

# Connections

WINTER 2012-13

A DREAM  
COMES TRUE

Wellness journey

Bigger and better

Not afraid to fail



Minot State  
UNIVERSITY

Alumni Association &  
Development Foundation

What strikes me about Minot State University is its commitment to service, to concentrating efforts on helping students grow and develop as citizens of our place, to contributing in countless ways to the growth and development of our community, state and the “great” Great Plains. A tall order indeed.

Service is not a hollow word for a mission statement; it is a word that demands hard work, selflessness and a positive attitude held by people who sincerely care for others, who mean it when they say it. Faculty in our early years meant it when they exclaimed our purpose was to “serve, serve, serve.” And throughout our proud history, those words have underscored countless actions that make clear not only this high purpose but many successes we’ve achieved in walking the talk to serve others.

What strikes me about our history and the story of our successes and growth



as an institution of higher learning is the way we have used this rich idea to evolve into an organization capable of serving others. We have gained a deeper understanding and an ability to know how to do it well in this pretty complex and demanding world of ours. To serve well is not simple or easy; it demands outstanding

faculty to guide and empower students, caring and knowledgeable staff to offer first-rate assistance, a campus that is up-to-date, friendly and supportive of learning, and a deep understanding of the essential roles to discover, create and excel.

What strikes me now in our place and in this time is the critical need to seek support from many whom the university has served so very well. Now more than ever, our university must be focused on advancement, on a clear and exciting vision for the future, on scholarships, faculty and staff support, on cutting-edge academic programs, on high-quality facilities and a campus atmosphere enlivened by culture, events, athletic competition and the “Red and Green” spirit.

This is our place, and this is our time to serve and support OUR university—an institution that has served all of us so well and depends now on others to help us continue to fulfill our high purpose in the future.

**DAVID FULLER, president**

*“What strikes me about our history and the story of our successes and growth as an institution of higher learning is the way we have used this rich idea to evolve into an organization capable of serving others.”*



**FEATURES**



**p. 4**

**COVER STORY:** A dream comes true ... new center provides students with a variety of wellness options

*MSU students learn firsthand good things come to those who wait.*



**p. 9**

**Wellness journey**

*Student leaders realize 20-year dream.*



**p. 10**

**Bigger and better**

*A history of changes in college fitness centers.*



**p. 11**

**Not afraid to fail**

*Former MSU student Dave Mortensen took his passion for fitness to great heights.*

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**EXCELLENCE IN EDUCATION**

12 **Wellness for all ages**  
*Eckmann researches mind-body improvements through exercise.*

14 **MSU remembered overseas**

**ATHLETICS**

16 **Overcoming odds**  
*Rafiu chooses the right side of the law.*

**DEVELOPMENT FOUNDATION**

19 **Basketball coach hits the ground running**

**ALUMNI HAPPENINGS**

**CLASS NOTES**

**IN MEMORIAM**

**BABY BEAVERS**

**COVER PHOTO:** MSU student, Max Boeckel, challenges the 35-foot climbing wall in the university's new Student Wellness Center. Another MSU student, Paul Thompson, serves as his spotter.



# A DREAM COMES TRUE

*New center provides students  
with a variety of wellness options*

**S**ince 1981, the MSU Dome has commandeered space on the north side of 11th Avenue, across from Harnett Hall and the rest of campus. Bishop Ryan High School sits to the east and a hill lies below Herb Parker Stadium on the west. But that has changed.

Like a phoenix risen from the ashes, a new building has emerged. Visitors are often surprised by the sudden addition of a three-story structure attached to the Dome's west side, almost as if it appeared overnight, out of nowhere. But to students, the MSU Student Wellness Center (SWC) couldn't get done fast enough.

Groundbreaking for the SWC was a quiet affair, with little fanfare. Construction was to be completed by spring 2012, which at the time was a year away. Not surprisingly, construction was delayed due to the Mouse River Flood. But this August, MSU students, faculty, staff, distinguished guests, alumni and curious onlookers celebrated at a ribbon-cutting ceremony announcing that the SWC was officially open for business.

"The Student Wellness Center is the result of students wanting to have their own place to work out," said Dick Jenkins, vice president for student affairs. "The Wellness Center is not only a fitness facility, but also hosts intramural activities, a meditation room and multipurpose space for other recreational endeavors. The idea was to encompass many facets of wellness, not just physical."

*The Wellness Center is not only a fitness facility, but also hosts intramural activities, a meditation room and multipurpose space for other recreational endeavors.*

## Pursuing the dream

Paul Brekke, SWC director, was hired in 2007 to oversee the fitness center, located in the basement of Swain Hall.

The facility, a hodge-podge of remodeled space, offered a smattering of cardio equipment, free weights and plate-loaded strength equipment. There was no space for recreation or group classes.

“Although there is a lot of history and nostalgia associated with Swain, it was an

they couldn’t use it at times because of overcrowding. The need for a larger wellness facility was established.

Part of the need for the new center also arose from the remodeling of Swain Hall into an academic building. The Swain remodel provided a home for the College of Education and Health Sciences in addition to expanded classroom, office and lab space for education and the sciences. Displaced from the building by the

something similar — something we could all be proud of.”

The SGA voted unanimously in favor of funding the new facility. The MSU student body agreed to raise student fees to pay \$10 million of the \$12.77 million price tag. Attached to the Dome and Swain Hall via a skywalk, the Student Wellness Center was designed to incorporate all aspects of a campus devoted to health-related majors and healthy lifestyles.

*The SWC offers strength equipment that caters to everyone, from the beginner to advanced lifter. Twenty-nine pieces of cardio equipment occupy space on all three floors and include treadmills, elliptical machines, bikes, a stepmill and upper-body ergometer.*

## Living the (quasi) dream

Swain Hall’s renovation began in summer 2008, requiring the student fitness center to relocate temporarily to the third floor of the Dome. It provided a transitory home that proved less than ideal for almost four years.

“The doorways in Swain weren’t made to accommodate the equipment we had. The equipment originally arrived in pieces and had to be moved to the Dome the same way,” Brekke said. “Everything had to be taken apart and carted up the steps or a makeshift ramp. Most of it was done by two student workers and me over the summer. The football team helped with some of it, too. When they came in

old building that needed TLC,” he said. “The plumbing and electrical needed upgrading. Many people remember the smell: some people hated it, some think ‘memories.’”

Over time, Brekke collected data to determine student usage and the potential need for a larger, more comprehensive fitness facility. He discovered not only were the students using the space, but also that

remodeling were the student fitness center, football offices and football locker rooms.

“When Swain Hall was officially going to be converted into an academic building, the Student Government Association knew that we (the students) needed a wellness center,” said Wade Regier, 2007-08 SGA president. “After seeing projects at the University of North Dakota and North Dakota State University, we wanted

*Paul Brekke, MSU Student Wellness Center director, flanked by the climbing wall and views of the city.*



to lift, Coach (Paul) Rudolph would have everyone grab a piece of equipment and take it to the Dome.”

That was not the end of moving for Brekke or his equipment. When MSU hosted state basketball tournaments, everything had to be packed up and loaded into the back of a tractor-trailer for storage. The student fitness center was then shut down for 10 to 12 days. This happened three times in four years.

Brekke didn't complain too much. He just kept his eye on the prize ... all 57,000 square feet of it.

### Living the (real) dream

As construction on the building progressed, Brekke visited other student wellness centers in and outside North Dakota to gather information and inspiration. He also attended a National Intramural Recreation Sport Association conference, where he found a wealth of expertise and assistance in intramural sports, fitness facilities and sport clubs. Brekke's previous 20 years in the health club industry also served MSU well, as he researched and purchased cutting-edge strength and cardio equipment.

Currently, the SWC offers strength equipment that caters to everyone, from the beginner to advanced lifter. Twenty-



nine pieces of cardio equipment occupy space on the three floors. They include treadmills, elliptical machines, bikes, a step-mill and an upper-body ergometer. Some of the cardio equipment faces windows overlooking Herb Parker field, allowing “front row seats” to sporting activities.

A unique piece of equipment is the 35-foot rock wall that sits in the southwest corner on a padded felt floor. The 147,500-pound wall took six people eight weeks to construct. The climbing wall, which is surrounded by windows, consists of the three-story tower, a bouldering

wall and archway between the two. Two types of rock, SHOTRock and high performance, offer 2,600 square feet of climbing surface and exchangeable paths on one side. Students are required to take belaying classes and a skills test before they are allowed to climb.

The center has two gyms, one with a regular wood floor, the other with a multipurpose floor to allow for activities such as rollerblading and floor hockey. Both gyms are open and viewable from the second- and third-floor workout areas. The group exercise room is 1,500 square



Minot Area Chamber of Commerce Ambassadors join proud students, Gov. Jack Dalrymple and SGA President Lindsey Nelson in the official ribbon-cutting ceremony in August. Behind Nelson are Sen. John Hoeven (left) and MSU President David Fuller (right). © EAPC Architects and Engineers 2012  
Photography by: Mark Schlanser

## MSU Student Wellness Center FAST FACTS:

Total cost .....\$12.77 million  
Hours ..... Mon.–Fri.: 6 A.M.–10 P.M.  
Sat.: 10 A.M.–6 P.M., Sun.: 2–10 P.M.

