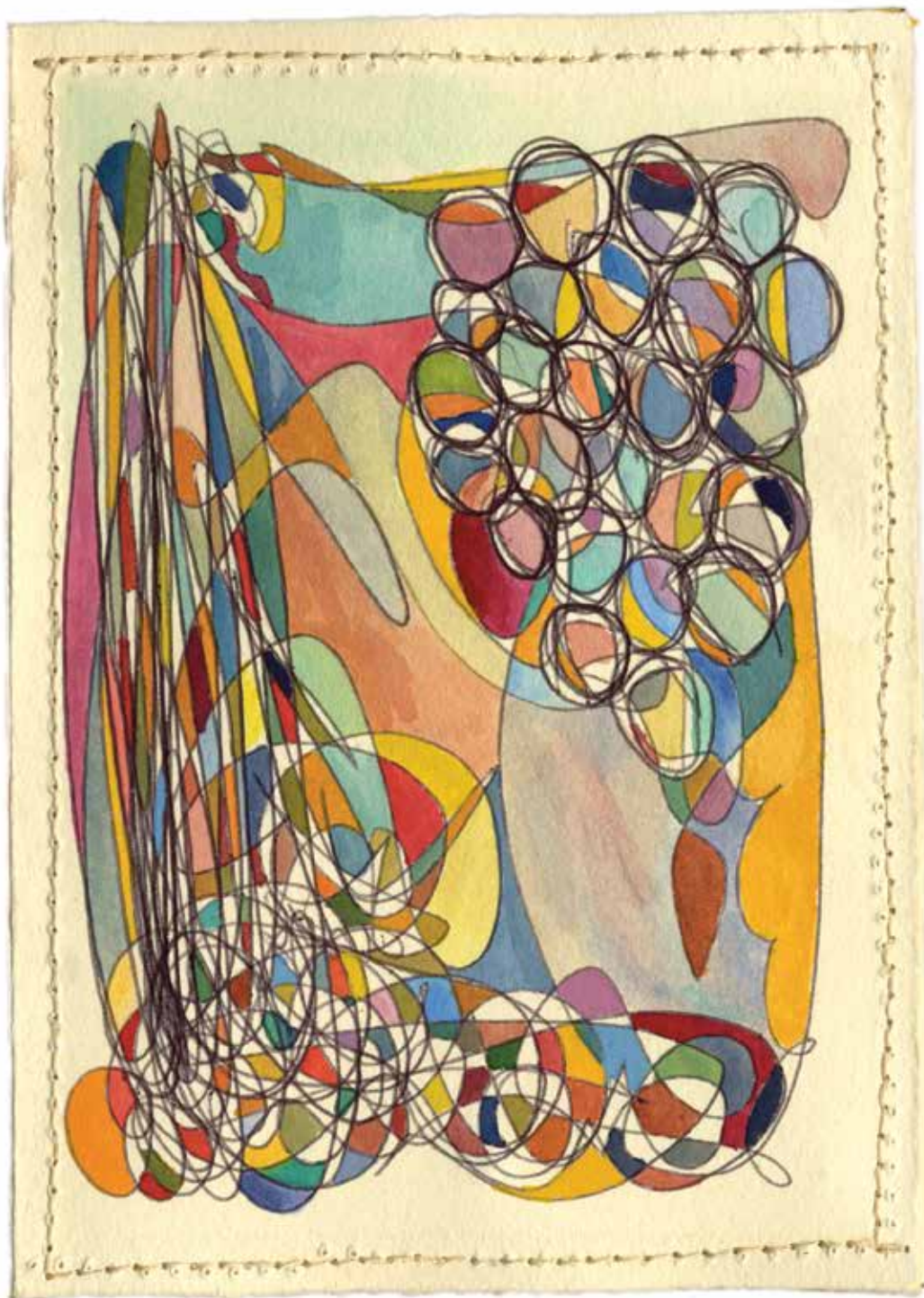


NDSU

MAGAZINE
NORTH DAKOTA STATE UNIVERSITY *winter 2014*





WHY THE GOOD OLD DAYS ARE GOOD FOR US
page 6



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EDITOR'S NOTE



Here's a story about two kind men, a bright little girl and how sometimes the world is small and wonderful.

We'll start this story with my husband's encounters with the girl. This would be several years ago when he was watching his son play soccer and she was also at the games, I assume not as intently watching her brother. She was probably about four, as I've heard it told over the years, and she enjoyed hanging out with my husband, who'd had a knee surgery and had shiny, interesting crutches to play with. She often told him she liked to have some of that hot cheese, which means those paper boats of corn chips smothered in a vile orangish cheese-like ooze. She was, as the story goes, also very well versed in fashion. Husband once told her he liked her dress, and was corrected, in no uncertain terms. Emma Grace was wearing a skirt.

