened many doors for students to expand their horizons nationally and internationally through research and student travel.

“One of our students, Dani Bates ’15, applied for a position in Colorado and beat out people from much larger universities,” Eckmann said. “They all wondered how she was able to get some of the experiences she had on her resume, the research and the writing. Students in bigger universities rarely have that opportunity. Jade Teske ’18 ’20 was one of the first



Los Cabos 2022



Thailand 2018



Thailand 2018



Class of 2015

to start traveling internationally. Those experiences have opened the eyes of our students beyond our walls, outside of North Dakota, outside of the Midwest region, and they realize there are many career opportunities available."

Students have now had the opportunity to teach, intern, and attend conferences with Eckmann in Thailand, Dominican Republic, Jamaica, Canada, and Mexico.

Her research on the effects of exercise on the aging process fuels much of those current student experiences, but the passion for the subject started much earlier for Eckmann.

"My interest in the impact of exercise on aging started in my 20s when I thought people my age now (60s) were old," Eckmann said. "Now, of course, I look at people my age and have a different perspective on what is old. The fastest growing segment of the population in the US is 90-plus. Today, there are 3 million and it is estimated by 2050 there will be 10 million. One of the most exciting things we have learned is exercise not only is good for the body, it is the key to brain health."

"I've been thinking about the next step for a while now and really want

to work on better understanding the effects of exercise on dementia and what the brain remembers."

Her research also led her to achieve a bucket list item, writing a book. While presenting at a conference, she was approached by the publisher of Healthy Learning.

"Every neuroscientist presenting at a Brain and Learning Conference I attended in Boston talked about the importance of exercise in learning and cognition. I was so excited about that and started to do some research in that area," she said. "I presented at the American College of Sports Medicine, that was very popular because of my research on the brain and exercise. Nobody had really grasped that concept yet, so the presentations were packed. I was approached by James Peterson from Healthy Learning and was asked if I had considered writing a book. It was an amazing experience and I learned so much from that first one — and it sold very well for them — so he asked me to do another."

Eckmann's first two books, "101 Brain Boosters" and "101 Ways to Age Gracefully," allowed her to collaborate with her daughter, Katie (Eckmann) Heupel '19, on a third book, "101 Mindfulness and Meditation



2019 graduate, Katie (Eckmann) Heupel's family with Eckmann and Cox

Practices." She is especially fond of the experience working with her daughter.

"The second book is my favorite book, because I had a better process for organizing and writing, plus I'm passionate about healthy aging. But the most pleasant experience was writing a book on mindfulness with my daughter," she said. "That came about because Katie embraced yoga with such fierceness. She is one of the youngest instructors to get her 200 RYT and 500 RYT. When they approached me about doing one about mindfulness, I said yes, if she can do it with me. They said absolutely.

"Katie had such a passion and so much understanding for the subject — and she had been editing my other books as an MSU English major for me — it just worked."

Eckmann believes getting opportunities like working with her daughter stem from building solid

relationships starting in a student's college years.

"So many people have big dreams, and something holds them back," she said. "So, you need to dream it, plan for it and have some goals, show up and do it. Along the way, you need to be supported.

"I'm so grateful for the relationships I've built at Minot State and the support I've been given. Dr. David Williams and Dr. John Torgerson, in speech path; Archie Peterson, who was my boss as an admission counselor; Garnet; Dave Rochholz; Gary Leslie '61 (coach and chair of the physical education department); I could go on and on. Even today, Laurie Geller '96 (vice president for academic affairs) has been an amazing leader. Her and Nancy Hall (former VP for academic affairs) over my career have been two leaders who I have a lot of respect for. Those kinds of leaders make a difference in your life." ■

Eckmann and Katie (Eckmann) Heupel


International School, Bangkok, Thailand 2018



WACKER

enjoys 60 years of

TEACHING



by Emily Schmidt



A lot can change in 60 years.

Since 1962 — when English teacher Maureen (Ravnaas) Wacker graduated from Minot State Teachers College — a man walked on the moon, Minot State graduated from normal school, to college, to university, and the internet granted instantaneous access to almost anywhere on the globe. However, in the decades Wacker has been teaching, one thing has remained the same: the students.

“At the time I enrolled in college, the vocations for women were quite limited,” Wacker said. “My father insisted that all of his children needed to graduate from college. As an older sibling, I had worked with the younger children on their schoolwork and enjoyed the experience. In high school, my history teacher was fantastic. He made learning an adventure into the past lives, and I wanted to

emulate him in whatever I chose to do with my life.”

Initially, Wacker earned an English minor and a biology major from Minot State to suit her passions for history as well as natural sciences. She also earned a master’s in English and education from the University of North Dakota in 1992.

Most of her career has consisted of teaching English and staying in



“Wake
and UP
Smell
the
Coffee”

North Dakota, but Wacker has taught students grades five through 12 and in Montana and Iowa as well.

“Teaching students from a wide age range is rather enjoyable,” she said. “Students are students; some mature, and some seem stuck at the preteen age. Some of my reminders to them are ‘Wake up and smell the coffee,’ or ‘Good morning, America,’ or ‘You do not want to sound as if

you just fell off a cabbage truck.’ I frequently have the same students several years in succession and do appreciate the opportunity to help them ‘smoothen’ their writing.”

Today, Wacker teaches freshmen and sophomore English and senior composition at Red River High School in Grand Forks. While her teaching was slightly interrupted when she decided to become a stay-at-home

mother, she quickly returned to the classroom and has not left since.

“I was married and followed my husband (DuWayne Wacker ‘61) in his pursuits. I did stay home for a few years to raise my children but soon was back in the classroom,” she said. “His death at an early age resulted in my having to support myself. God gives us our health, and thus far I have been strong and able to manage the rigors of the job. Teaching has become my identity, and with no other responsibilities, the enjoyable years have flown by.

“Student behavior has not changed. Throughout my years of teaching, I have learned that students are young people trying to grow up and that often society places difficult challenges in front of them. Often society does not teach them that failure can have positive results and that society and parents should understand that young people need to learn that choices have consequences. Students can be resourceful, kind, compassionate, and willing to learn if they are challenged and given a ‘roadmap’ of expected behavior.” ■

A work of

by Michael Linnell

The final moments of the 70th Miss USA pageant were bittersweet for Caitlyn Vogel.

While her competitive side yearned to hear her name called last, she had already achieved two important milestones in the event and has a life-changing event in the not-too-distant future.

“Even though I did well at Miss Teen USA by finishing first runner-up, I knew this time I was up against a different caliber of competition. Going into Miss USA, I was hoping to make the Top 16,” she said. “If I didn’t make that first cut, then I may have been disappointed, but I was named first into the Top 16. Then, when they named the Top 8, I was named last. During that time, I had to mentally prepare myself about the possibility of not advancing.”

“I’m engaged, so winning would have meant I’d have to postpone my wedding. While being Miss USA would have been an amazing opportunity, I get to come home and marry my high school sweetheart, which is equally amazing.”

The senior nursing student from Minot eventually heard her name as first runner-up for the second time, coming in second to Kentucky’s Elle Smith.

Family is at the heart of who Vogel is. Despite all the support her family has given her, however, she fought the urge to seek them out while on stage during the final at the Paradise Cove Theater in Tulsa, Oklahoma.

“The first night, I heard my family, but the second night I tried my best to not because they make me laugh. If I saw them, I’d probably start to giggle right there on stage,” she said. “The final night, I just didn’t look at anyone, I guess I looked at the judges and into the lights. I was trying my best to just be in the moment — I knew I’d never get to live that again.”