Number of staff ..... 3 full-time  
professional staff

Number of student workers ..... 30

Sq. ft. .... 57,000

Sq. ft. of vision windows ..... 5,600

Ceiling tiles ..... 4,286

Floor tiles ..... 1,228

Number of light bulbs ..... 1,154

Lockers ..... 440

Number of showers ..... Men's: 8  
Women's: 8

Total pieces of cardio equipment ..... 29

9 treadmills      11 ellipticals

7 bikes            1 stepmill

1 upper body ergometer

### Exercise equipment vendors:

Matrix            Life Fitness

Technogym      True

Sci-Fit           Octane

Stairmaster     Free Motion

Cybox            Magnum

Power Lift       Hammer Strength

Televisions ..... 12

Group exercise studio (1,500 square feet),  
offering classes in:

Zumba           Spinning

Yoga             Body Attack

PiYo              Turbokick

### ROCK WALL

Climbing wall consisting of a 35-foot tower,  
bouldering wall, and archway from the  
bouldering wall to the tower.

Total weight ..... 147,500 pounds

5,200 t-nuts on the wall in total

Types of rock: SHOTRock and high  
performance.

2,600 total square feet of climbing surface

1,600 square feet of SHOTRock sculpted  
to mimic Dakota sandstone.

1,000 square feet of High Performance  
(gym quality) climbing wall.

Construction: 6 men worked 8 weeks.

The crew lived in the residence halls, and  
the public could follow the construction  
via webcam. The 35-foot freestanding  
tower is top heavy ... 2/3 of the weight is  
near the top of the wall.

Outdoor hand-sculpted boulder (not  
presently unveiled): 35,000 pounds and  
craned into place.

feet with mirror-lined walls. It is large  
enough to accommodate Zumba, cycling,  
yoga, or strength classes.

Spacious and accommodating men's  
and women's locker rooms are available  
for daily use.

Although the list is extraordinary, what  
impresses people most when they first  
enter the SWC is the windows. Cleverly  
designed to provide ample amounts  
of natural daylight, the facility boasts  
5,600 square feet of "vision windows."  
Treadmill-users on the third floor get a  
million-dollar view of the city.

Brekke has great visions for the SWC's  
future. He would like it to evolve with  
intramural and programming activities.  
He envisions incorporating athletic

training education students and interested  
faculty in research, and offering intern-  
ships for the corporate fitness majors.  
Someday, he would like to see nutrition  
and weight-management classes offered  
in the conference room. He has begun  
working with residence hall managers to  
investigate ways to attract nontraditional  
exercisers to the center. Presently, there  
are about 800 students who use the  
SWC, which is served by Brekke, two  
full-time staffers, two custodians and  
30 student workers.

"As soon as you walk in the door,  
you see activity, you hear activity and  
you feel it," Brekke said. The Student  
Wellness Center is a welcoming environ-  
ment to work out in and work in."

## Wellness Center exceeds expectations

Mike Keyes, a junior majoring in athletic training education and pre-medicine, is a  
dedicated weightlifter, judging by his physique. Originally from Michigan, Keyes came  
to Minot with the military and decided to pursue his degree at MSU after completing  
his commitment to the Air Force. Previously, he worked out at the Dome.

"The Dome had all the necessary stuff I needed, but it wasn't optimal for what  
everyone needed. It served its purpose, and it was free," Keyes said. "I've been to  
military installations all over the world, and the Wellness Center is one of the top three.  
The windows are probably my favorite feature here. The design is awesome."

Keyes figures he uses the facility three to four times a week.

Brie Engel, a senior in elementary education and former MSU volleyball player,  
is both a student worker and client at the SWC. The Regina, Saskatchewan, native  
exercises three to four times a week as well.

"The Dome was OK, but I felt like it was very cramped," she said. "Being a female  
in the small space and being cramped in with a bunch of males was a little overwhelming.  
They would take the big machines, and we would be moved to the little weights. Having  
this facility is awesome."

Engel also appreciates the open-gym feature.

"At Swain, gym time was scheduled," she said. "At the Student Wellness Center,  
I can come in, shoot baskets for 10 minutes and then work out. I love that. Everybody  
is just so happy to be here."





## WELLNESS JOURNEY ... *Student leaders realize 20-year dream*

*A \$13 million wellness center doesn't just appear on campus one day. A project of this sweeping magnitude has a history.*

In the case of the MSU Student Wellness Center, that history traces back over two decades.

Its genesis occurred in 1991 when former Athletic Director Wes Luther discovered a budget surplus of \$18,000. He authorized David Rochholz, a physical education professor, to use the surplus funds to buy new exercise equipment, expand the existing fitness center and upgrade a cramped weight room on the lower level of Swain Hall's east side.

Physical education classes, athletic squads and everyday students revolved through the facility each day. When no instructors or coaches were present, students supervised themselves. No major injuries were ever reported, but the inventory often suffered from benign neglect.

"We had theft problems, particularly the dumbbells," Rochholz said. "They would walk out the door."

MSU later introduced a card-swipe system to ensure security and to track student usage. Rochholz became the de facto director of the center, although it wasn't part of his official duties.

"I did it because I had a passion for it," he said. "I knew it would better serve our physical education department, the general student population and athletics."

As American students became more fitness conscious, universities replaced drab exercise rooms with spacious, well-equipped fitness centers. Rochholz pressed student leaders to lobby for a similar amenity at MSU.

In 2000, student leaders Ben Slind, Jason Miller, Michelle Boyeff and Cam

Prout took a signature step by forming a Building Renovation Committee.

The group immediately secured a \$5 fee increase to upgrade the Swain Hall fitness center, and \$31,000 worth of new equipment was soon added.

"As the place got nicer, with better equipment and more space, usage went up," Rochholz said.

In 2002, the Minot State Physical Education Club improved the Swain Hall facility with splashy murals and large mirrors to draw inveterate fitness buffs.

Two years later, \$19,000 from fee revenue created a separate weight room for athletic teams on Swain Hall's west side. In 2005, an additional \$60,000 purchased equipment for both facilities.

The same year, the student government increased fees by \$25 to hire a fitness center director. Rochholz created and chaired a search committee that hired Paul Brekke in 2007.

*"If the students didn't want it, none of this would have happened," Rochholz said. "I feel good that I was a part of that."*

"After Paul came in, I stepped back from direct involvement in the fitness/wellness center," he said. "I saw that as Paul's job."

When university officials decided to transform Swain Hall into an academic building and evict the exercise center, student leaders realized that their dream of a

separate fitness facility was within reach. Funding proved to be the first challenge.

"Our original plan was to raise \$5 million through gifts and have students pay \$5 million through fees," said Dick Jenkins, vice president for student affairs. "Finding a donor is not an easy thing to do. We had to take the entire bill to the students. They taxed themselves to make this building possible."

Leaders convinced the student body to adopt a pay-it-forward mentality. Current students would build the fitness facility for the benefit of future generations of students.

While Swain Hall was being remodeled in 2010, the fitness center was transferred to the third floor of the Dome.

After much discussion about location, architects decided that the new fitness/wellness center would be built west of the Dome. It would connect directly to the Dome and to Swain Hall via a skywalk.

Construction began in May 2011 and finished in August of this year. The facility is fittingly called the MSU Student Wellness Center.

"It was a student-driven project. That's the key

theme," Jenkins said.

Rochholz, an original cast member in the historical drama, echoes that sentiment.

"If the students didn't want it, none of this would have happened," he said. "I feel honored that the students asked me to provide leadership and to be an important part of the whole process."

# Bigger and Better

*a history of changes in college fitness centers*

College fitness centers have experienced a metamorphosis over recent decades, reflecting subtle changes in the larger American culture. The facilities have evolved from windowless dungeons with a few free weights to gleaming temples catering to the buff and the beautiful.

Back in the 1960s and '70s, Baby Boomers and Generation Xers displayed an anti-physical-education bias, perceiving fitness as a recruitment ploy of an imperialistic American military. Their attention focused on the Vietnam War, civil rights, women's rights and the environmental movement. They fought for institutional and systematic change, with little interest in personal advancement.

The Millennial generation arrived on campus in the 80s with a noticeably different attitude. Idealism and reform-mindedness were replaced

filtering back to campus gyms. They were joined by female students who rejected the era's *de rigueur* thinness to pursue a more robust attractiveness. With the influx of these student bodies, university officials smelled a huge opportunity.

Schools began pouring millions of dollars into facilities that rivaled expensive health clubs. Architects designed sleek edifices that embodied high-concept themes such as energy, flexibility and a three-dimensional interplay of space.

The buildings featured natural light, trendy colors, exotic plants and tony artwork. When MIT in Cambridge, Mass., opened a new fitness center, it commissioned an artist to paint a mural overlooking a swimming pool.

Over time, the new centers became absurdly spacious and wildly extravagant.

Washington State University in Pullman, Wash., opened a



recreation center in 2005. The three-story structure occupied half a city block. At 280,000 square feet, it was the largest fitness center ever built on an urban campus.

Soon, the inevitable arms race developed. Baylor University in Waco, Texas, long boasted the tallest freestanding climbing wall in the state of Texas at 52 feet. When cross-state rival Texas Tech in Lubbock opened a new \$12 million fitness facility, its climbing wall topped off at a predictable 53 feet.

Critics of higher education became acutely uneasy with these developments. They argued that universities were wasting money on glorified gyms that could be better spent on academic programs, classroom technology and library journals. Even the NCAA warned that the spare-no-expense facilities were out of control.