So it is that Emma Grace has been part of our world, as he fondly told and retold the stories over the years. Almost any vending stand at any athletic event has that hot cheese, so he would often repeat that phrase much the way Emma Grace once did.

Part two of this story features my dad, also a very nice guy. He was a hard worker, a tinkerer, a computer programmer, collector of ever-sharp and regular pencils, a husband, dad, grandpa, neighbor and coffee klatcher. He worked at the state highway department for most of his adult life and then many years for NDSU's transportation institute. He loved that last gig, a late bloomer who found his niche as a computer geek at that job. When he died, his transportation colleagues started a scholarship fund at NDSU, to which many kind friends have contributed. Our family also has helped build the endowment, a gift on his birthday is one way it makes us happy.

And now to part three. We learned last spring that the first scholarship would be awarded for this fall. I waited and waited for news, but it turned out the notice had gotten lost in the shuffle. The young man in the office who was to have awarded it to a new student was very sorry he had messed up. On the very same day he realized he had an extra scholarship to award, a dad came to the office to explain that the family had missed the deadline to apply – he didn't want to make excuses, but his wife had been in chemo and things had gotten missed – but if there were any options left, he'd appreciate it.

And that is how, one Friday night at 8:46 p.m. I got an email that said the very first recipient of the Russ McDaniel Scholarship was to be this very same Emma Grace.

Thank you for reading.

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MARNIE BUTCHER PIEHL graduated from NDSU in 1992 with degrees in English and mass communication. She credits the mentors she writes about on pages 28-29 and her years at the student newspaper for the skills she uses as the director of College Relations at Bismarck State College. She credits the Beta Beta Chapter of Alpha Gamma Delta for her charm. She was recently elected to the Mandan School Board. Piehl and her husband, Shadd, are raising three boys southwest of Mandan in the wilds of the beautiful Heart River Valley.



CAROL KAPAUN RATCHENSKI is a counselor in private practice in Fargo, a fiction writer, poet and storyteller. She is a native of North Dakota and a graduate of North Dakota State University, and is on the North Dakota Humanities Council Board of Directors. She lives in Fargo, compulsively reads contemporary fiction by American and Canadian women authors, practices yoga and is nostalgic about pre-book life, and the days when bread was a health food.



ANNE ROBINSON-PAUL works in University Relations at NDSU. She studied writing in college and graduate school and really hoped the full-time novelist thing would work out. She quickly realized her muse and her husband disliked living in a divey apartment and eating ramen noodles even more than she did. So she found other, slightly better paying work that she loved — first as a newspaper reporter, then as a college composition teacher and now as a public relations professional. In her free time, she enjoys getting beat at pretty much every game under the sun by her children, Jonah and Emma.

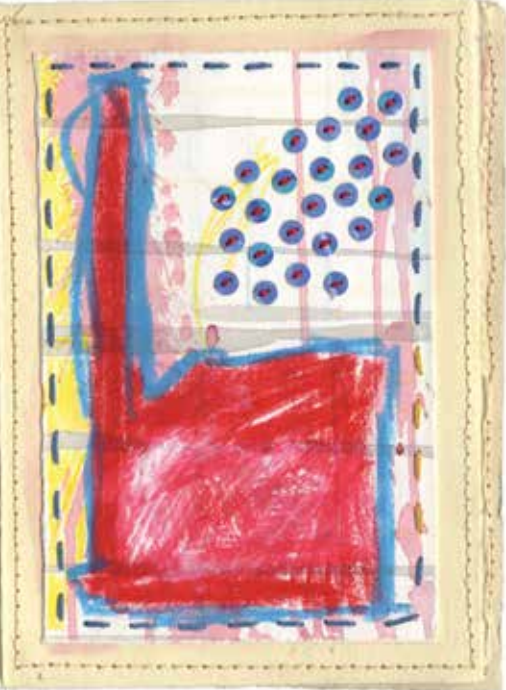
I wish I could tell you...
 -I feel trapped
 -Why are you this way?
 -I really hate this!
 -I use this as an excuse to not do a thing
 -this doesn't surprise me at all
 -sometimes I think that I never want
 to marry.....over.
 -why cant you do more!



sometimes, when you want things the most
 is when you realize you will not ever have
 them...
 -children
 -a house
 -a yard to play in
 -youth
 -pure and simple love



sometimes you know you dont need all of
 those things but that does not mean you
 dont need one of those things...





ON THE COVER



ABOUT THE ARTIST

Judith Feist grew up in Minot, North Dakota, and came to North Dakota State University to pursue a Bachelor of Fine Arts in visual arts. For most of her years as a student, she worked at the Memorial Union Gallery, and was a summer instructor for North Dakota Governor's School teaching small classes of high school juniors and seniors basic printmaking techniques. After graduation, she interned with the P.E.A.R.S. Printmaking, Education, and Research Studio under Kent Kapplinger. She participated in five P.E.A.R.S. summer workshops as well as assisted in editioning for a handful of visiting artists including Susan Heggstad, Gretchen Bederman, Garth Johnson, and James Falck.