While her pageant days are most likely behind her, Vogel is eagerly looking to completing the next stage — earning a nursing degree. She is grateful for the support MSU’s nursing program provided her during her reign as Miss North Dakota USA.

“It’s an intense program. The S3 semester is the hardest and that is the one I did as a title holder,” she said. “Looking back, I would not want to do that again — it was a lot — but the professors were extremely kind and flexible. I still had to do all the work and 280 hours of clinical, you just can’t miss that, but they helped me get through.”

“Before I competed for Miss North Dakota USA, I emailed my professors describing it as a ‘once-in-a-lifetime’ opportunity. One of the professors replied it was for her as well and that we would get through it together. I can’t thank the department enough.”

Vogel has also used her pageant success to work in the modeling industry and to share an important message.



“I was fortunate to connect with Sherri Hill after Miss Teen USA,” Vogel said. “This past September, I was asked to walk in New York Fashion Week. I’m not even sure that was on my bucket list because it seemed like an unattainable dream for a small-town girl, until now.”

Her message is heartfelt, not forced by the pageant.

“I don’t know if I’d call it a platform because it is just my way of life, but my best friend has Down syndrome and I like



to teach young kids at the earliest level the power of inclusion and how my single friendship changed my life," she said. "One of my favorite moments is going into the classroom and asking if they know what Down syndrome is. A lot of kids do not raise their hand as if it is taboo to talk about. By the end of the presentation, I ask them if they are going to try to be friends with someone who might be a little different than them

and they are all excited. Pageantry gave me the opportunity to go to these schools, but even when I'm not a title holder, I'm still going to share my message."

This coincidentally happened during a global pandemic, while making her year and a half chaotic, it solidified her career path.

"It really comes down to it isn't really a choice for most of us, we're not just saying, hey, I want to be a

nurse, it is definitely a work of heart," she said. "Our class entered when COVID-19 began and have worked through it and are still working through it. This cohort really understands deep in our hearts we want to help people and we are innately ready to be nurses.

"I never questioned it, even in COVID, I'm a nurse, that's what I am." ■

WHERE are they NOW

by Amanda Duchsherer

Retirement for Audrey Lunday has been anything but idle.

"I've always been hyperactive," the professor emeritus said. "I have all this energy so I have to use it or go bunk."

A robust volunteer schedule that includes everything from cooking a weekly meal at a local church, to assisting at the Salvation Army a couple mornings a week, to helping at the hospital several times a month keeps her busy while providing the opportunity to give back.

"I have been very fortunate. I have everything I need, I have friends and family, and I feel for those who don't have that," she said. "That's always been a goal of mine – to be of service to people."

That intention carved out her career path at an early age. When a member of her high school debate team struggled with a lisp, Lunday witnessed her speech teacher helping that student. It was then she knew what she

wanted to do: assist others with speech correction.

What the University's 2020-2021 Distinguished Lifetime Educator award winner didn't plan on, however, was staying in Minot for more than a semester.

"I graduated with my doctorate in January, and that's a terrible time to try and find a job any place," she said. "And there was a job available at Minot State and my advisor said, why don't you take that job and then find one you like. I thought I could handle that until June.

"There was a lot of camaraderie at Minot State,

and the University has always been a very forward-looking place and I liked that, so I stayed."

The communication sciences and disorders professor taught for the next several decades, retiring one semester short of 40 years.

She remained in Minot until the 2011 flood prompted a move to Wisconsin, where she soon found her place in the new community.

"Well, I belong to a few organizations. I like getting together for the meetings, socializing, chatting over good food, and conducting business that helps

other people," she said. "I also have my book club, where we read books that have to do with immigration, with civil rights, with religion issues. I really like to read things that teach me something."

An avid reader, Lunday aims to read a book a week. And, as a proud mother to four daughters and grandmother to seven, she enjoys creating afghans, sweaters, and quilts for her family with needlework.

"I have been blessed in so many ways, I have children and grandchildren that are the lights of my eyes and I've just had a very, very good life," she said. "And of course, Minot State had a lot to do with that." ■



Alumone

from DAY

FRESHMAN

Wesley Wright

General studies ■ Minot

Wes is making the most of his return to higher education after being out of school for 16 years. He spends much of his time learning about new technologies and how those technologies can translate into useful advancements for everyone.

Why did you choose Minot State?

It was more convenient for me to start things back up after being out of college.

How has Minot State helped you further your academic career?

MSU made the process easier for me. My academic advisor, Heather Martin, helped me create a plan of action that would allow me to come back on my own terms.

What is your favorite quote?

"If something is important enough, you do it even if the odds are not in your favor."
— Elon Musk

What has been your favorite class?

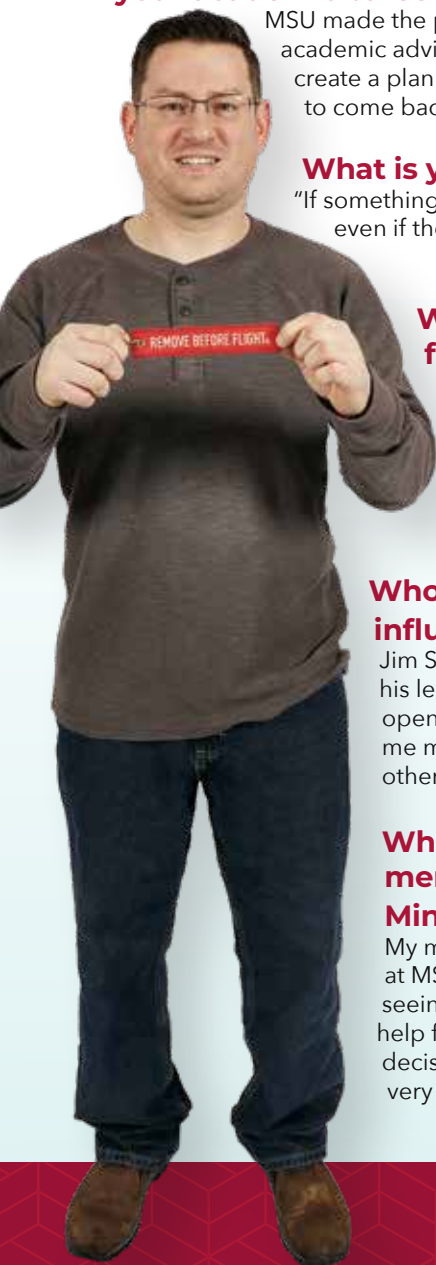
Leadership. The class does a great job in developing techniques you can apply to any job and in discovering your strengths as well as your weaknesses.

Who has been your most influential professor?

Jim Sturm, leadership. Being in his leadership program has opened my eyes and has made me more aware of how I treat others as well as myself.

What is your most memorable moment at Minot State?

My most memorable moment so far at MSU is putting in the work and seeing the positive results and the help from the staff. It has made my decision to come back to college very satisfying.



SOPHOMORE

Molly Manning

Biology ■ Worden, Mont.

Molly is active on campus with sporting and MSU Life events as well as being one of MSU's McCulloch Hall Resident Assistants (RA).

Why did you choose Minot State?

I chose Minot State due to the size and cost of the school as well as my family that lives in North Dakota. It's a smaller school which is more to my liking.

How has Minot State helped you further your academic career?

Getting to know the professors has helped me. It's easy to get to know the professors.

What is your favorite quote?

"Just keep swimming." — Dory from Finding Nemo/Finding Dory

What has been your favorite class?

Introduction to cellular biology lab. It inspired me to stick with a biology degree.