Whether spartan or luxurious, the fitness centers did address a critical need. The per-

cent of overweight and obese college students increased from 27.4 percent in fall 2006 to 29.2 percent in fall 2011, according to the American College Health Association.

Students explain this trend by pointing to hectic on- and off-campus schedules that leave little time for exercise. With that in mind, schools began taking fitness to students. Catholic University in Washington, built its new fitness center right in the middle of student housing. And Howard University in Washington, and Johns Hopkins University in Baltimore, installed exercise equipment inside residence halls.

Having escaped the remote corners of campuses, fitness centers have now become centerpieces. Students proudly run, lift, spin and climb in buildings featuring floor-to-ceiling windows and mirrored walls. The centers cater to every workout-warrior's primal need — to see and be seen.

*... fitness centers have now become centerpieces. Students proudly run, lift, spin and climb in buildings featuring floor-to-ceiling windows and mirrored walls.*

by an overweening sense of entitlement that bordered on narcissism. Students ignored political and social issues to focus on individual success.

In pursuit of physical development, males began

\$39 million, 160,000-square-foot student center in late 1990s. Its 17,000-square-foot weight-training area became the largest in the nation.

Boston University built a \$90,000 million fitness and

# ■ dave mortensen

## Not afraid to fail

“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort.”

Jesse Owens said that, but Dave Mortensen lives it. In Mortensen’s case, his drive and resolute focus took him from standout athlete to the top of his profession.

Mortensen came to Minot his senior year of high school to live with his brother, who was stationed at Minot Air Force Base.

Ken Vetter, Minot High School head wrestling coach (1980–94) recalls, “Mortenson walked up



“Athletes and entrepreneurs aren’t afraid to fail. In fact, they learn from their mistakes. It’s all about the journey.”

to me, introduced himself and said, ‘I’m going to wrestle for you this year.’”

“He weighed 135 pounds, but physically he was the toughest kid I ever had.

“He only lost two matches that year. One was a tie against a kid from Dickinson; it wasn’t his best match. Dave was upset because he expected more of himself. He was disappointed that he hadn’t done his best. I wish I could have had him on the team for more than one year.”

That year, 1985, Mortensen won the North Dakota State Class A high school wrestling championship. It was only the beginning of what he set

his mind to accomplish. He attended Minot State University in 1989 on a wrestling

scholarship and majored in physical education. After MSU’s wrestling program

folded, Mortensen returned to his home state of Minnesota and worked at a local health club, where he met his eventual business partner, Chuck Runyon.

“I was one of those rarities who knew from a young age that I always wanted to be in the fitness industry,” Mortensen said in a telephone interview. “I had an incredible experience at Minot State. Dave Rochholz (teacher education and human performance professor) inspired me to help others change their lives.”

Mortensen and Runyon spent the next several years providing consulting services to fitness clubs throughout the country. In 1995, they purchased their first club, Southview Athletic Club. In 2002, they founded Anytime Fitness, a “small, neighborhood-style gym concept” aimed at providing its members with a convenient, affordable, non intimidating gym experience.

Ten years later, Anytime Fitness is the fastest-growing fitness club franchise in the world, with nearly 1.5 million members and 2,000 clubs worldwide. In 2012, Anytime Fitness was recognized as the No. 1 company to work for by Minnesota Business Magazine.

This is an honor, but not a surprise to Mortensen, who sees many parallels between successful athletes and entrepreneurs.

“Sports brings it all together for an entrepreneurial mind,” he said. “Athletes and entrepreneurs aren’t afraid to fail. In fact, they learn from their mistakes. It’s all about the journey.”

Reflecting on his personal journey, Mortensen has fond memories of his brief time in Minot.

“MSU and Minot affected me as an individual,” he said. “Ten percent of my life was spent in Minot, but those four years vaulted me into who I am today.”

Dave Mortensen, president, (left) and Dave Runyon, CEO, Anytime Fitness

# WELLNESS FOR THE AGES

*Eckmann researches mind-body improvements through exercise.*

As young bodies scramble up the climbing wall in the plush new Student Wellness Center, an MSU researcher across the skywalk is quietly studying the effects of exercise on a different segment of the population.

**TERRY ECKMANN,**  
a professor of physical education,  
has joined a phalanx of researchers  
investigating the multiple benefits  
of exercise for older adults.

“People are studying the effects of exercise not only on physical fitness but also on cognitive fitness,” she said.

As the Baby Boom generation enters retirement, decades of life stretch out before it. Members want those years to be healthy and productive, but the prospect of dementia or Alzheimer’s disease clouds the horizon.

About 35.6 million people live with dementia worldwide. In the United States,

one in eight people over 65 has Alzheimer’s disease. Half of those over 85 suffer from it. Women appear more susceptible to it than men.

While age and genetics are major factors in Alzheimer’s, research suggests that exercise along with a positive lifestyle can improve both physical and mental health.



*Terry Eckmann (left) and Vicki Michels (right) collaborate on research.*



Eckmann and Vicki Michels of MSU’s Addiction Studies, Psychology and Social Work Department are currently studying the effects of different exercise regimens on Minot residents over 70 years of age. One experimental group does Zumba Gold (a Colombian dance/fitness program), while another practices yoga. MSU students conduct the exercise sessions three times a week. After three months, the researchers will see which activity triggered more physical and cognitive changes.



*Terry Eckmann leads a group of super-seniors in a Zumba class.*

Eckmann has studied middle-age subjects in the past, but this is her first experience with super-seniors. Her research is based on the premise that the human body can grow and regenerate, even during the so-called twilight years.

“They found that you can improve muscle mass to the age of 100 or more. You can even develop brain volume,” she said.

Aerobic exercise sends proteins to the brain that grow nerve cells and stimulate neural connections. Exercise engages more parts of the brain than any other activity, Eckmann explained.

Graduate students in the physical education department are also active in mind/body research. Several are studying the link between exercise and academic achievement among college students.

“We’re seeing more research on exercise and the brain throughout the lifespan,” Eckmann said.

The Halliday native can never be accused of being a reclusive academic. She shares her insights on exercise and wellness with a wide audience. She is currently writing a general-interest book on brain health. She has also dispensed fitness and wellness tips on KXMC-TV’s

popular “Eye on Fitness” segment for 13 years. And she has written columns for “Senior Scene,” a regular supplement to the Minot Daily News, for a decade.

Since her arrival in 1999, Eckmann has seen MSU’s Physical Education Department flourish. A revamped Swain

*While age and genetics are major factors in Alzheimer’s, studies suggest that physical exercise and positive lifestyle choices improve both physical and mental health.*

Hall, ultramodern wellness center, new academic programs and exciting research opportunities have contributed to the ferment.

“I’m amazed at the quality of the kids who come through our program every year,” she said. “We have graduates doing some amazing things. It’s exciting to watch them contribute to the fitness industry and the field of physical education.”

The veteran professor feels she has achieved the always-elusive balance among teaching, research, community service and family.

“It’s so fun to come to work and do something that you love,” she said.

Eckmann and her husband, Bock, have two children. Cole is 17, and Katie is 15.

# MSU remembered overseas



*MSU student Micheal Badilla displays pride in his country and in his school.*

College students show pride in their schools in a variety of ways but none more uniquely than MSU's Michael Badilla.

**T**O HONOR the MSU Criminal Justice Department, U.S. Air Force Senior Paralegal, Michael Badilla had a small American flag flown on a combat, search-and-rescue mission out of Kandahar Airfield, Afghanistan, in March of this year.

“I was taking a part of Minot State with me to Afghanistan,” he said.

The flag flew on an HH-60 Pave Hawk helicopter, which performs medevac missions in the war zone. The flights support Operation Enduring Freedom. The 29-year-old Badilla worked in the law office of the 451st Air Expeditionary Wing at the time.

The Renton, Wash., native joined the U.S. Air Force in 2001, just before the Sept. 11 terrorist attacks. Working with military aircraft was a tradition in his family. His grandfather was an F-100 pilot during the Korean War, and his stepfather was a crew chief on Chinook helicopters in the Gulf War era.

Badilla began his career at Whiteman AFB in Missouri. He served as a crew chief on B-2 (Stealth) bombers for four years.

“You do the maintenance on the aircraft,” he said of the job. “You’re in a sense the owner of the aircraft. You lend it out to all the specialists. You give it over to the pilot whenever it’s time to have it flown.”

Badilla earned a bachelor’s degree in criminal justice from Park University in Missouri. Due to Air Force manning needs, he left aircraft maintenance and became a paralegal in 2005.

The Air Force deployed him to Iraq in 2007 and to Afghanistan in 2011. In the latter war zone, the legal office consisted of one attorney and one paralegal. It served the needs of active duty, National Guard and reserve forces along with eligible civilians in the country.

“It was quite a substantial caseload,” he said. “The main thing was making sure the folks outside the wire were taken care of.”

Badilla quickly learned that modern warfare straddles borders and time zones. For example, the legal team had to be conversant with U.S., NATO and Afghan law. And when questions arose, they had to telephone legal headquarters at Shaw AFB in South Carolina.

“If something happened in the morning, you’d have to wait until the afternoon or early evening (to call),” he said. “Trying to solve the issue yourself was more beneficial.”