During the last 10 years, she has become more active within the cycling community, working at Great Northern Bicycle Company as well as volunteering at FM Community Bicycle Workshop.

She is still actively creating, and recently had work in La Calaca Press International Portfolio Exchange, which is traveling to different locations around the world, most recently in Lahore, Pakistan. She also participated in the group exhibition "My Generation, Let's Take It Over — Emerging Artists of Fargo-Moorhead." This year, Feist participated in a portfolio exchange for the Mid-America Print Council conference in Detroit.

"In the last three years my work has taken a little turn with restriction on working space," she says. "So I've been working quite small to accommodate for that and really enjoy the outcome. I've been focused more on communication as inspiration for my work."

*I USE THIS TO KEEP TRACK...
SO I REMEMBER*
MIXED MEDIA

ARTIST STATEMENT

My work reflects experiences had while time is spent with friends, family, acquaintances, and complete strangers. Both positive and negative, I think we all have experiences that others can relate to.

This book was started quite a few years ago as a form of documentation of a series of events that I've experienced. I finished it in time to be entered in the annual Midwestern exhibition that takes place at the Rourke Art Museum in Moorhead. This year's theme was lost and found. I thought this would be the perfect opportunity to finish this book. This is a mixed media piece including different forms of printmaking, watercolor, sewing, pen and ink, and collage. Looking through the book I feel most can relate to a good portion of the topics mentioned. That's important to me, being able to connect with the viewer and encourage them to think about their own life experiences.

GOOD
OLD
DAYS

GO



GOOD OLD DAYS ARE GOOD FOR US:



A CONVERSATION WITH CLAY ROUTLEDGE

BY CAROL KAPAUN RATCHENSKI

When I met Clay Routledge of the psychology department at North Dakota State University at a downtown Fargo diner, we shook hands and before I could welcome him or ask an opening question, he said, “Carol, are you a nostalgic person?” I did not have a quick answer, not “of course” but also not “hell no.” Four generations’ photographs hang in my den, but I don’t believe in scrap booking or saving my personal journals. I listen to Johnny Cash and so did my father. I think of my mom whenever I’m shoe shopping. »

“I have always been nostalgic,” Routledge tells me, “even as a kid.” He spent his childhood in West Africa before moving to southwestern Missouri where he graduated high school and college, earning a doctorate in psychology at the University of Missouri. After moving to South Hampton, England, as an assistant professor, his nostalgia became more than a personality trait or pastime, it became the focus of his research as a social psychologist.

Nostalgia has historically been viewed as a mental disorder, often associated with rumination, depression and a pathological attachment to the past. In 1688 Swiss physician Johannes Hofer described nostalgia as a neurological disease likely of demonic origins. In the 19th and 20th centuries nostalgia was described as “an immigrant psychosis,” a melancholic disorder associated with acute homesickness.

Social psychologists, including Routledge, study the human being as part of a social world. “Humans,” Routledge says “are the only animal who we know to understand

time. This uniquely human competency is the focus of much of my work.” His research explores questions like how do humans think about time, the future, and our own mortality. What are the social implications of living with a temporal self? How accessible is an understanding of death? How does nostalgia affect death related cognition and death anxiety?

Routledge defines nostalgia as “a sentimental and wistful longing for the past. At the same time an emotion and a cognitive activity, nostalgia is an activity that essentially takes a dead thing and brings it back to life and keeps it alive.” Nostalgia is a productive, healthy psychological event that reduces loneliness and increases both happiness and hopefulness, a sign of mental health and a very real resource in times of stress.

Mainstream media, The New York Times, Psychology Today, Scientific American and others as well as academic journals have taken an interest in Routledge’s nostalgia studies. “I suspect,” he says, “that because nostalgia is an activity that most people

Reflecting on important memories increases a sense of meaning and a feeling of belonging.



identify with, people are naturally curious about why they are so nostalgic and what it does for them.”

Savoring the past is not only fun and often funny, it’s good for us, good for our psychological well being and good for our families and communities. If we once saw nostalgia as rumination or getting stuck in the past, something that keeps us from being fully alive in the present moment, research is telling us something different, something positively optimistic about our love of oldies radio, old movies and high school reunions. Nostalgia, while tinged with bitterness has primarily sweet outcomes.

Nostalgia, the cognitive replaying of a past cherished memory, motivates us to create positive experiences in the future by infusing us with growth emotions, gratitude, optimism and joy along with a bit of loss and longing.



Nostalgia is a productive, healthy psychological event that reduces loneliness and increases both happiness and hopefulness.