Who has been your most influential professor?

Dr. Paul Lepp, biology.

What is the best kept secret about Minot State?

It's really easy to get to know people and make friends around campus. There are a lot of events that lead to the opportunity to make more friends.

What is your most memorable moment at Minot State?

When the RAs held a Homecoming dance in the quad and hanging out with everyone, meeting new people that go to school at MSU.



Alumone from DAY

JUNIOR

Dante Gadbois

Professional communication ■ Granite Falls, Wash.

Dante originally started at Minot State because of a track & field scholarship. After leaving MSU for a year, he returned to finish his degree. He enjoys disc golf and hiking in his home state of Washington and is training for his first marathon in June.

Why did you choose Minot State?

I decided to come back to Minot State because of the communication department being such an amazing program and my wonderful teachers.

How has Minot State helped you further your academic career?

The teachers care so much about me as an individual. This department is unreal in the support I receive from faculty as well as my classmates.

What is your favorite quote?

"When we hit our lowest point, we are open to the greatest change."
— Avatar Aang

What has been your favorite class?

Advanced public speaking, because the connections I made with classmates and teachers.

Who has been your most influential professor?

Christina Paxman, Neil Roberts, and Lee Johnson '09 in the professional communication department. They are the reason I came back to MSU.

What is your most memorable moment at Minot State?

I directed the KMSU auction and on the second-to-last package, Jordan Rodrigues and Miya Smalls started dancing to get people to bid. We were all exhausted at this point, but everyone started dancing!



SENIOR

Calli Delsman

Professional communication/minor in marketing ■ Waukesha, Wis.

Calli is a member of the women's basketball team and has served on the Student Athlete Advisory Committee (SAAC) and Diversity and Inclusion Council. To hone her professional communication skills, she has worked as the Red & Green social media director and is currently a student writer in University Communications.

Why did you choose Minot State?

I chose MSU because of the campus culture between the professors and students. The campus is small enough where you can get to know many different people but offers a lot to their student body giving it a feel of a big university.

How has Minot State helped you further your academic career?

MSU offers lots of opportunities to gain real-life experience and help you gain knowledge and confidence before entering the workforce.

What is your favorite quote?

"Keep working hard and enjoy every day." — My parents

What has been your favorite class?

Special events planning. Our class plans and hosts a live auction to raise money for the department and donate 10% to a local organization.

Who has been your most influential professor?

Christina Paxman, professional communication.

What is the best kept secret about Minot State?

The couch on the first floor of Hartnett Hall. It's the best spot to hang out between classes and catch a quick nap!

What is your most memorable moment at Minot State?

The basketball trips to Hawaii and South Padre with my teammates. Getting to travel and make memories with them is something that I will remember forever.





MASTER OF SCIENCE

Abby Graves

Elementary education ■ Benson, Minn.

Abby '17 is in her final semester in the Master of Education program at Minot State. She balances her student schedule with a full-time schedule as MSU's Residence Life Coordinator. This past fall, she presented at the American Association for Teaching and Curriculum.

Why did you choose Minot State?

I chose Minot State back in 2012 when I started here as a freshman. Affordability and the perfect distance — drivable — but not too close to home. The second time, MSU chose me to work for Residence Life.

How has Minot State helped you further your academic career?

I hadn't expected to be in grad school at this point in my life. I feel lucky to work somewhere that encourages me in furthering my education.

What is your favorite quote?

"If your dreams don't scare you, they aren't big enough."
— Ellen Johnson Sirleaf

What has been your favorite class?

I loved diversity in a global perspective and curriculum design and assessment.

Who has been your most influential professor?

Dan Conn, teacher education and kinesiology. He has been such an inspiration and I have enjoyed learning from him. He has challenged me and my thoughts and broadened my thinking beyond the class content.

What is your most memorable moment at Minot State?

I loved RA training when I was in my undergrad.



STAFF

Greg Vettel

Art with concentration in graphic design/minor in theater arts ■ Minot

As the director of the Northwest Arts Center at Minot State, Greg '18 has literally surrounded himself in all things art. On a personal level he creates through digital and graphic design as well as printmaking and sketching. On the leisure side, his passion is gaming, specifically board games with family and friends.

Why did you choose Minot State?

Minot State offered many benefits, being the hometown University, but the biggest factor was the quality of the education for a very fair tuition.

How has Minot State helped you further your academic career?

MSU provided the education to be successful in my field of study and to transition between careers when opportunities arose.

What is your favorite quote?

"Art is not a mirror to reflect reality, but a hammer with which to shape it."
— Bertolt Brecht

What has been your favorite class?

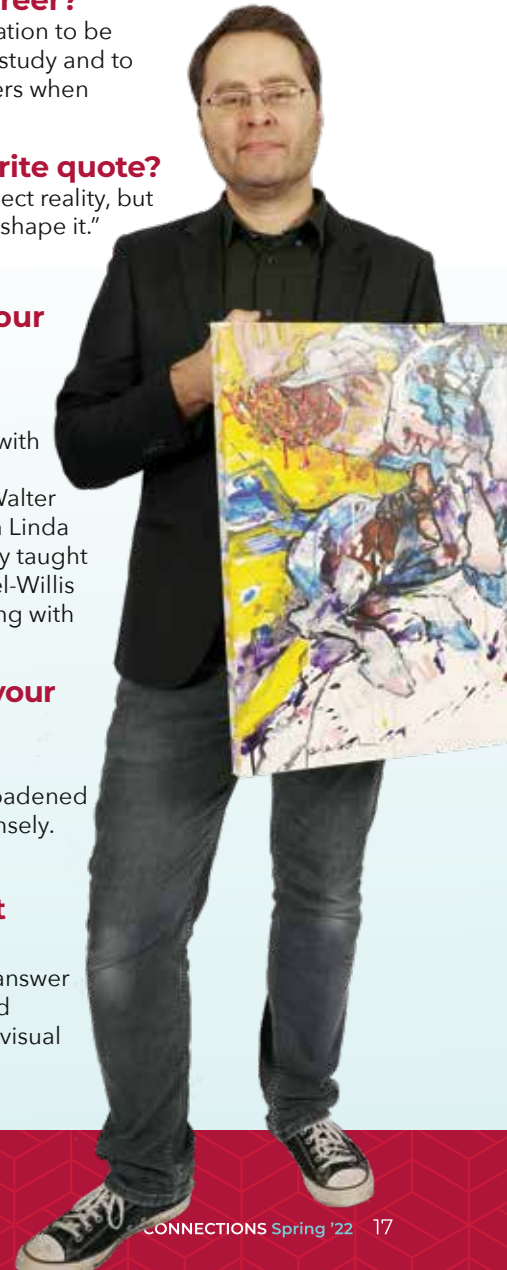
It's exceedingly hard to select a favorite course: graphic design courses with Bill Harbort, drawing and painting with Walter Piehl, ceramics with Linda Olson '84, puppetry taught by Paula Lindekugel-Willis '72/'82, and directing with Kevin Neuharth '74.

Who has been your most influential professor?

Ernst Pijning, history, broadened my world outlook immensely.

What is the best kept secret about Minot State?

Call me biased, but the answer is the art department and MSU's rich history in the visual and performing arts.



A balancing act

by Emily Schmidt

Kaitlyn Dahlberg '16 balanced three majors and a concentration at Minot State:

management, marketing, international business, and Honors. Since graduation, she has continued to balance a variety of business endeavors, like farming her family land — some of which is her own — as well as solo operating her own food and drink truck.