When legal complexities became too maddening, he’d escape the office for a place of remembered serenity.

“One of the things that I loved in Kandahar was being able to go around the flight line and talk to the folks doing the job,” he said. “If I was able to turn a wrench, I’d absolutely do that.”

Badilla also worked base security with NATO forces on occasion. The immediate gratification of police work offered a welcome contrast to the protracted pace of the law.

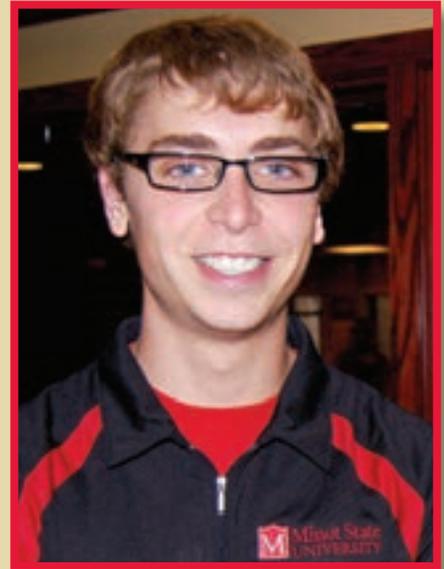
And as if his 12-hour workdays weren’t enough, he took a graduate course in white-collar crime while in the Afghan theater.

“I’d carry my text around with me wherever I went,” he said. “I was able to read it off time.”

Badilla returned to Minot Air Force Base in June of this year. He is currently completing a master’s degree in criminal justice at Minot State.

“I’ve had nothing but good interactions with the CJ Department, Graduate School and the university as a whole,” he said.

Badilla and his wife, Lisa, have two children. Sophie is 5, and Emmanuel is 2.



**M**AXWELL BUCHHOLZ, a senior majoring in nursing and Spanish, is the 2012-13 recipient of the \$4,000 Peggy Wittliff Memorial Scholarship. Wittliff, a Minot State University alumna, taught journalism at Minot High School for many years.

“Instead of going home after class, I engaged in campus life,” Buchholz noted in his application. “Through my president’s office in Student Government Association and Mu Sigma Tau Fraternity, I worked to enrich campus life and academics for all MSU students. As an alumnus, I will continue this. I will also do my best to translate to others why MSU has been so important and formative in my personal and intellectual growth. Mostly, I will support MSU to ensure its continued ability to drastically improve the course of its students’ lives.”

Only students with junior, senior or graduate status are eligible to apply for this award, with preference given to children or grandchildren of alumni. A student’s involvement in MSU and the community, a written essay and grade point average are also taken into consideration.

# Overcoming odds

*Rafiu chooses the right side of the law*

**T**here was a time when Habeeb Rafiu felt like he was “fading away.”

Growing up just outside of Washington, in Glenarden, Md., Rafiu was running with the wrong crowd, school wasn't important anymore, and things were on a downhill spiral.

But two key factors kept him from that path.

“My freshman year in high school, I dropped out and

got mixed up with the wrong people,” Rafiu said. “Guys I knew were dying over stuff. But the look on their moms’ faces ... I just didn't want that for my mom. She was always there for us. I was always involved in sports, got back into school and played my senior year of football. I got a couple offers but didn't know what I wanted to do.”

Wakena Rafiu, Habeeb Rafiu's mother, and athletics

helped him escape his younger existence and, through a series of moves and life changes, reach Minot State and a degree in criminal justice. Now Habeeb Rafiu is on a different side of the law.

“That is a big thing for me, to make a difference for the young kids,” he said. “I talk about what I have seen throughout my younger years. I have seen good and bad law enforcement. I want to help kids change — get to them before they make those bad decisions. I know I can't help everybody, but I believe helping kids is my calling.”

Habeeb Rafiu's path to Minot State is almost as bumpy as his childhood. He and his twin brother, Hazeez, packed their bags and headed to California on football scholarships, joining West Hills Community College after high school. While neither had been away from the East Coast, Habeeb Rafiu understood how important it was to take a chance.

“At first, my brother was a little hesitant,” he said. “I told him, ‘If we stay here, it's nothing but trouble. We get to do something most don't get a chance to do.’ It was a good experience for both of us.”

The 6-foot-7, 320-pound offensive lineman had a solid start to his career, drawing interest from NCAA Divi-

sion I schools Missouri and Oregon State. But he tore his meniscus, and it affected his sophomore year. While he played the entire year, the offers weren't coming in.

“I didn't want to sit out, so I played that year with the injury. I didn't want to let my teammates down,” Habeeb Rafiu said. “I had talked with the coaches at Missouri and Oregon State, so I kind of ignored everyone else. It didn't work out, but my brother got an offer from (University of) Mary, and we decided to go there together.”

His experience with U-Mary wasn't ideal, as Habeeb Rafiu learned on the second day of school that his father had died. He went home for four weeks and dropped some classes. He was officially dismissed from the team and wasn't sure what he was going to do next.

“I figured I would go back to California,” he said. “I went to junior college with a couple of buddies of Johnny (former MSU standout Johnny Lester), and they told me to check out Minot State. I came up to watch practice and told Rudy (MSU head coach Paul Rudolph) my situation. The players made it seem like I was already on the team. It was a great situation for me.”

He again convinced Hazeez Rafiu to play football with him,



*Habeeb Rafiu in full MSU Beaver tackle mode.*



*Habeeb Rafiu '12, is one of the first graduates in the Peace Officer Standard Training Program at MSU.*

and both transferred to Minot State. But, for the first time, the duo wouldn't be on the field together, as Habeeb Rafiu had surgery to repair his knee.

"Yeah, there have been a lot of firsts for us here," he said. "My second year, we weren't roommates because I was a resident hall assistant, so that was a first as well. It was weird, but it benefited both of us. I could watch with a different perspective from the sidelines, and we gave each other tips."

The following year, Habeeb Rafiu excelled for Minot State, earning the starting job at tackle. He flourished off the field as well, changing from mechanical engineering to criminal justice. The help he received from Minot State's

academic staff gave him the basis for the rest of his career.

"I talked to my advisers, and they steered me toward CJ," he said. "It was tough, but everyone is willing to help you. Minot State gave me great resources. You understand the basics of law."

*"I want to help kids change — get to them before they make those bad decisions. I know I can't help everybody, but I believe helping kids is my calling."*

He then enrolled in the Peace Officer Standard Training Program, becoming the first graduate from Minot State in the collaborative program. He has also returned to school to study Spanish.

Now, Habeeb Rafiu looks to a future in law enforcement.

"We had some great instructors at the training program, and it offered me some great post-school instruction," he said. "I just took the law enforcement exam and that starts the interview process."

Right now, I am working with the Ward County Sheriff's Office, and I hope to get into the U.S. Marshals (Service). I want to move up as high as possible — DEA, CIA, U.S. Marshals, SWAT."

And, through it all, while 2,000 miles away, Habeeb Rafiu's mother continues to be a driving force in his everyday life.

"I can see the smile on her face when we would do good things all the time," he said. "She had a tough-love (when we were) growing up, but she has always been there for us. She still asks how my grades are and if I am staying on top of things. You don't like to admit when mom is right, but then when you go through all of this and look back, she pretty much was right."

"When I feel like there is no point to going on, she keeps me driving at it. It feels good to have that, a reason for it all."

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# Basketball coach hits the ground running

**W**hen Minot State University named Matt Murken men's basketball coach in July, everyone involved with the program knew he had a short time to get things going.

Murken hit the ground running and began to put his stamp on the men's basketball program.

"We are really excited about the staff we put together in such a short time. And we knew we had some needs that we had to address late in the game as far as recruiting goes," Murken said. "But we feel there is a lot of excitement from the staff, the players and the school to make the jump to the NSIC (Northern Sun Intercollegiate Conference) and Division II."

Within a month of his hiring, Murken had assembled his coaching staff, adding assistant coach Jack Nelson and graduate assistants Byron Jones and Bobby Howard.

"We have guys who come from different backgrounds, but they are all young and excited to work. And they all have worked hard for us," Murken said. "They all dove in and are ready to go. It was such a short time, especially in the late summer, to put this together, but I am proud of how they have been working."

Murken set out to find players. While he and his staff were looking for immediate help, much of the conference and Division II was working on 2013-14 recruits. The program is behind, according to Murken, but catching up as fast as possible.

"The first thing we needed to do was to get to know our guys and evaluate what we had returning. After being with them for a month or so, we could move forward and recruit guys that complement the players we have now," he said. "The tough thing is, recruiting is difficult enough when you have a full year, and we had about

a month. But we feel we brought in two guards who will upgrade our talent level.

"It was a tough situation and a quick turnaround to get that done, and we are still probably a little behind when it comes to next year."

While Murken and the staff were busy working on recruiting, playing games was quickly approaching. That, however, offered some relief for Murken, who said one of the biggest reasons he applied for the Minot State job was for the challenge the NSIC would offer each night.

"One of the things that attracted me was a chance to coach in one of the premier conferences in the country," he said. "We have had teams in the Final Four and won national championships in the past 10 years. It was an opportunity to coach at a high level, compete night in and night out."

With all of the excitement surrounding the Beavers' move to the Northern Sun and NCAA Division II, Murken believes one of the keys is to stay grounded.