We can use the treasured times of the past to feel better today and to create a happier more connected future.

Reflecting on important memories increases a sense of meaning and a feeling of belonging.

The content of these cherished memories is universal: we remember a scene from the past where we are surrounded by other people, feeling cared for and connected, often overcoming adversity, celebrating this achievement. In time we see our experiences with a wider lens. The more negative, disturbing elements fade, a phenomenon psychologists call “fading affect bias.” This particular memory construct results in optimism about future relationships and experiences, builds in us the belief that we will be loved and feel belonging again, even if right now we are experiencing loneliness and separation. I remember summers at my grandparents’ lake cabin and I miss my grandma’s easy love and homemade buns and I cherish this as one of the best times of my life and I feel grateful to have had those times with my family and to know that I have been part of something so beautiful and happy. I begin to feel hopeful that life will bring me more such happiness and connection. Constantine Sedikides, psychologist and nostalgia expert at the University of South Hampton, says, “When you become nostalgic, you don’t become past-orientated. You want to go out there and do things.”

Routledge’s research relies on a nostalgia scale developed by him and colleagues during his tenure at South Hampton University. Using this measurement researches have found nostalgia to be an organic human response to stress and low mood worldwide, including in children as young as seven years old. In addition to rise in mood and hopefulness, nostalgia warms us physically. Human beings it seems are more nostalgic on cold days and in cold rooms for a good reason. Bringing his passion for nostalgia to North Dakota may be a very good idea.



Related research reveals that nostalgia makes people more generous to strangers and more tolerant of outsiders, all the while counteracting loneliness, boredom and anxiety. It makes death less frightening and increases optimism toward the future, while motivating behavior that promotes social connection and personal meaning. Perhaps what the world needs, no matter the climate, is more people who practice nostalgia and in doing so live with more tolerance and optimism and generosity.



Contrary to clichés that may dismiss nostalgia as a waste of time, one that even contributes to low mood, Routledge says, “nostalgia is an instinctual compensatory response to the negative emotions that accompany perceived low social support.” Feelings of loneliness organically trigger nostalgia and nostalgia then creates positive feeling states. According to Routledge and his colleagues, “we can use the treasured times of the past to feel better today and to create a happier more connected future. It can get people pumped up about today and tomorrow’s possibilities. It can mobilize you to take on future challenges.”



Routledge’s research consists of studies with English, Dutch and American adults, most recently college students at NDSU. Experimenters induce nostalgia by playing hit songs from the past for some people and letting them read lyrics to their favorite songs. Afterwards, these people were more likely than a control group to say that they felt “loved” and that “life is worth living.” Subjects were also less likely to be convinced by a bleak essay when they were first induced to nostalgize. “Nostalgia serves a crucial existential function,” Routledge says. “It

brings to mind cherished experiences that assure us, even in the face of bad news and difficult feelings, that we are valued people who have meaningful lives, that we will again know love and belonging even if presently we’re experiencing loneliness and separation.”

Research also shows that people who reported worrying that their lives lack meaning who spend just five minutes writing about an experience that makes them feel nostalgic see a significant increase in psychological well being, feelings of increased aliveness, energy and personal worth.

We can all use nostalgia as a tool, be mindful of incorporating it into our daily lives. Look at those family movies, reminisce with old friends, remember your first kiss, first time playing quarterback, first sorority dance. Feel those moments that remind you of life’s meaning and your circles of connections. We can even maintain a nostalgia repository, memories we call to mind when we need a psychological lift. “Don’t look back at the past with a those-were-the-days stance,” warns Routledge. “Don’t compare the past to the present and find the past sweeter and better. Rather use those important memories to generate hope and joy, and optimism for the future.”

Nostalgia is not simply an American or European obsession. In her May 20, 2013, article in *The New Yorker*, “Why a Great Wave of Nostalgia is Sweeping Through China,” Amanda R. Martinez writes that in China too nostalgia has a growing place in popular culture. Chinese adults seem to be seeking more and more nostalgic experiences to cope with the current social world, a world that is ever more lonely and isolating in part because China is now a generation into its one child per family culture. A popular restaurant chain in China precisely replicates the Chinese public elementary school cafeterias of the 1980s.

Everywhere cultural critics and marketing execs know that nostalgia sells and feels good. Grateful Dead cover bands thrive, fashion recycles itself, images of childhood

movies, comic books and literature make comeback after comeback. In 2013 the top grossing movies included two devoted to comic book heroes of the past, a reimagined visit to the *Land of Oz*, a *Star Trek* reboot, and *Monster’s University*, which offered parents a side-trip down college’s memory lane while entertaining their children as well. Routledge collects the stand up arcade games of his youth and admires his good friend’s *Star Wars* toys and Lego collection.