From Froid, Montana, a town with a population of less than 250, Dahlberg enjoyed moving to the big city of Minot to attend college, but something about her hometown caused her to return.

"I've always wanted to come back home," she said. "I was already home during the summers because of the farming. I've had my own land since about 2017. Even when I was in high school, I'd take off the first week of school to run the combine for my dad. There are lots of things in Minot that would keep me there, but at the same time, I wanted to be home."

Some other ventures Dahlberg had undertaken before moving home included working at Kaffee Kiosk, selling Color Street nail polish products, and staying busy with other odd jobs.

In October of 2020, however, she saw an opportunity to serve the community that drew her back to Froid.

"2020 hit with COVID, and nobody could go in to sit down and eat," she said. "We're in Northeast Montana — there aren't a lot of different things, and consistency is key. When COVID hit, the café totally shut down, so there were no meals for anybody. It seemed a lot better to be outside."





"I also didn't want to be stationary, and I didn't really want a permanent location for my business. I wanted to be able to move around, so it was nice to think of different ways that a nonstationary truck could be helpful."

Fast forward a half-year, and Dahlberg opened up her own food and drink truck, running at least five days a week during the late spring through early fall and travelling between Froid, Brockton, and events

in the area like fairs, auctions, and centennial celebrations.

Her passion for coffee was part of the reason Dahlberg chose to open the truck.

"For my honors thesis, I worked with Andy Bertsch (professor in the College of Business) and wrote a market analysis of coffee in Minot," she said. "I think back a lot to that, about different areas and how to market to them. I envisioned having a coffee shop, but I didn't envision all the food items. I've always had

some inspiration to have a truck, but I never expected to have it so fast."

Today, as Dahlberg prepares for next spring, she is grateful to be balancing doing what she loves with the people she loves.

"Having my parents there is great," she said. "They've always supported me. When I'm in Froid, my mom will even come during her lunch break to help me take orders. I'm also doing something that I've always loved to do, catering to the people, serving them, and making coffee and cooking." ■



Geer fills community need

by Amanda Duchsherer



At Minot Center for Pediatric Therapy, there is a wall of Minot State University diplomas.

"We have seven MSU alumni working at our clinic and one of our office assistants is currently enrolled there," said owner and speech-language pathologist Kylee (Olson) Geer '05/'07. "MSU has an incredible communication disorders program that we've been lucky to benefit from."

"The graduates from this program learn from the best and are prepared to start working right out of graduation. It wasn't necessarily intentional to hire so many MSU alumni, but I know our team is successful because of the strong education they have all received at Minot State."

Belonging to a family of University alumni, attending Minot State was an easy choice following Geer's graduation from Minot Public Schools. It

Minot Center for Pediatric Therapy MSU grads — back row, left to right: Cassie (McCloud) Sheppard '12/'14, Lauren Anderson, Annie (Bomstad) Miller '09, Kelsey Kittleson, Jessica Braunberger '17/'19. **Front row:** Mackenzie (Nagel) Bachmeier '14/'16, Kylie (Olson) Geer '05/'07. **Not pictured:** Nicole Brunner '17/'19, Summer van Rooyen, and Taylee Herz (current MSU Student)



was inquisitiveness that led her to the Department of Communication Sciences and Disorders.

"I was initially interested in speech-language pathology because I was curious about working with children with hearing loss," she said. "Once I started taking classes, I learned about the broad scope of practice for SLPs. I enjoyed working with children with disabilities and finding ways for everyone to feel included."

That desire for inclusiveness led to the founding of Minot Center for Pediatric Therapy in August 2012.

"I saw the need for additional services in our community, and my dad (Richard Olson '74) was business-minded and I think I inherited some of his ambition and work ethic," she said. "Our staff and clinic space have grown over the years, but more importantly, our understanding of how to better support children with

special needs and their families has grown the most."

Geer's venture began as a solo private practice and grew to include occupational therapy and additional therapists over the years. Today, the center includes a team of six speech-language pathologists, two occupational therapists, and two office assistants, with plans for a mental health counselor to be added in the near future.

"It has been so rewarding to be trusted to work with children and help them learn new ways of communicating, playing, and interacting with their family," she said. "During my practicum, the brilliant speech-language pathologist Rachel Stotts, from Moorhead, Minnesota, inspired me to gain more knowledge in the area of autism and find the strengths and gifts that each child has, regardless of their diagnosis."

Many of the youth, ranging in ages from birth to 21, Geer's clinic works with have medical diagnoses, which has prompted her to help the community beyond the center's physical walls.

"We've done this by supporting local programs and fundraisers and creating events such as the Minot Walk for Autism and our annual event, Bloom, a night which brings mothers of individuals with disabilities together," she said. "I also speak to students at Minot High School and local support groups regarding shaken baby syndrome.

"It's been wonderful to see the programs that Minot continues to create that allow for all children to participate. When families feel like they are seen and included, they may feel more at ease participating in community events and seeking out other services our area offers. I'm proud to be a part of that." ■





Toy continues to exemplify lessons learned at Minot State

by Mike Stetson

For alumnus Michael Toy, the lessons he learned while a student-athlete at Minot State went well beyond just material taught in the classroom.

A member of the Beavers cross country and track & field teams during the late 1980s, Toy jokingly admits he didn't start out a star athlete.

"I think I got most improved in cross country two years in a row which tells you I was really, really bad when I started," he said.

But competing for Minot State taught him lessons about discipline, dedication, and goalsetting, lessons he's taken with him in life. Toy now excels in the business world as the chief operating and strategy officer for First International Bank & Trust in Fargo and as a member of Minot State's Board of Regents.

A 1991 graduate of Minot State with a Bachelor of Science in Business Education, Accounting, and Physical Education, Toy also learned discipline and determination while competing for the Beavers — balancing classes with practice each day while competing in cross country during the fall, working in

the winter, then running track during the spring.

His discipline and determination paid off, too, as in 1989 he earned a place at the NAIA Outdoor Track and Field Championships and raced his way to NAIA All-American honors, finishing fourth in the country in the 800 meters in 1 minute, 51.46 seconds. Toy's time remains the fastest ever in Minot State history in the event.

That accomplishment taught Toy plenty about goalsetting, a lesson he still employs today.

"My goal was to make nationals, then if I got there it was to be an All-American," he recalled. "I accomplished that. But I was too worried about sixth place and not first, and I was less than a second away from winning the thing; I should have been focused on winning it."

Minot State's All-American finished 1.2 seconds behind national champion Anthony Suttle from Wisconsin-Milwaukee.

Toy admits that sometimes you feel you have



set aggressive goals, but you still might be able to achieve even more.

That is a lesson he took with him beyond his college days, which started with Toy studying accounting and finance before he switched his focus to education, planning to be a teacher and coach. And after graduating, Toy did teach for five years before making a change.

Finance proved to be his calling and he moved into banking, working for five years at First Western

Bank & Trust in Minot then spending six years working in South Dakota before moving to First International nearly 15 years ago.

He remains devoted to the University that provided him so many positive experiences and lessons, becoming a member of the Minot State Board of Regents three years ago. He also started a scholarship endowment in the name of his in-laws, Duane and Roberta Johnson, and is a devoted Beaver Booster member. ■



Athletics



Leadership-by-example has huge impact

by Mike Stetson



As an elementary student in a family that loved basketball, Jacob Jensen never imaged the impact he'd have as a distance runner.

"I really loved it, even though I wasn't the best at the beginning," Jensen admits after starting his running career in the third grade. "I stuck to it, got better over time, and ran all throughout my school years in Turtle Mountain."