"We need to remember it is still just basketball, and it comes down to what you can control," he said. "What can I do better and how can I help my teammates? We have a lot to accomplish today, and when tomorrow comes along we will have things to accomplish then. For us, let's take each step, gain some experience and then move on. It's going to be a learning process."

Minot State began the Murken era with an exhibition game against Another Level Blue Angels and officially started the regular season with games at Metro State (Colo.) and Colorado School of Mines.

*"One of the things that attracted me was the chance to coach in one of the premier conferences in the country."*



# 2012 LUAU at the ND State Fair



Chuck Barney, Chuck and Deb (David) '73/'89 Schultz enjoyed the Luau.



Shara Speake, Erin and Ryan '00 Hertz, Lindsey Anderson, Scott Sidener and Mike Anderson '04 gathered to enjoy the festive event.



Dick and Gloria '72 Lokken and Bob '63 and Connie Knudson reminisced about college days.

## Homecoming 2012—Reunions

### TRI SIGMA REUNION

The Sigma, Sigma, Sigma Sorority had a great turnout for their reunion at this year's Homecoming. Attendees came from North Dakota, Montana, Arizona, Colorado, Iowa, New Mexico, Wisconsin and Canada.



### '91-'94 BEAVER FOOTBALL TEAMS REUNION



*Kneeling L-R:* Keith Johnson '96, Mike Picard '94, Jason Two Crow, Derek Gackle '94, Jason Obenauer, Russ Reder '96, Cameron Deschamp, Kelly Auck '93, Coach Dean Bachmeier. *Standing L-R:* Brent Danks '02, TJ Kinchen, Mike Upton, Jerry Obenauer '95, Chad McNally '93, Rob Auchs, Chad Petschke '95, Steve Alford '96, Sheldon Warawa, Tristan Schieg, Lance Makeeff '94, Brad Franklin '93, Trevor Bakken '97, Ryck Hale, and former AD Fran Hummel.

## 2012 Homecoming Court



*Pictured left to right:* Jasmine Massingill, Jennifer Lock, Amber Smith, Corbin Zerr, Kelsey Ramos, Amy Olson, Piper Jones, Laura Bakke, Jana Britz, Corrine Gautron, Queen April Nakatani, King Max Buchholz, Jay Borseth, Jeremy Holman, Aaron Larson, Derek Hackett, Will Feldman, Jordan Kluck, Justin Goetz, Benjamin Berg.

## Homecoming Tailgating

Alumni and friends enjoyed burgers, ribs, brats and homemade treats prior to kickoff.



*Great fall weather brought Beaver fans Rob Buchholz '87 and Tricia Buchholz, Annette (Grant) '07 and Joe Mennem, Nancy Fuller, and Joan and Ted Brinkman '75, together for pre-game happenings.*



*Sheldon Warawa, Jason Obenauer and son, Scott Diebert '98, Trevor Bakken '97, and Russ Reder '96 returned for the football reunion.*



*Steady supporters Bob Sando, Deanna (Laber) Klein '90, and Roger Mergenthal recall memories with former Athletic Director Fran Hummel.*

# MSU recognizes outstanding

## Alumni Association Golden Awards

*The highest award bestowed by the MSU Alumni Association, the Golden Award selections are based on outstanding service to the university or Alumni Association and for distinguished leadership in the recipient's career or community.*

**RAY GIACOLETTI** assistant men's basketball coach at Gonzaga University, Spokane, Wash., graduated from Minot State University in 1985 with a Bachelor's degree in physical education. He was a four-year letterman in men's basketball, starting three seasons and serving as team captain twice. He was a student assistant coach at MSU in 1984-85, a graduate assistant at Western Illinois University, Macomb, in 1985-86 and an assistant at Oral Roberts University, Tulsa, Okla., in 1986-87.



Giacoletti left college coaching from 1988 to 1989 to join the World Basketball League as an assistant coach and director of player personnel for the Fresno Flames.

The Peoria, Ill., native served as assistant coach at Illinois State University, Normal, in 1990-93 and the University of Washington, Seattle, in 1994-97.

Giacoletti's first head coaching job was from 1998 to 2000 at North Dakota State University, where he went 48-33. In 2000, he was named head coach of Eastern Washington University, Cheney. He guided the Eagles to the best four years in program history, an inaugural NCAA Tournament appearance in 2004 and Big Sky Conference regular-season and tournament titles. Named the 2004 Big Sky Conference Coach of the Year, Giacoletti directed EWU to a 17-13 overall record and an 11-3 mark in conference play. The Eagles won 14 of their last 18 games on their way to winning the Big Sky Tournament but lost in the first round of the NCAA Tournament.

Giacoletti moved from EWU to the University of Utah, Salt Lake City, for three years. He had the best record among NCAA Division I first-year head coaches. Utah claimed the Mountain West Conference regular-season championship and advanced to the NCAA Tournament. As a result, he was named the 2005 Mountain West Coach of the Year.

In 2007, Giacoletti became an assistant coach at Gonzaga. He has helped continue the school's streak of 14 straight NCAA Tournament appearances, its streak of 15 straight appearances in the West Coast Conference Tournament championship game and its dominance of the WCC regular season, as Gonzaga has won 11 of the last 12 titles.

Giacoletti and his wife, Kim, have been married since 1994.

**PAUL SODERBERG** retired rear admiral, U.S. Navy, graduated from Minot State University in 1965 with a Bachelor of Science in mathematics and physical education. He made the all-conference team in basketball and football, served as Student Association president and was selected to "Who's Who in American Colleges & Universities" his senior year. He was inducted into the MSU Athletic Hall of Fame in 1992.



Following graduation, he taught high school math and coached in Stanley. In 1967, Soderberg accepted an assistantship at the University of North Dakota, where he attained a master's degree. He joined the U.S. Navy and attended Aviation Officer Candidate School at Pensacola, Fla. In July 1969, he received a commission as an ensign and married Jacqueline Lewis.

Early in his career, Soderberg became a Navy Supply Corps officer and obtained a master's degree from the Naval Post Graduate School in Monterey, Calif. As a commander, he graduated from the one-year course at the Industrial College of the Armed Forces in Washington. After promotion to rear admiral, he attended the Flag Officer Capstone course and graduated from the Duke University Fuqua School of Business Executive Management program. During his 33-year Navy career, Soderberg served on three Navy ships and visited ports throughout the Pacific, Mediterranean, Caribbean and North Seas as well as the Persian Gulf.

Soderberg's most notable shore assignments included executive assistant to the commander, Naval Supply Systems Command; comptroller of a \$5 billion naval aviation support activity; force supply officer for the Commander Naval Air Force Atlantic; commander of the Fleet Logistics Center, Norfolk, Va.; and commander of the Navy Exchange Command, where he became a two-star admiral. His final assignment was as director of supply and logistics for the Fleet Forces Command, which included responsibility for logistics readiness for Atlantic Fleet ships and aircraft, food service operations, payroll, computer shipboard systems, ship stores, ordnance and fuel. Soderberg retired in 2002. Throughout his career, he supported the Navy Supply Corps Association, Navy/Marine Corps Relief, United Way and many Navy activities promoting civic support to the underprivileged.

Paul and Jacqy moved to Skidaway Island, south of Savannah, Ga. He is an independent consultant, with a primary focus on marketing, business development and strategic planning.

# achievements

## Young Alumni Achievement Award

*The Young Alumni Achievement Award recipient is between the ages of 21 and 39.*

**KRISTI BERG** assistant professor of business information technology, exemplifies the adage, “There’s no place like home.”

A Minot native, she graduated from Minot High in 1991 and Minot State University in 1995 with a Bachelor of science in business education. She then taught at Meyer Vo-Tech and Quentin N. Burdick Job Corps. While at Job Corps, she began graduate studies and taught part time at MSU. After completing a Master of Science in management in 2000, Berg began teaching full time at MSU via on-campus, online and Minot Air Force Base classes. She also instructed community seminars and College for Kids workshops for the MSU Center for Extended Learning. In 2011, she earned a doctorate in organization and management from Capella University, Minneapolis.

Berg achieved tenure in 2012 and looks forward to many years of serving alongside her MSU colleagues. She served as Faculty



Senate president in 2008-09. As Curriculum Committee chair, she was instrumental in the conversion from paper to electronic documentation. To remain current in her field, she conducts research utilizing collaborative student-group experiences in her classes, publishing research articles and presenting at conferences.

Berg’s real passion is engaging students. She has advised Collegiate DECA for three years and was recently recognized as an Outstanding First-Year Student Advocate.

Within the community, Berg chaired Young Professionals-Minot’s Community Links Team and was a key leader in advancing a major initiative, “MSU Unity in Our Community.” Recently, she worked with the Minot Area Community Foundation on its “Rebuilding Neighborhoods” initiative following the 2011 Mouse River Flood.

Berg and her husband, Eric, have a nine-year-old daughter, Sydney.

## Academic Hall of Fame

*The Academic Hall of Fame recognizes alumni who completed a significant portion of their education at MSU, and who have gone on to complete an advanced degree and made substantial contribution to the advancement of their field of study.*

This year’s Academic Hall of Fame inductees are Robert L. Holmen, mathematics, and Joseph Alme, music. The MSU Faculty Senate chose these individuals from faculty and community nominations to represent a range of outstanding career achievements.