While human beings turn to nostalgia naturally, perhaps we could learn to do it more intentionally, put this organic tool to better psychological use by choosing nostalgia in response to painful feelings including loneliness and hopelessness. No side effects, no cost, no reason not to dust off that old Donnie Osmond album or the Ramones or Frank Sinatra. Sway, sing along, we’ll all feel better.

Routledge’s research continues into deeper questions: Is there benefit to nostalgia in subclinical dysphorics, people experiencing clinical depression or other mental illnesses? Could there be such a thing as too much of a good thing? Routledge writes a “nostalgia blog” at www.psychologytoday.com/blog/more-mortal and continues to recall and enjoy his favorite things about childhood in Africa and Southwestern Missouri and his days as a new professor in England, his children’s first steps and recitals, not just because it feels good, because it’s good for him. It also motivates him to create an interesting, meaningful life today and a storehouse of memories for later.







Getting to know the provost

A FEW THOUGHTS FROM BETH INGRAM,
NDSU'S NEW TOP ACADEMIC LEADER

Most people don't know what a Provost does. The position is often described as the chief academic officer for the university. My take on the role is that it's a service position — I'm here to serve as a catalyst for ensuring that the academic mission of the university is fulfilled. Most of my time is spent meeting with people — faculty, staff, students, and others — making sure that the right people are talking to and connecting with each other. I'm energized when I can facilitate a conversation between two groups who may not be aware of each other, and something spectacular happens for our students, faculty, or the North Dakotans that we serve.

I worked for two exemplary provosts before coming to NDSU; they were very different in many ways, but both brought an even-keeled, respectful, and informed perspective to the job. Also, they both worked about 14 hours a day.

NDSU has been everything I expected. I've felt welcomed, I've spoken with scholars doing amazing research, and I've met some of the best students in the country. I'm particularly touched to be back at NDSU, where my parents worked for many years.

I had planned on majoring in physics when I went off to college. Then, during the summer prior to starting school, I visited Washington, D.C., as a Presidential Scholar. The scholars had the opportunity to visit different sites; I visited the Iranian Embassy and, I recall, the World Bank or some other such organization. I heard an economics graduate student talk about a development project she was doing in Africa, and I was smitten. I immediately switched my major and never looked back. It helped that economics has a strong connection to math and statistics.

My interests are pretty pedestrian for an academic. I read a wide range of books (science fiction, foreign novels, memoirs, general fiction) and I like to cook. I have always wanted to play the violin (I played oboe and flute in high school), so two years ago I started violin lessons. I find doing something completely different to be relaxing; struggling with the violin also gave me a deeper appreciation for what our new students face.

I have two pieces of advice for students. First, keep struggling — we've admitted you because we know you can succeed. Don't give up on yourself, but ask for help when you need it. Second, take a course just for the joy of learning about the subject. This is your chance to explore ideas and subjects that you may never have heard of before; don't let the chance slip by.

National Merit Scholars



Kayla Heier
Perham, Minn.

Austin Oltmanns
Dickinson, N.D.

Jessica Erickson
Montgomery, Ala.

Lauren Singelmann
Fargo, N.D.

Alexander Smith
Cambridge, Minn.

It's tough to get 12 students together at one time, so we photographed them as we could schedule them and made this composite. Even at that, we could only get 10, but you get the idea: 12 National Merit Scholars is a big class. Big. Students go through a qualifying test, and then the semifinalists — representing less than 1 percent of the nation's high school seniors — submit a detailed and rigorous application and essay. It's one of the highest honors a student can earn.



Emily Leonard
Maple Grove, Minn.

Hannah Nyland
Jamestown, N.D.

Brandon Duenow
Fargo, N.D.

Anna Renner
Fargo, N.D.

Christian Ekren
Fargo, N.D.

Not pictured: Steven Renner, Watertown, S.D.; Logan Coykendall, Fargo, N.D.





HONEY BUSINESS

STUDENTS REAR HONEYBEES IN A LAB

Elliott Welker is the scientist who wants to be a beekeeper, and Garrett Slater is the beekeeper who wants to be a scientist.

Last summer they worked together to complete a very difficult task. They found a way to rear honeybee larvae in a laboratory.

Welker needed the baby bees to do his research on a disease that is devastating the bee population. The disease is called American Foulbrood Disease, and it is caused by spore-forming bacterium that wipe out entire honeybee colonies. The number of managed honeybee colonies in the United States has dropped from six million in 1947 to 2.5 million today.

It's a serious problem for both crops and honey production. Bees play an important role in pollinating crops. The U.S. Department of Agriculture reports that more than \$15 billion in increased crop value each year depends on honeybees. In addition, North Dakota also is the No. 1 honey producer in the country. In 2013, North Dakota bees produced more than 33 million pounds of honey valued at more than \$67 million.