While also playing basketball, Jensen got so good at running, he drew the attention of Minot State head coach Mark Del Monaco, who recruited the Belcourt product.

Since then, the humble, team-oriented star junior distance runner has solidified his place in Minot State athletic history with his efforts both in competition and the classroom.

The Turtle Mountain Band of Chippewa student-athlete is a two-time NSIC Elite 18 academic award winner in cross country, earned All-NSIC honors by finishing 10th this fall at the conference

so it showed all the hard work paid off," Jensen said of his All-NSIC honor. "For the Elite 18 awards, I was surprised when I received the award both times. I wasn't expecting it at all. But this award really shows the hard work put into the sport and in school."

He also holds the D-II era cross country records for the 6K (19:04.9), 8K (25:28.6), and 10K (31:20.3), along with indoor D-II records for the 1,000 (2:33.85), mile (4:16.08), and 3,000 (8:39.63), and the outdoor 5,000 (14:48.68), and 10,000 (31:46.35) records.

Along with individual accolades, he still eyes winning an NSIC individual conference championship, earning a berth to the NCAA National Championships in either cross country or track & field, and hopes his efforts can help the MSU men's track & field

said, "I think he has a big heart and cares a lot about his family and teammates."

Each individual team member sets goals and announces their motivation prior to the season and as a freshman, Jensen's character was apparent.

"His biggest motivations were his grandparents and his teammates," Del Monaco said. "I still think about that every time he has a big race or accomplishment. I think it sums up what makes him so special as a student-athlete; he's willing to put others before himself."

Del Monaco adds Jensen's leadership-by-example has a huge impact in elevating expectations.

"He is a great example of what buying in really does in our program," he said, adding Jensen does all the little things, like stretching, drills, and icing. "I think when your best

wishes for more hours in the day to get it all done. Competing from August, when cross country starts, through May and track season, he experiments with varied ways to be successful in the classroom and in competition. His main focus, however, is effort early each week on his studies to free up his time to focus on travel and competition on the weekends.

Based on his academic and athletic accolades, that formula is proving successful.

"I know he has high expectations and goals for himself," Del Monaco said. "As a coaching staff, we have let him dictate what those goals are and hopefully we are able to provide the direction and guidance to help him accomplish some pretty special things before he graduates."

While he has thought a bit about being a coach



- **Two-time NSIC Elite 18 Academic Award Winner in cross country**
- **All NSIC honors finishing 10th in the fall conference cross country championship meet**
- **All-time school record for indoor track & field in the 5,000 meters: 14 minutes, 38.79 seconds**
- **D-II era cross country records: 6K (19:04.9), 8K (25:28.6), and 10K (31:20.3)**
- **Indoor D-II records: 1,000 (2:33.85), mile (4:16.08), and 3,000 (8:39.63)**
- **Outdoor D-II records: 5,000 (14:48.68), and 10,000 (31:46.35)**

cross country championship meet, and holds the all-time school record for indoor track & field in the 5,000 meters of 14 minutes, 38.79 seconds, which he ran this December.

"I knew I had that fire in me when I got to conference. I finally had that race that went nearly perfect,

team earn at least a third-place finish in the NSIC Championships, indoor or outdoor, in the future.

The achievements, aspirations, and the team attitude don't surprise Del Monaco one bit.

"Overall, he is just a really great person first and foremost," Del Monaco

guy is sticking around after practice taking care of that stuff, the younger guys see it and they want to emulate it so that hopefully they can be just as successful as him."

Success comes as much from hard work as talent as Jensen adds his routine can be exhausting and

— maybe back home in Belcourt or elsewhere — after graduation, Jensen remains focused on making great memories at Minot State, from team building and training in the mountains at cross-country camp, to competing alongside his Beaver teammates. ■

Scholar of life

by Amanda Duchsherer

Evan Borisinkoff '00/'01 is a lifelong student.

"I'm not afraid to continue learning," the Minot State special education associate professor said. "For example, I just finished a graduate certificate in applied behavior analysis and completed seven courses and 1,500 hours of intensive practicum under a licensed board-certified behavior analyst."



The experience, focusing on early intervention with young children, is a new facet to a career in disability human services that began as an undergrad at the University. What started as an internship working in group homes with adults with disabilities moved into a position as a case manager and resource coordinator at a community-centered board in Denver. Later, he spent a decade teaching middle school students with high intensity needs in New Mexico before finding his way back to the Magic City.

"All of my experiences have helped me be a better advisor because I can relate the experiences I've had in different capacities, both in teaching and non-teaching, to help students achieve their goals," he said. "In our field, it's important to know there are so many different opportunities and different settings you can work in, and I try to convey that to students.

"I always encourage students to remain open-minded about their career path."

That openness to new possibilities is a trait his whole family exemplifies, and a journey he and his wife, Rebecca Daigneault '00/'01, have made together.

"She was a freshman, and I was in my second year, and we met while working at the cafeteria," the Regina, Saskatchewan,

Canada native said. "And we just started studying together. She lived in McCulloch (Hall), I lived in Lura (Manor), and after graduation, we made the move to Denver and then Albuquerque together."

As a position opened for Borisinkoff in the special education department, Daigneault landed at the North Dakota Center for Persons with Disabilities before becoming an assistant professor of social work at Minot State.

"When I was in college, I always looked up to my professors, and I knew I was going to get a doctorate degree," he said. "I knew I eventually wanted to become a professor."

Lessons learned from past professors are something he brings to the classroom and home to his daughters, Skylar and Sasha.

"I really try to emulate them or take the information I learned and pass it on to my students and kids," he said. "Someone who made an impact on me was a professor in the English department, George Slanger. He said that he found everything interesting. He could find interest in the most mundane topic and that really stuck with me.

"Just by being interested and fascinated with something, it is a positive way to look at life and a way to always keep learning." ■

ALUMNI ASSOCIATION
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**DRIVE-IN
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**March 26
8 P.M.
MSU DOME
Parking lot**



**April 9
7 – 9 P.M.**



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**May 5
4 – 6 P.M.**

**or
May 6**

11 A.M. – 1 P.M.

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license plate or MSU
decal on your car.

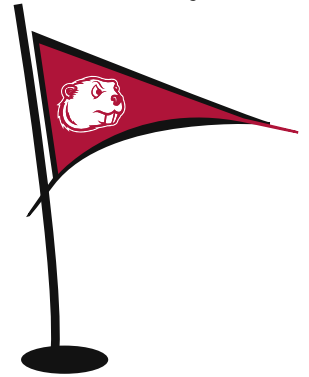
2022
friend-raising

**MSU
Golf Tour**

6.14.22
VELVA — Star City Golf

6.28.22
GARRISON Golf Club

8.4.22
KENMARE Country Club



CONTACT:

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

Register for events online at MinotStateU.edu/Alumni

HOMECOMING 2021



**October
12 – 15**

Visit MinotStateU.edu/Homecoming for updates.

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MINOT STATE UNIVERSITY

Alumni Association's 38th Annual

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Friday, April 29

The Clarion Hotel



Elegant dinner



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Mobile bidding

Tickets: \$60

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

1965



Dave Stewart was honored as a 2021 Coyote Legend by the Williston Coyote Foundation. Stewart had an impressive high school run of

four-straight championships in wrestling. He finished his Coyote wrestling career with a remarkable record of 100 wins, two losses, and one draw. While at Minot State Teachers College, he was a three-time college conference champion.