**ROBERT L. HOLMEN** came full circle at Minot State, when he returned to his alma mater in 1963 to begin his 37-year mathematics career. He earned his Bachelor of Science degree in mathematics at then Minot State Teachers College in 1959 and completed a Master of Arts degree in mathematics at the University of Illinois, Urbana, in 1963. Holmen made significant contributions to his field, his students, the

department, MSU and hundreds of secondary mathematics teachers. His accomplishments include his outstanding teaching, his close relationship with area mathematics teachers, his service as the Department of Mathematics chair for 25 years, his founding of the Math Track Meet for grades 7-12 and his guiding hand in the development of the Master of Arts in Teaching: Mathematics.



**JOSEPH ALME**, who joined the music faculty in 2007, left an indelible mark on the Northern Plains’ musical landscape, with a 44-year career in music education that encompassed classroom experience as well as administration of the renowned International Music Camp, Dunseith, for 23 years. The music camp brought specialized arts instruction to thousands of students. As a music educator and band

director, he launched many young musicians’ careers. He received a Bachelor of Science in Education from MSU and a Master in Music Education from the University of Northern Colorado, Greeley. His students continue to participate in music as educators, performers and dedicated amateurs. His most recent accomplishment was the re-establishment of the MSU Beaver Marching Band.



**1959**

**Grace (Murphy) Fisher** was inducted into the Bishop Ryan Catholic School's 2012 Hall of Fame Oct. 13, 2012.

**1967**

**Pearl E. Willman** has sold her home in Bismarck and relocated to Hagerstown, Md., to be with her daughter, Vicki Willman.

**1969**

**Darrell Rud** retired after serving the last 10 years as executive director of the School Administrators of Montana. Prior to serving in this role as a state and national advocate for public education and strong educational leadership, he served as a teacher and principal for 32 years, beginning in Velva and ending in Billings, Mont. His wife, Judy, is a retired middle school teacher. They plan to divide their time between Montana and Arizona.

**1970**

**Janice L. (Ator) Anderson** retired from teaching after 32 years. She is currently writing children's literature through the Institute of Children's Literature, located in West Redding, Conn.

**LaVonne (Germundson)**

**Carlson** won the Minot Camera Club's September color competition. She also received recognition at the 2012 N.D. State Fair photography competition for her entry.

**Chris (Gay) Blowers** was

promoted to manager of human resources for BNI Coal, Ltd., a North Dakota lignite coal company. Blowers held the position of director of human resources for BNI Coal since 2001. She plays an integral role in BNI Coal's succession and talent development process,



as well as with Minnesota Power's North Dakota Renewable Operations talent acquisition. Blowers' husband, Byron ('86), serves on MSU's Board of Regents. They live in Bismarck.

**1973**

**Jerry Lyon** has been inducted into the National High School Athletic Coaches Association Hall of Fame. Lyon was honored at a luncheon in July.

**Patrick (Rick) Tobin** is the new emergency management coordinator for the Alamo Colleges of San Antonio, Texas. The Alamo Colleges consist of five unique campuses that serve approximately 100,000 students. It is the second largest educational institution in Texas and the 10th largest in the United States.

**1974**

**Brenda (Faul) Tofteland** is the vocal music teacher for kindergarten through grade five at Marion, Peabody-Burns, MCSEC in Kansas. She has 20 years of teaching experience, having taught vocal music in Norwich as well as at schools in Montana, North Dakota and California. Her husband, Douglas, is a minister at First Methodist Church in Newton. The Toftelands have three grown children and six grandchildren.

**1976**

**Charles Guthrie** retired as Warwick Public School superintendent after 35 years in education. Originally from southern Illinois, Guthrie joined the U.S. Air Force after high school and spent three and a half years at Minot Air Force Base. Upon his discharge, he went back to Illinois but returned to Minot to finish his degree in education.

**JoAnn (Burau)**

**Colebank** retired from the U.S. Postal Service after 32 years of service. Her most recent position was postmaster of Alamo and officer in



charge at Ray. Colebank spent the first 12 years at the Williston Post Office. She and husband, Wayne, have three children, Tyler, Brett and Tess, who live in Williston.

**1977**

**Dan Dennis** is a business instructor for the McClusky School District.

**1980**

**Joanne (Zauner) Rumpler** retired in January after 30 years as a federal investigator with the Office of Personnel Management. She and her husband, Jim, now reside in Maricopa, Ariz.

**1982**

**Roger Hammer**, Wurgler Painting, was the recipient of the Minot Area Chamber of Commerce's Eagle Award in August. The program is sponsored by the MACC to recognize Minot workers who exhibit superior customer service.

**1983**

**John Warner** was elected to Verendrye Electric Cooperative's board of directors at the annual meeting held in June.

**1986**

**Kevin Burckhard** has been recognized as a financial professional with an expertise in long-term care insurance by achieving the Certified in Long-Term Care designation. With this designation, Burckhard possesses one of the most extensive educations available for financial professionals in the field. Burckhard is a managing director with Northwestern Mutual.

**1989**

**Huck Krueger** is publishing science fiction novels. He promotes his works at [www.huckkruegerauthor.net](http://www.huckkruegerauthor.net). His e-books are available for Kindle and Nook. Krueger has also taken aerial photos of flooding in the Devils Lake region from his ultralight aircraft. He has published them in a series

of booklets, on the Internet and in new media.

**Gary McDaniel** has been hired as a survey technician in the Bismarck office of Ulteig. He will work in land services. Prior to joining Ulteig, McDaniel worked for the North Dakota Department of Transportation.

**Laurie (Bergan) Gotvaslee** has been named regional director of the North Central Human Service Center in Minot and the Northwest Human Service Center in Williston.

**1990**

**Theresa (Ellingson) Bolinske** has joined the staff of American Bank Center-Minot as a mortgage banking officer.

**1991**

**Tamara (Loock) Johnson** was named Bismarck's Elementary Teacher of the Year in May 2012. She is presently a kindergarten teacher at Rita Murphy School.

**Kevin Sanders** was promoted to shareholder with Brady Martz & Associates PC. Sanders specializes in tax services and tax planning for individuals and businesses. He has a wide range of experience providing accounting and consulting services for small businesses and their owners. Sanders is a member of the American Institute of Certified Public Accountants and the North Dakota Society of Certified Public Accountants. He is a board member and treasurer of the Minot Salvation Army.

**1992**

**Brenda (Juergens) Foster** is serving as president of the Independent Community Banks of North Dakota for 2012-13.

**1993**

**Dennis Pederson** has been named president of First National Bank & Trust in Williston. Pederson has 21 years of experience in

banking. He was a vice president for First International Bank & Trust from 2000-09. He then served as president of People's State Bank of Velva in Minot.

**Cara Harms** had a photograph that placed in the Minot Camera Club's September color competition.

**1996**

**Pamela Kolschefski**, a registered nurse with 16 years of experience, has been named case manager of Trinity Health's Heart-Line Tel-Assurance program. This is a phone and web-based system that supports patients with heart failure by having them call in or go online daily to report their health status. Kolschefski's role will be to promote the program to patients and providers and monitor the progress of patients.

**1999**

**Christopher Heth** is currently in his first semester as an assistant professor in the Department of Chemistry and Environmental Sciences at Lake Superior State University in Sault Ste. Marie, Mich. Heth's primary teaching duties are to teach the analytical chemistry sequence.

**2001**

**Lisa Johnson** PsyD, LP, LMFT is a Clinical Psychologist. Beginning January 2013, Lisa and her business partners will purchase Natalis Counseling and Psychology Solutions, a community mental health clinic in St. Paul, MN.



**2002**

**Sara (Carlson) Deutsch** was hired by Minot State University as a full-time faculty member in the College of Teacher Education and Human Performance.

**Lauren Swantko** recently received her master's degree from the University of North Dakota and is the school guidance counselor at Dakota Memorial School.

**2004**

**Mitchell Kraft** has been hired as branch manager for the new Prairie Supply Inc. & FormAll store in Minot. He is currently vice president of the Minot Association of Builders.

**2005**

**Kylee (Olson) Geer** opened the Minot Center for Pediatric Therapy, a speech and language clinic. Geer specializes in evaluation and treatment of language and speech sound disorders, autism spectrum disorders, and social language skills for children and adolescents.

**2006**

**Jessica (Haider) Henderson**, First Western Bank & Trust, was the recipient of the Minot Area Chamber of Commerce's Eagle

Award in July. The program is sponsored by the MACC to recognize Minot workers who exhibit superior customer service.

**Jessica (Theilen) Kilbourn** was recently hired as an administrative assistant and accounts payable executive at Weatherford.

**Gary Morphis**, veteran's service representative, is transferring from the Phoenix VA regional office in Arizona to the Muskogee VA regional office in Oklahoma.

**Jacob Solper** has joined General Equipment and Supplies as a sales assistant.

**Deb (Sturm) Vesey** has been named director of clinic operations for Medcenter One Occupational Health Clinic. Vesey will be

responsible for ensuring steady, efficient and quality-driven operations at the occupational health clinic's three locations in Bismarck, Dickinson and Minot. She will remain the primary leader for the Bismarck location and oversee managers in the Dickinson and Minot locations. She has been with Medcenter One since 2007.

**Brittany (Pederson) Vickers** opened the Williston Center for Pediatric Therapy, a speech and language clinic in Williston. Brittany specializes in evaluation and treatment of language and speech sound disorders, fluency, and autism spectrum disorders for children and adolescents.