The only treatment for American Foulbrood Disease right now is to burn the hive and the beekeeping equipment. Welker's research is to find a way to kill the disease-causing bacterium without destroying the hive. »





Welker has a bachelor's degree in biotechnology and a master's in microbiology, both from North Dakota State University. He now is pursuing a doctorate in genomics and bioinformatics.

He knows his way around a lab. Bees, on the other hand, make him nervous.

He has been stung dozens of times as he learns the art of beekeeping. But he advises visitors in the field, as they pull on white beekeeping suits not to be afraid. "You'll emit pheromones that will make them sting you." He knows this from experience.

Slater is clearly a natural around bees. He's been a professional beekeeper since he was old enough to have a job. He grew up around bees and beekeepers in his hometown of Hettinger, North Dakota. Now he's a senior majoring in biological sciences, and also works with the U.S. Department of Agriculture on a honeybee rearing program at NDSU.

It's a humid late summer afternoon. Welker and Slater drive on a dirt road to their hives located in a shelterbelt north of Fargo. They are dressed in white coveralls. Before they emerge from Welker's SUV, they put on hats with yellow nets covering their heads. They pull on thick gloves that go past their elbows.

The hives look like small white dressers without drawer pulls. Welker and Slater use crowbars to pry them open. A small cloud of bees starts buzzing around their heads. Slater says that this is the calmest they have been all summer. "Humidity makes them happy," he says.

The researchers are looking for the regal queen bees that drag their enlarged abdomens behind like the train of a gown. Once they find the regal queens, they place them in square boxes about the size of a microwaveable frozen meal. The boxes have plastic cells, similar to a honeycomb, where the queens lay eggs that will become the larvae.

The more Welker and Slater poke around in the hives, the more stirred up the bees become. The cloud expands into hundreds of bees buzzing angrily around their heads. "I find it kind of soothing," Slater says. He rarely gets stung.



Honeybee larvae have been reared in labs before, but it's a challenging task, because the hive is a highly regulated environment. The larvae thrive better under the watchful attention of nurse bees, which tend to the delicate larvae like hyper-attentive parents. The larvae are accustomed to being pampered, so they don't do well when you take them out of that environment.

But Welker, remember, needs absolute control of the larvae's environment to conduct his research, because the disease is caused by spores present in soil and affects larvae in its earliest stages. They are infected through food provided by adult bees, and the infection proves fatal for them. Then adult bees that remove the dead get contaminated and spread it to other larvae, the wax, honey and beekeeper equipment. It also can be spread if the bees wander to other hives or if other bees attack an infected and weakened hive. The disease ultimately destroys the colony.

So in May 2014, Welker and Slater teamed up. Welker directs the lab work, and Slater directs the field work. They started by collecting and reviewing all the published research on the topic. They discovered there was little information published and most of it was dated. So they went to work.

By August they had developed their own method of rearing honeybees in the lab. They plan to submit their research for publication, and Welker plans to run larger experiments as they rear more larvae in the lab. Slater is scheduled to graduate in December, but he's staying at NDSU to start a biology graduate program in January. He is interested in honeybee nutrition.

— ANNE ROBINSON-PAUL

The researchers are looking for the regal queen bees that drag their enlarged abdomens behind like the train of a gown.





While an estimated 10,000 people swarmed downtown Fargo for ESPN College GameDay in September, David Newman (right, pictured with animal science research specialist Austen Germolus) was featured live on the program, cooking for the hosts and sharing barbecuing tips.

Grilling on game day



On the Friday before the historic second consecutive visit by ESPN GameDay, a producer looking for a local segment asked David Newman how he would describe his work with NDSU and his Barbecue Boot Camp program. Newman said, “North Dakota is all about agriculture and I want people to know that.”

Newman has taught barbecue techniques hundreds of times to thousands of people, so he was not unduly nervous to be live on national television. One hour

and thirty eight minutes into the broadcast, ESPN anchor Chris Fowler calls out “Newman, what’s cookin’?” Several cuts of meat and several skewers of yellow and green vegetables, of course. Newman has been busy this fall. He’s also been named to an industry top 40 under 40 list, and been asked to bring his bootcamp program to a meeting of the national pork board in Austin, Texas, with a bunch of other “meat nerds.” It ain’t every day a North Dakotan teaches barbecue in Texas.

He says it’s nice to get recognized. But what he really wants to talk about is agriculture. “This thing about food knowledge is big. In my personal opinion, oil and energy and manufacturing have been major components in the U.S. over the last one hundred years. A hundred years from now it will be food and water that challenge our society. We have to bridge the gap between consumer and producers.”



New athletic director, new practice bubble



MATT LARSEN became NDSU's 18th director of athletics in October, after spending 19 seasons at Stony Brook (N.Y.) University.

Larsen replaces Gene Taylor, who resigned after 13 seasons to become the deputy athletic director at the University of Iowa.