1973



Tom Christen was honored as a 2021 Coyote Legend by the Williston Coyote Foundation. Christen coached wrestling for 22 years. Dur-

ing his tenure, he guided 15 individual state champions and 85 state place winners. He coached the Coyotes to 177 dual victories and seven top-five finishes. Christen was named the 1983 North Dakota Class A Wrestling Coach of the Year and West Region Coach of the Year in 1991 and 1997.

1977

Beckie LaBrant retired in May 2021 following a 44-year career in nursing.

1983



Perry Bohl was recently recognized as the 2021 inductee into the North Dakota Golf Hall of Fame. Bohl serves as the president of

the North Dakota Golf Association and is a founding member of the Future of North Dakota Golf Foundation, which raises money for all golf courses in North Dakota to help course conditions. One of his passions is ND Junior Golf. Bohl is owner/partner of The Planning Team Financial Advisors in Bismarck. He and his wife, Judy, have two grown children and two granddaughters.



Melissa (McGowan) Bliss retired as director of the Ward County Human Service Zone following 38 years with the department. Bliss de-

cidated it was time to juggle fewer balls and maybe even spend some time sitting by the fireplace with a good book. She plans to continue to serve on some boards and expects to stay active with volunteering or other ventures.

1988



Judie Boehmer is the chief nursing officer at UC San Francisco Benioff Children's Hospitals and vice president of Chil-

dren's Nursing Services at UC San Francisco Health. In her position, Boehmer develops and implements strategic goals while providing executive level leadership, planning, organization, and general management for all aspects of patient care at UCSF Benioff Children's Hospitals, including administrative, operational, and financial functions of pediatric nursing services. Since joining UC Davis Health in 1988, Boehmer has held a range of clinical and leadership positions including staff nurse, nurse educator, and nurse manager. For the past 15 years, she has served as the executive director of Patient Care Services, overseeing all units at UC Davis Children's Hospital.

1990



Karen (Bohl) Brandvold, third-grade teacher in the Bottineau Public Schools, has been named the North Dakota Geographic

Alliance Geography Teacher of the Year. Brandvold has taught for 19 years in the school district. As part of the award, she received funding to purchase items for her classroom. Brandvold said the Geographic Alliance has helped her provide hands-on learning for her students. She and her husband, Robert, have made an adventure of exploring the state and learning about all of the history and opportunities available in their own backyard with their children.

Karen Davidson recycles zippers into mosaics, which turn into beautiful canyon walls and bowls. She was one of the featured artists at a gallery show at Artspace Gallery in downtown Minot. Davidson previously owned and operated a daycare called Famous Little Artist's Daycare, where each day

children were introduced to an art lesson and project.

1992



Brenda (Juergens) Foster was named Banker of the Year 2022 by the BankBeat magazine. Foster serves as the

chairman, president, and chief executive officer for First Western Bank & Trust.

Jon Ravnaas joined the Bank of North Dakota as the collateral valuation manager. Ravnaas previously worked as an analyst for Dakota West Credit Union.

1996



Krista (Kruger) Fogelsong is the main anchor at ABC7 Southwest Florida.

1998



Nicole (Witikko) Swartwout is in her 15th year with the North Dakota School for the Deaf/Resource Center after being promoted to

the parent-infant and school-age outreach coordinator. The center serves children birth to graduation around the state of North Dakota who are diagnosed with hearing loss. Swartwout is an adjunct professor at MSU in the deaf education program. She and her husband, Shawn, have three boys.

1999



Amy (Goodman) Bergrude, a nurse with 23 years of critical care experience, was named the director of case management for

Trinity Health in Minot. Bergrude joined Trinity Health upon graduation. She has worked as a critical care nurse throughout her career, initially becoming a staff nurse in the intensive care unit and later the unit's nurse manager. She is a member of the American Association of Critical Care Nurses.



Dusty (Sandeen) Zimmerman is the director of Trinity Health Foundation. Zimmerman oversees various programs administered by the

foundation to improve the lives of area residents. She leads initiatives to promote innovative healthcare solutions, including construction of Trinity Health's healthcare campus and medical district. She brought more than 20 years of experience to this role with an extensive background in marketing communications, business development/strategy, event planning, and organization leadership. Most recently, she served as the executive director of the Minot Junior Golf Association and director of corporate communications at Ackerman-Estvold. She is an active member of the community serving on various volunteer boards and organizations. She and her husband, Jason, enjoy golf, reading, cooking, travel, and spending time with family.

2002



Cim Berg-Hooker opened Legacy Health Clinic in Minot. Berg-Hooker, FNP-BC, offers the first IV therapy clinic in Minot as well as

one of the few in the city that specializes in medical marijuana. She received a master's degree for family nurse practitioner from Maryville University.

Denae (Davenport) Johnson joined KLJ as a government relations specialist. Johnson has a graduate certificate in public administration from the University of North Dakota.

2005



Jennifer (Sebelius) Rodriguez is the lead mortgage loan processor for Aspire Credit Union. Rodriguez has been serving the membership at Aspire Credit Union for 10 years, working her way from the teller line to the loan department.

2006



Tanya (Goebel) Ide received the Director's Award for Excellence from North Dakota Vocational Rehabilitation for her

work in helping North Dakotans with disabilities reach their employment goals.



Adam Schatz is a shareholder at Brady Martz. Schatz currently performs work in both the tax and audit departments, serving clients in the construction, real estate, oil and gas, mutual insurance, and small business industries. He is a member of the American Institute of Certified Public Accounts (AICPA) and the North Dakota CPA Society (NDCPAS). Originally from Minot, he resides in Bismarck with his wife, Amy, and their three children.

2007



Zach Burdick was promoted to vice president business banking manager for First Western Bank & Trust-Minot. Burdick, a Devils Lake native, joined First Western in September 2019. He attended Graduate School of Banking in Wisconsin where he received an Executive Leadership Certificate in the School of Business. He and his wife, Lindsey (Iverson '07), have three daughters.



Jeremy Froseth, sales consultant with Sysco in Fargo, achieved Executive Club for the past fiscal year. Froseth received the Torchbearer Award and was named Rookie of the Year in the previous year.

Vincent Genareo is an assistant dean and associate professor of assessment at Salisbury University in Salisbury, Maryland. Previously, he was a postdoctoral research associate at Iowa State University. Genareo also serves as a program evaluator and researcher for numerous educational grants in Maryland.

Lenny Johnson and his wife, **Miranda (Berger '09)**, opened Genesis, a retail clothing store, in Dakota Square Mall in Minot for the holidays. The couple currently own and operate Genesis in Williston and are expanding to a new 5,500 square foot facility in Williston Square, anticipating a spring 2022 opening date.

2008



Joan Trygg has joined the Abused Adult Resource Center (AARC) as its new grant and development manager. Trygg joins AARC with more than 20 years of experience in marketing, fundraising, sales, and communications.

2010



Deann (Olschlager) Stanley is the director of GracePoint Preschool in Brookings, South Dakota. Previously, Stanley was in Harvey operating her own preschool, Busy Buzzers. She and her husband, Justin, have four children.

2011



Megan (Perdue) Awalt is a shareholder at Brady Martz. Awalt joined the team in 2011 as an intern. She has spent the entirety of her professional accounting career with the firm. She splits her time between the firm's tax department and the audit department. She is a member of the American Institute of Certified Public Accounts (AICPA) and the North Dakota CPA Society (NDCPAS). Raised outside of Ray, Awalt resides in Minot with her husband and their two children.



Cody Hammer is the operations manager for Tires Plus of North Dakota. He is responsible for managing the four locations in Minot, Minot Air Force Base, and two Bismarck locations. Hammer has been with the organization since 2010, beginning his career as a tire technician. He has worked in all positions of the business and has served in many leadership capacities.