## Four generations of Beavers



Jan (Ennis) Barlow ('61), left, is shown with her family during a visit to MSU in August.

Barlow graduated from Minot Model and MSU in elementary and business education. She married Arden Barlow, also a Minot Model and MSU ('60) graduate. Jan taught at Bel Air elementary school, then moved to Valley City, where she was a teacher and chair of the business department at Valley City High School. She owned Valley City Credit Bureau and later became a State Farm insurance agent for

many years. The Barlows moved back to Minot in 2007.

Jan's father, Harold B. Ennis ('40), seated, attended Minot State in the 1930s on an athletic scholarship. Ennis received a teaching certificate and served as a principal near Lansford before working at the Gavin Yards rail facility in Minot. Ennis died in September at the age of 94.

Jan's daughter, Beth Hardy ('92), far right, graduated from MSU's College of Business and is the financial services manager for Carolina Health Services in Huntersville, N.C.

Jan's grandson, Brandon Ball, is a senior airman at Minot Air Force Base. He is currently taking classes at MSU, and is the fourth generation in the Ennis family to attend Minot State.

2007



**Amanda Rothe** joined United Community Bank of Minot as a mortgage loan officer.

**Leslie (Mulske) Stolz** has been hired by Point CPA as a staff accountant. Stolz graduated with a bachelor of science degree in accounting from Rasmussen College in 2012 and with a bachelor of science degree in business management from MSU.

2008

**Vanessa Anderson** joined the Vogel Law Firm in Fargo. She will concentrate her practice in civil litigation.

2010

**Jeremiah Johnson** will return to Devils Lake this fall to conduct the 2012-13 season of the Devils Lake Community Orchestra. Johnson teaches strings and orchestra in the Grand Forks Public Schools and is a member of the Grand Forks Symphony.

**Justin Kitzan** is an addiction counselor at West Central Human Service Center in Bismarck.



**Erin (Dostert) Sund** has been hired by Bremer Investment Services as a Raymond James financial advisor. Sund has worked in the financial services industry for more than four years. In her new role at Bremer, she will work

to assist clients in the Minot area with all of their investment needs. Sund holds the Series 7, 24 and 66 licenses.

2011



**Michael R. Wald** graduated from the Highway Patrol Academy in July. Wald has been assigned to the Highway Patrol's Northwest Region and will be stationed at Williston.



**Chris Barney** is working at Abaxis as an inside account representative in medical marketing and sales. He lives in Hayward, Calif.

**Kevin Leier** has a new career as a high school teacher and assistant football coach in Rugby. The job is 20 miles from the Heartland Bison Ranch that he helped his parents build. Leier was elected to the board of the North Dakota Buffalo Association when he was 19. He was the youngest board member on any regional bison board in the nation and was elected vice president of the 150-member group in December 2010. His wife, Anne, is a teacher at the elementary school in Rugby. Kevin has a two-year-old son, Gryphen Leier-Wangler.

**Aryn (Arndt) Mappes** works as a procurement analyst at Minot Air Force Base in the Fifth Contracting Squadron.

**Kayla Hansen** is the fourth grade teacher at Powers Lake.

2012



**Kelsey Barney** interned in the human resources department at Abaxis in California. She lives in Minot.

Attended

**Heather Kelley** has been named clinical coordinator at The Clinics of St. Alexius. Kelly started at St. Alexius in 2009 as a registered nurse in urology. Kelley will manage staff, orient new employees and help develop electronic health records.

**Shawn Kaylor** was elected to Verendrye Electric Cooperative's board of directors at the annual meeting held in June.

**H. Weyburn Niewoehner** was installed as lieutenant governor of Region 1 of the Minnesota-Dakotas District of Kiwanis International at the district's recent convention in St. Cloud, Minn. Region 1 borders the western two-thirds of North Dakota and includes Kiwanis Clubs at Rolla, Bottineau, Devils Lake, Harvey, Carrington, Jamestown, Bismarck, Mandan, Dickinson, New Town, Tioga and Minot. Niewoehner received the Kiwanis Districts Governors Award in 2011.

**Breanna Kraft**, Army National Guard Pfc., has graduated from basic combat training at Fort Jackson, Columbia, S.C.

**Matt Watne** is a principle partner with Watne Realtors. Watne has been in real estate since

1994 and is a licensed broker. He has owned IPM, Inc. since 2004.

Friends

**Lindsey VanThuyne** recently joined Western Equipment Finance as a staff accountant in Devils Lake. VanThuyne, originally from Minnewaukan, currently resides with her husband, Matthew, in Devils Lake.

**Mark Tollefson**, principal owner and vice president of Tollefson's Retail Group in Minot, was elected to a three-year term on the World Floor Covering Association's board of directors. As part of the board, Tollefson will serve on the industry relations and quality/standards committees.

**Richard Debertin** had a photograph that placed in the Minot Camera Club's September color competition. Debertin also received recognition for his entry in the photography competition at the N.D. State Fair. Debertin is currently president of the club.

**CLASS NOTES:**

WE WANT TO HEAR FROM YOU! Please share your career and family updates or address changes by sending your news to [www.minotstateu.edu/alumni](http://www.minotstateu.edu/alumni).

*Have you received copies of these issues of Connections?*

With changes in postal endorsements, anyone with a change of address may not have received the copies pictured. If you wish to receive them, we will be glad to honor your request. Contact the Alumni Office at 701-858-3234 or e-mail [alumni@minotstateu.edu](mailto:alumni@minotstateu.edu).

Also, let us know if you would rather receive *Connections* electronically.



# In memoriam...

*It is with honor we dedicate this section to recognize alumni and friends who have passed away from approximately July 2012 to September 2012, or as submitted.*

## Graduates .....

- '31 Hutchens (Ostroot), Charlotte; Dayton, Ohio
- '37 Livedalen (Holm), Myrtle; Towner
- '38 Mestad, Elizabeth "Betty;" Jamestown
- '40 Ennis, Harold B.; Minot
- '40 Nordin, Elsa; Tumwater, Wash.
- '41 Aanestad (Fredrickson), Naedine; Burnsville, Minn.
- '43 Cross (Lovro), Helga; Minot
- '43 Tate (Dailey), Helen; Scottsdale, Ariz.
- '47 Christianson (Thompson), Pearl; Minot
- '48 Anderson, John S.; Minot
- '48 Paulson (Dickerson), Corrine "Codie;" Sun City West, Ariz.
- '50 Lee, Arthur; Minot
- '53 Skaaden, Virgil; Bismarck
- '57 Bjellum (Bjornstad), Shirley; Fargo
- '60 Bethke (Jacobson), Bonnie; Great Falls, Mont.
- '60 Hendrickson, Arlyn D.; Velva
- '63 Condon (Briher), Faith; Minot
- '65 Strate, Larry A.; Peoria, Ariz.
- '72 Peterson (Burghart), Helen; Dickinson
- '74 Jochimsen, Jon; Rugby
- '74 Pusc, Steve; Bismarck
- '74 Salcedo, Anthony; Chula Vista, Calif.
- '76 Gardner, Gary; Cashmere, Wash.
- '78 McCormack, Jan; Bismarck
- '80 Hanson, Keith G.; Moorhead, Minn.

- '80 Plank, Stephen; Minot
- '81 Frank, Antonio; Tucson, Ariz.
- '86 Brudevold, Lynn; Velva
- '87 Grossman, Arnie; Velva
- '91 Couture (Haider), Colleen; Minot
- '91 Lucy, Tamara; Minot
- '92 Anhorn, Elizabeth; Bismarck
- '94 Hanson, Glenn H.; Devils Lake
- '94 Yeager (Kurtz), Alice; Minot

## Attended .....

- Berry, Lori; Minot
- Chopp (Devine), Elizabeth; Minneapolis, Minn.
- Clifford (Fay), Jeanne; Astoria, Ore.
- Cooper, Robert J.; Minot
- Diamond (Smith), Debra; Wein Lakes, Colo.
- Dobrinski (Hammer), Tillie; Minot
- Dvirnak (Bovkoon), Grayce; Grand Junction, Colo.
- Gallagher (Kostek), Lucille; Minot
- Greenwood, Earl; Pensacola, Fla.
- Hanson (Moberg), Marla; Bowbells
- Johnson, Clayton "C.J.;" Minot
- Kistner (Bolte), Jeanne; Duluth, Minn.
- Kok (Edwards), Jamie; Plaza
- Kraft (Flammang), Mary; Minot
- Lee, Clarence; Lake Metigoshe
- Luke (Bruels), Mamie "Mae;" Minot
- Novak (Helle), Carolyn; Fargo
- Odden, Deanna; Rugby
- Ramsdell, Steven M.; Minot
- Salwey (Senger), Regina "Jean;" Max
- Schroeder (Hovey), Myra; Minot

- Severson, John P.; Mandan
- Spragins (Rostad), Dara; Virginia Beach, Va.
- Thompson, Morris M.; Durango, Colo.
- Thorne (Hegge), Ann; Bismarck
- Wald (Schultz), Lauraine; Elgin, Neb.