Larsen graduated from Stony Brook in 1996 with a bachelor's degree in biological sciences. He was a three-year starter at wide receiver for the football team. He earned a Master of Arts and Liberal Studies degree from Stony Brook in 1998 while serving as a graduate assistant coach for the football program and athletic facilities, and also has participated in the Sports Management Institute's Executive Program.

He's pictured inside the new practice bubble during the football team's first practice inside.

Renovated food production lab in place

A project that turned a portion of the third floor of the Katherine Kilbourne Burgum Family Life Center into a cutting-edge food production laboratory is complete.

The space is virtually unrecognizable from its previous version. The project included renovation of six individual learning stations, an added commercial food production laboratory and converting existing space to a food service area.

The project benefits approximately 200 students in NDSU's dietetics and hospitality and tourism management programs; both are nationally accredited programs.

The \$750,000 project was funded in part by the Challenge Fund, a matching grant program established during the 2013 North Dakota legislative session. The state awarded \$1 in matching funds for every \$2 raised for projects dedicated exclusively to the advancement of academics.



Strand named Ceramic Artist of the Year



Michael Strand, who leads North Dakota State University's visual arts department, has been named 2014 Ceramic Artist of the Year by Ceramics Monthly, the go-to publication in the ceramic arts field. The

magazine noted his efforts to use artwork to engage people with each other and the community for social change.

He started a project called the Misfit Cup Liberation Project, for example, in Fargo, in which he gave each participant a new, handmade cup in exchange for an old cup and a story. The unwanted cups and stories became an exhibit. The project has fanned out nationally and internationally, revealing themes about healing and moving on.

Strand lectures and leads workshops around the world, helping groups and organizations design and implement their own initiatives that use art as a catalyst for social change. He thinks of the projects as miniature ceramic start-up ventures.

Strand is featured in the Ceramic Arts 2015 Yearbook, which highlights newsmaker events and people in the ceramics field.



School of Music renamed



Longtime NDSU supporters Robert and Sheila Challey recently donated \$2.1 million to help the university's School of Music maintain long-term sustainability. The school has been renamed the Challey School of Music as an acknowledgement of their generous gifts.



STEM building update

Construction continues on a new state-funded classroom and lab building, set to open in the spring of 2016. The building will house classrooms, labs and study areas, with a focus on science, technology, engineering and mathematics-related courses, known as STEM. Every day, 4,000-5,000 students in the nearly 120,000-square-foot facility will have the opportunity to take advantage of its classrooms, interactive laboratories, study space and group meeting areas.



CLASS NOTES

To read the most current class notes and obituaries, and to submit information, visit ndsu.edu/classnotes.

'50s

DAVID BRUCE BARTHOLOMEW, BS '54, agricultural education, was selected to receive the George Washington Honor Medal by the Freedom Foundation. The judges are from national patriotic, service and civic clubs, veterans and educational organizations. He was nominated in the Community — Adult and Youth category. He lives in Dallas.

'60s

COLLETTE FOLSTAD, BS '62, physical education, was inducted into the West Fargo High School Hall of Fame. She coached West Fargo varsity girls basketball for 15 years. Her teams won two state championships, two state runner-up finishes, two regional titles and four conference titles. She was the first woman coach inducted into the North Dakota High School Coaches Association Hall of Fame and also is a member of the National High School Athletic Coaches Association Hall of Fame.

GARY L. KRAPU, BS '66, zoology, received the L.H. Walkinshaw Crane Conservation Award from the North American Crane Working Group. The award was presented in recognition of his commitment to better understand the needs of sandhill cranes during spring staging in the Platte River ecosystem. He is an emeritus researcher at the USGS Northern Prairie Wildlife Research Center, after retiring from public service in 2011.

JAY EDWIN BURINGRUD, BS '69, economics, retired as director of legal services for the North Dakota Legislative Council after 42 years of service that included positions as counsel, code reviser and assistant director of the professional staff of the North Dakota Legislative Assembly. He and his wife, Linda, live in Bismarck, North Dakota.

MARY (STRUBLE) AMUNDSON, BS '69, sociology, received the Fredric Moskol Leadership Award at the National Rural Recruitment and Retention Network (3RNet) annual meeting in Denver. The organization works to improve rural and underserved communities' access to quality health care. She was a founding member of the organization and served two terms on its board. She is an assistant professor in the Department of Family and Community Medicine at the University of North Dakota School of Medicine and Health Sciences.

CURTIS W. GLASOE, BS '69, agricultural engineering, was named "Surveyor of the Year" by the North Dakota Society of Professional Land Surveyors. He retired from the USDA-Forest Service in August, where he was the Dakota Prairie Grasslands Engineer in charge of engineering services for the four National Grasslands covering 1.2 million acres in North Dakota and South Dakota.