Nathan Zochert is in his 10th year of teaching English at Tioga High School.

2014



Kelsey (Schiele) Phillips is a speech-language pathologist at Longfellow Elementary School in Minot. Phillips and her husband, Bryan, have two daughters.

2015



Bryan Phillips is an infectious disease physician assistant at Trinity Health in Minot. Phillips completed his master's degree in physician assistant studies at Des Moines University, Iowa. His experience includes medical rotations in family and internal medicine, as well as working as a residential treatment advisor at the Dakota Boys and Girls Ranch and as a scribe and ER technician in the Trinity Emergency/Trauma Center. He is a member of the American Academy of Physician Assistants. He and his wife, Kelsey, have two daughters.

Amber Thykeson is the director of nursing for Hatton Prairie Village in Hatton. Thykeson was previously the director of nursing at Sanford Health in Hillsboro. She and her husband farm in the Hope area and have three young children.

2017



Brekka (Wolf) Clark is teaching sixth- to eighth-grade math, English, and health at Powers Lake School. Clark grew up in Bismarck and was employed as a paraprofessional for the previous two years at the Powers Lake School. She and her husband, Wyatt, enjoy their rural lifestyle.



Samantha (Cottingham) Slavik is the K-12 school and career development counselor for the Turtle Lake-Mercer Public School. Slavik previously worked as an addiction counselor for four years. She is completing her master's degree in school counseling. Slavik and her husband live in Underwood and have a son.

2019



Erik Eide is working as an educational sign language interpreter for Fargo Public Schools. Eide and his spouse, David, live in Fargo.



Brooke Yaschyshyn Tao is the community relations coordinator at SRT Communications in Minot.

2021



Cole Brose was promoted to financial services officer for Town & Country Credit Union-Minot Main. He joined the credit union in 2020 as a member service representative. In his new role, he will be assisting members with auto, recreational, and personal loans, as well as credit cards and new deposit accounts.

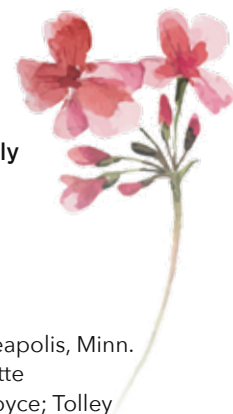
Attended



Tom Ross is the executive director for Elison Assisted Living of Minot. Ross holds over 25 years of experience in communications, community service, marketing, and sales. He has been with Elison since June 2021. He is a lifelong resident of Minot, has a history of being involved in several community organizations, and serves on Minot's city council.

Allen Stock is retiring following 67 years in community journalism. His first job, at the age of nearly 13, was with the Wells County Free Press in Fessenden. Stock was named editor/publisher in 1963, and at the age of 22, was the youngest person to hold those job titles in the state at that time. In 1975, he purchased the Independent in Carrington. His first official day of ownership was Jan. 1, 1976. Stock will retain his office for awhile and help out with the Independent production process, whether it be typing his Wild Oats column or an occasional article.

In memory



It is with honor we dedicate this section to recognize alumni and friends who have passed away from approximately October 2021 through February 2022 or as submitted.

Graduates

'32 Callahan (Frank), Dorothy, Dickinson
'39 Jorde (Kingsnorth), Ann; Minot
'40 Anderson (Hvambosal), Dorothy;
Willmar, Minn.
'43 Hager (Haugen), Irene; Rugby
'51 Braun (Haluzak), Eva; Wilton
'54 Hamerlik (Berg), Agnes; West Fargo
'55 Kittock, Charles; Billings, Mont.
'57 Lewis, George; Cando
'57 Wahlund (Peterson), Edwina; Minot
'58 Eidsness (Thomson), Karen; West Fargo
'58 Tanata (LiBrande), Elizabeth; Jamestown
'59 Byre (Mahlen), Arlene; Minot
'59 Hanson (Lynnes), Lola; Fargo
'59 Kluck, Wayne; Bismarck
'60 Hansen, Raymond; Jackson, Minn.
'60 Kraus, Charles; Chandler, Ariz.
'60 Stammen, John; Buena Park, Calif.
'61 Busch, Wayne; Newton, Kan.
'61 Dietz, Alvin; Bismarck
'62 Hagen, Merwyn; Sacramento, Calif.
'62 Leir (Anderson), Lola; Lakota
'62 Stolt (Olson), Carol; Minot
'63 Grubb, James; Tioga
'63 Koebernick, Terrance; Dakota City, Neb.
'65 Hultberg, Douglas; Prairie Du Sac, Wis.
'65 Mickelson (Nygaard), Pearl; Minot
'65 Orson (Haugen), Paulette; Circle
Pines, Minn.
'65 Torno (Anderson), Violet; Minot
'66 Nielsen (Lerbakken), Merrilee; Grand Forks
'66 Simon, Kay; Mountain View, Calif.
'67 Carvell, Robert; Florence, Ariz.
'67 Willman, Pearl; Hagerstown, Mo.
'68 Brandvold, Gordon; Grand Forks
'69 DeFranza, Robert; Cedar Grove, N.J.
'70 Christianson, Dennis; Minot
'71 Earle (Soland), Margaret; Colorado
Springs, Colo.
'71 Gotvaslee (Tolstad), Olivia; Norwich
'71 Halden, James; Parshall
'71 Kurzweg, Edgar; West Fargo
'71 Wolseth, Dennis; Glenburn
'72 Jacobson, James; Great Falls, Mont.
'72 Keller, Steven; Bottineau
'73 Roussel (Lund), Karla; Minot
'73 Sebbly (Hyland), Barbara; Red Wing, Minn.
'73 Uhlich, David; Tioga
'74 Copes (Peterson), Evelyn; Tioga
'74 Effertz, Timothy; Minot
'74 Lee, Paul; Minneapolis, Minn.
'74 Stadick, Terry; Minot
'75 Johnston, Ronald; Lansford

'75/'92 Kersten (Huettl), Joan; Garrison
'78 Barton, Gary; Holmdel, N.J.
'78 Benson (Kouba), Julie; Minot
'81 Hagen, Charles; Northfield, Minn.
'81 Seltvedt, Gloria; Harvey
'82 Bloms, Sandra; Watford City
'82 Geary, Patrick; Yuma, Ariz.
'83 Skowronek, John; Verdi, Nev.
'87 Wells, Cleo "Smarjoriuuwahtš"
(Magpie Girl); Bismarck
'88 Anfinsen, Donna; Zahl
'89 Fisher (Hoffman), Mary; Park Ridge, Ill.
'90 Isaak, David; Fargo
'91 Ellefson, George; Mandan
'91 Verbitsky (Schell), Patty; Drake
'92 Huber (Allen), Cheryl; Bismarck
'94 Routledge (Bennett), Vicki; Bismarck
'96 Christianson, Charlene; Carrington
'96 Duchsherer (Petry), Terri; Minot
'97 Hatchard, Forrest; Minot
'99 Thomas (Anderson), Cheryl; Minot
'00 Larson (Sailer), Marlene; Bismarck
'05 Lee, Stephanie; Williston
'15 Hovey (Gust), Lindsay; Minot
'18 Clough, Amy; Des Lacs
'18 Habib, William; Middletown, Ohio
'18 Sanford (Anderson), Stephanie;
Watford City