## Friends .....

- Allers (Leach), Catherine "Katie;" Minot
- Bengson, William "Bud;" Minot
- Broschat, Morris O.; Fargo
- Christenson (Bachmeier), Jan; Minot
- Gackle, Don; Garrison
- Hanson, Odin C.; Minot
- Hieb, Daniel; Minot
- Kenner, Harris P.; Minot
- Kinnoin, Duane; Belden
- Linrud, Arthur E.; Minot
- Perron, Dallas; Sherwood
- Pfau, Vernon; Upham
- Pownell (Matthews), Lovetta; Minot
- Rademacher, Arthur; Berthold
- Stenson, Mark D.; Seattle, Wash.
- Tofteland (Goodman), Iona "Jean;" West Fargo
- Watne, Clair; Minot

## Faculty & Staff .....

- Abrahamson, Doug; former custodian with the Office of Facilities Management
- Fairweather, Floyd; professor emeritus, Division of Humanities
- Foster, Dr. Randolph; former dean of Minot State College
- Vossler, Jim; former major gifts officer for the Office of Advancement

Alumni Association

# *30th annual* Gala *dinner & auction*

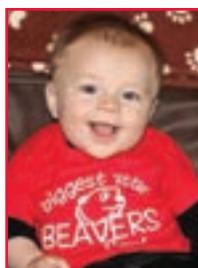
Friday, April 26, 2013 — Grand International — 6 P.M.

biggest "little"  
  
**BEAVER**  
 fans!

Have you had an addition to your family within the last 12-18 months?

We want to know! Contact Kate Marshall at [kate.marshall@minotstateu.edu](mailto: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 have received your biggest "little" Beaver fan T-shirt, email your baby's photo to: [kate.marshall@minotstateu.edu](mailto:kate.marshall@minotstateu.edu).



**Bjornson**  
 Shane '00 and Tara '05 (Stoltz) Bjornson welcomed a boy, Riley Reaves, on Feb. 17, 2012. Welcome to the world!



**Dannewitz**  
 Drew David was born July 2, 2012, to David and Dana '09 (Engelhard) Dannewitz. He joins older brother Dayson Dale, who is 2 years old.



**French**  
 Michael and April '11 (Arensmeijer) French welcomed Aibrean Keith to the world on May 4, 2010.



**Burdick**  
 Sophia Claire was born Nov. 11, 2011, to Zach '07 and Lindsey '07 (Iverson) Burdick. She joins big sister Grace, who is 2 years old.



**Deutsch**  
 Dustin and Sara '02 (Carlson) Deutsch welcomed Anna Marie on Jan. 9, 2012.



**Fundingsland**  
 Steve '96 and Michelle Fundingsland joyfully welcomed Miyah Joy on Aug. 22, 2011.



**Carlson**  
 Kendo '99 and Niki '05 (Wegenast) Carlson joyfully welcomed Kalan Wayne on Sept. 14, 2011, in Minot.



**Egger**  
 Braxton Troy was born to Dave and Desiree '07 (Taylor) Egger on Feb. 23, 2012, in Ten Sleep, Wyo.



**Fullerton**  
 Benjamin Richard was born March 26, 2012, in Bismarck. Proud parents are Matthew '08 and Jessica '07 (Anderson) Fullerton.



### Hillerud

Kinley Grace entered the world on Nov. 3, 2011. Kinley was welcomed by proud parents **Matt and Kelli '06 (Schiele) Hillerud** and big sister Mariah, who is 4½ years old.



### McGee

**Marc and Chelsea '07 (Harder) McGee** became proud parents to Isaac Brian, born Nov. 2, 2011, in New Jersey.



### Seidl

**Ben and Sharon (MSU staff) Seidl**, along with their two sons, Bodey and Kolby, welcomed Katelyn Viola on April 20, 2012.



### Hulm

**Rick and Joanne '91 (Christianson) Hulm**, along with siblings Josh, Austin, Emilie and Hannah, welcomed Liam Blasy on May 20, 2011.



### Meinert

**Jeremy '06 and Roxanne '05 (Weyrauch) Meinert** welcomed Berit Irene on Jan. 13, 2012.



### Stasiw

**Curt '08 and Whitney '08 (Stobbs) Stasiw** welcomed a new addition to their family, Nathaniel Emmett. Nathaniel was born June 8, 2012, in Saskatoon, Saskatchewan.



### Huettl

**Warren and Kathy '09 (Riemer) Huettl** welcomed a grandson, Matthew David, on Dec. 12, 2011. Proud parents are Joe and JoAnn Huettl.



### Monley

**Luke and Randi '10 (Dockter) Monley** welcomed baby Holden Patrick Doc on May 27, 2012.



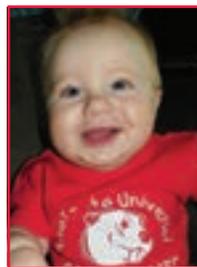
### Stevick

**Jock '95 and Lacey (Collins) Stevick** welcomed Selia Dae on April 28, 2011.



### Jordan

Jayden Patrick was born May 25, 2012, to **Shane '02 and Tara '01 (Lavachek) Jordan**.



### Ogaard

Carson Ray was born Nov. 2011, to **Jason '04 and Katie '06 (Kjelshus) Ogaard**. Welcome to the world, little one!



### Tomassian

Jaxon Dominik was born in Phoenix to **Nik and Kimberly '02 (Entze) Tomassian** on Feb. 27, 2011.



### Kringen

Cruz Harrison was welcomed to the world on April 22, 2012. Proud parents are **Josh '08 and Katie '09 (Aid) Kringen**.



### Seibel

**Justin and Sheila '09 (Rosenkranz) Seibel** welcomed Wesly Ann to the family. Wesly was born Jan. 20, 2012, in Bismarck.



### Undlin

Ryder Lane was born April 19, 2011. Parents are **Matthew (attended '04) and Jenny '05 (Engh) Undlin**.

#### MSU ALUMNI ASSOCIATION BOARD OF DIRECTORS 2012-13

##### EXECUTIVE COUNCIL

President: Ryan Hertz '00  
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Denise Faulkner '72	Jennifer Thorgramson '10
Greg Fjeld '81	Angela Zerr '00
Kelly Hayhurst '87	

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Marv Semrau, Vice President for Advancement  
Janna McKechnie, Director, Alumni Relations and Annual Giving

#### MSU DEVELOPMENT FOUNDATION BOARD OF DIRECTORS 2012-13

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Karen Krebsbach '62	Myron Thompson '67
Tom Probst '67	Bruce Walker '66
Dave Reiten	

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##### CONNECTIONS STAFF

Managing Editor: Susan Ness  
Writer and Editor: Frank McCahill  
Writers: Michael Linnell, Linda Benson '83, '00  
Photography Coordinator: Teresa Loftesnes '07  
Layout and Design: Doreen Wald

##### MSU ADVANCEMENT OFFICE

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Publications and Design Services: Doreen Wald, Amanda Francis '02,  
and Becky Volk

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Richard Heit '07, Minot State University  
Jim Gallop, Anytime Fitness photographer  
Michael Linnell, Minot State University Athletics Department  
Teresa Loftesnes '07, Minot State University  
Mark Schlanser, EAPC Architects and Engineers

#### MOVING OR HAVE A TEMPORARY ADDRESS?

##### SEND YOUR NEW ADDRESS TO:

MSU Alumni Association  
500 University Ave W  
Minot, ND 58707  
or email: [alumni@minotstateu.edu](mailto:alumni@minotstateu.edu)



## Join us for Alumni Appreciation Night

Friday, January 11, 2013

MSU BEAVERS vs. Upper Iowa University



## Our Time!



Women's game—6 P.M. Men's game—8 P.M.

Go to [MSUBeavers.com](http://MSUBeavers.com) for game information.

*A light supper will be served starting at 5 P.M. on the third floor of the Dome.*



# Minot State UNIVERSITY

## MSU's Approaching Centennial

**MINOT STATE UNIVERSITY ANTICIPATES A MAGNIFICENT TIME FOR ITS CENTENNIAL CELEBRATION IN 2013-14.** Many activities and celebrations are being planned, which will include special editions of our Connections magazine. We're asking for your help in sharing stories about the past. Look at the photos below and let us know if you, your friends or family members are in the photos. We would then appreciate receiving a short story by emailing [bonnie.trueblood@minotstateu.edu](mailto:bonnie.trueblood@minotstateu.edu). You can also call Bonnie at **701-858-3399 or 800-777-0750.**

We'd love to hear from you.

**GREEK BROTHERS AND SISTERS** form bonds that last a lifetime. Please share with us the great times you had at Minot State as a sorority sister or frat brother. Surely, there's plenty of secrets that now can be shared!



**PIONEER HALL** is the one of the oldest buildings on campus. Did you live there? Or did you just hang out with friends? Share your favorite story and many memories about this grand building.



**THESPIANS** are extraordinary entertainers with dynamic personalities. If you're in this picture, let us know what really happened behind the scenes. We suspect the number of characters is limitless.

Send your stories to:  
[bonnie.trueblood@minotstateu.edu](mailto:bonnie.trueblood@minotstateu.edu)



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**Beaver Brew Café:**  
*an experiment gone wildly right*

**I**n 2010, alumnus Clint Severson '73 and Connie Ahart donated \$1 million to MSU to create an academy to educate and nurture student entrepreneurs. The College of Business deemed it an “experiential learning lab,” while the Entrepreneurship Club translated it into the popular Beaver Brew Café. Built from the ground up by students of all majors, the Beaver Brew Café is a superb example of how different disciplines blend the perfect cup of talent.