Attended

Ballard, Jalen; Minot
Byre (Mahlen), Arlene; Minot
Dunsmoor (Teets), Susan; Minot
Eberle (Jacobson), Pamela; Minot
Esades, James; Minot
Evans (Sjol), Ardis; Stanley
Groninger, Herbert "Gene"; Douglas
Herbel, Elroy; Bismarck
Holmen, Alvin; Powers Lake
Hoover, Melvin; Minot
Johnson, Wayne; Minot
Jones (Boechler), Sharon; San Francisco,
Calif.
Lund (Swennes), Ann; Plentywood, Mont.
Mahlum (Guinn), Elaine; Bismarck
Marsden (Berger), Sharon; Minot
McMahon (Carlson), Donna; Bismarck
Nelson, Elaine; Parshall
Olson, Rod; Minot
Palda, Mary Ann; Minot
Panasuk, Scot; Bainville, Mont.
Ribbach (Milner), Emilee; Roswell, N.M.
Schulz, Tom; Washburn
Thompson, Mark; Devil's Lake
Two Crow, Jason; Parshall
Wanzek (Dinga), Connie; Jamestown

Friends

Aas, Lynn; Minot
Aeikens, David; Minneapolis, Minn.
Anklam, Donald; Rolette
Atwood (Coughlin), Joyce; Tolley
Bell, Dr. Mark; Minot
Bennett (Nordstrom), Patricia; Mandan
Bloms, Jeff; Minot
Brunner, Mike; Minot
Collins (Stalwick), Eileen; Alexandria,
Minn.
Eckart (Schmidt), Joyce; Harvey
Fuchs, David; Garrison
Gudmunson, Donald; Williston
Harmon (Burner), Verna; Minot
Hauf, Donald; Max
Helstedt, Robert; Minot
Hiller (Sillerud), Joan; Rugby
James, Joe; Minot
Keller (Korte), Irene; Harvey
Kruger, Gordon; Minot
Lillehaugen (Sands), Carol; Golden
Valley, Minn.
McGinnity, Gary; Powers Lake
Nesheim, Mark; Palermo
Neshem (Derheim), Della; Minot
Neshem (Mahlen), Eunice; Minot
Newport (Sorensen), Shirley; Minot
Parfit, Ronald; Bowman
Peterson, Dennis; Minot
Rubbelke (Laske), Beth; Minot
Ryberg, Allen; Bowbells
Simonson (Solberg), Joan; Minot
Striefel, Wendlin; Minot
Synnott (Thoreson), Delores; Minot
Thomas (Chelgren), Lorraine; Minot
Thompson (Hildebrand), Marie; Minot
Thompson (Holte), Delores;
Sun Lakes, Ariz.
Tollefson, Ben; Minot
Torgrimson (Eiene), Cynthia; Minot
Ulrich, Reuben; Minot
Wolfe, Claude; Minot

Faculty and Staff

Allen (Thorpe), Marjorie; retired faculty
in English; Deering
Rogelstad, Ronald; retired staff in
career services; Minot
Stolt, Harold; retired professor emerita
in teacher education; Minot

Look who's NEW!



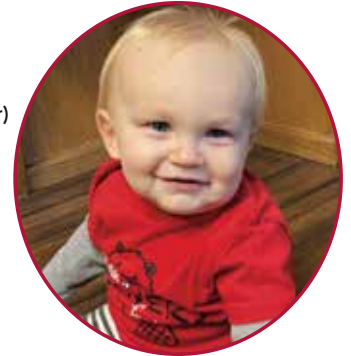
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Kate.Marshall@MinotStateU.edu.



Buxbaum

Chantz and Lindsey (Nelson) '14/'16 Buxbaum had Samuel Allen on July 7, 2021. He was welcomed by siblings Aubrey and Carter as well as by proud grandma Tami (Horob) '87 Nelson and great grandpa Doug Hogleund '60.



Dockter

Tanner and Molly (Buettner) Dockter, current MSU student, welcomed Simon Michael on Oct. 27, 2020. Proud grandma is Jana Schultz, Minot State Communication Sciences and Disorders staff.



Elgie

Elizabeth (Nelson) '17/'19 Elgie and her husband, Zac, had Jaxen April 16, 2021.



Gutierrez

Kambria Elizabeth was born June 29, 2020 to Jeremy and Kea Gutierrez of Northglenn, Colorado. She joins big sister Jaiana Marie. Proud grandparents are Gary and Lois (Jevne) '71 Hirschler.



Aga

Jessica (Fetzer) '05 Aga and her husband, Josh, had Remi Mae on Aug. 5, 2021.



Jacobson

Proud Beaver parents, James '15 and Taylor (Grihorash) '15 Jacobson welcomed Elliana Raelyn on July 31, 2021.



Knudsvig

Miles '17 and Emilee (Gregory) Knudsvig, future 2022 MSU graduate, welcomed their second little one, Callie, on June 17, 2021.



Larson

Cameron was born April 28, 2021 to **Joshua Larson '10** and **Addie Weeks '15**.



Rasmusson

Sophie Teal was born Nov. 10, 2021 to Ryan and **Samantha (Lucy) '15 Rasmusson**.

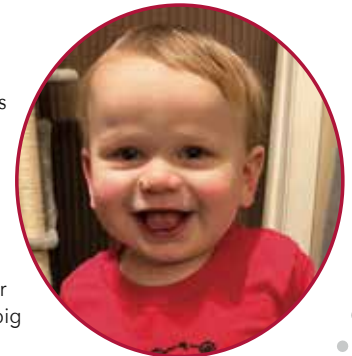
Larson

Kalvin '13 and **Keri (Nelson) '13 Larson** are proud parents to **Kayah Kristen**, born March 5, 2020, and **Kendri Deane**, born July 21, 2021. They join big brother **Krew**.



Ryan

Olley George was born Dec. 14, 2020 to **Daniel** and **Melissa (Solomonson) '10/'13 Ryan**. He joined his big sisters, **Karter** and **Lenna**, and big brother, **Dex**.



Lystad

Vanessa (Anderson) '08 Lystad and her husband, **Tim**, welcomed their second little one, **Annabelle**, on Sept. 26, 2021. She joins big sister **Violet**.



Sawicki

Hayden arrived April 21, 2020. Parents are **Mitch** and **Jordan (Marken) '20 Sawicki**.

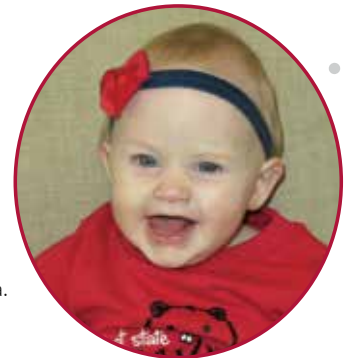
Mehlhorn

Amelia Grace entered the world on Oct. 20, 2021. She was born to **Jeff** and **Allison (Wood) '00 Mehlhorn**. The family resides in Minnesota.



Steen

Luke '06/'08 and **Rebecca (Hanson) '09 Steen** had **Elsie** on Dec. 10, 2020. She joined her brothers, **Benton** and **Tavin**, and sisters, **Leah** and **Anna**. The family resides in Bismarck.



Ness

Hayden Michael arrived Feb. 24, 2021. He was welcomed by **Maria (Ely) '11 Ness** and her husband, **Scot**.

Nichols

Lincoln James joined the **Nichols** family on Jan. 3, 2021. Proud parents are **Madison (Geer) '17 Nichols** and her husband, **Phillip**. The family resides in Florida.



Undlin

Hayes Caroline was born Dec. 8, 2020 to **Matt (attended 2004)** and **Jenny (Eng) '05 Undlin**. She joined big brothers **Cade** and **Ryder** and sisters **Alivia** and **Landri**.





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