'70s

PATSY (BREDWICK) LEVANG, BS '71, psychology, wrote a book titled "The Bird Book," which tells the story of a woman who found life can be fulfilling without material riches amidst nature and the comfort of birds. She also is the volunteer chair of the centennial celebration for the city of Watford City, North Dakota. She lives near Keene, North Dakota.

JON K. JENNINGS, BS '72, civil engineering, received two Vistage international awards. For the third consecutive year, he, as Vistage chair in western North Dakota, received the Chair Excellence Award. A total of 95 chairs worldwide received the award for 2013. In addition, Jennings received the Master Chair Designation. Only 36 chairs worldwide received the honor in 2013. Founded in 1957 and headquartered in San Diego, Vistage assembles and facilitates private advisory boards for CEOs, senior executives and business owners. He lives in Bismarck, North Dakota.

KATHRYN (RAYMO) KUHLMAN, BS '72, home economics, MS '83, textiles and clothing, retired from her position as Macon County's Extension Agent in 4-H Youth Development with North Carolina Cooperative Extension. She was inducted into the North Carolina 4-H Hall of Fame in 2013. She lives in Franklin, North Carolina.

RHODA P. ERHARDT, MS '74, human development and family science, received the 2014 Mensa Intellectual Benefits to Society Award from the American Mensa Education and Research Foundation for her work developing materials and programs relating to early childhood identification of disabilities. She is a pediatric occupational therapy consultant in Maplewood, Minnesota.

JERRY DOAN, BS '75, animal science, received the 2014 Agribusiness Award during the annual NDSU Harvest Bowl festivities. The award recognizes individuals who have distinguished themselves in the field of agriculture and business. He is a fourth-generation rancher and producer from McKenzie, North Dakota.

MARILYN (JELSING) NIEWOEHNER, BS '75, textiles and clothing, was the featured artist at the Prairie Arts Club's Fine Arts and Craft Fair at the Metigoshe Christian Center near Bottineau, North Dakota. She lives in Rugby, North Dakota.

ROSS L. OLSON, BS '75, animal science, was named vice chair of the board of American Federal Bank. With 39 years of banking experience, he is the bank's executive vice president and director. He lives in Fargo.

MARY (BUSCH) GREGOIRE, BS '74, MS '76, food and nutrition, was named executive director of the Accreditation Council for Education in Nutrition and Dietetics, the Academy of Nutrition and Dietetics' accrediting agency for education programs preparing students for careers as registered dietitian nutritionists or dietetic technicians. She is professor and chair of the department of clinical nutrition at Rush University Medical Center.

CURTIS STOFFERAHN, BS '75, social science, was presented with a certificate and plaque for outstanding service to the Rural Sociological Society at the organization's awards banquet in New Orleans. He was secretary of the society from 2010-13. He is a professor and department chair of sociology at the University of North Dakota.

GEORGE A. WATLAND, BS '76, mathematics, MS '80, computer science, MS '08, natural resource management, was named senior chapter director of the Sierra Club Angeles Chapter. It is the oldest and largest chapter with 120,000 members and supporters in Los Angeles and Orange Counties, California. He lives in Tarzana, California.



JULIE HENDERSON, MS '78, social science, was named Outstanding Educator of the Year by the Public Relations Society

of America. The honor recognizes significant contributions to the advancement of public relations education through college or university teaching. She is a professor of public relations at the University of Wisconsin Oshkosh and serves as faculty adviser to the university's Public Relations Students Society of America chapter. Before joining the UW Oshkosh faculty in 1993, Henderson taught at NDSU for eight years.

ELISABETH (GUNDERSON) GOFF, BS '79, zoology, was promoted to senior special investigator with Westfield Insurance. She joined the company in 2000 after a career in law enforcement. She and her husband, John, live in Fargo.

ROBERT LITTLEFIELD, MA '79, drama, was one of seven Americans among the 17 Lions from around the world elected to the position of international director at the 97th annual Convention of Lions Clubs International held in Toronto, Canada. He is a professor of communication at NDSU.

'80s

EDWARD VANCE, BA '80, architectural studies, BArch '81, architecture, was selected as a fellow of the American Institute of Architects. He is the only recipient from Nevada to receive the honor this year. He is the founder and design principal of EV&A Architects, a specialty design firm based in Las Vegas. The firm provides services to the hospitality, commercial and health care markets.

JEFF TOPP, FS '82, agriculture, was named to the American Federal Corp. board of directors. He is a partner in a family-owned farming enterprise that raises crops in Eddy, Foster, McLean and Stutsman Counties in North Dakota and runs a cow-calf operation. He also is a trustee on the North Dakota Future Farmers of America Foundation board and the National FarmHouse Foundation board.

ALDEAN LEE, BS '83, psychology, retired after a 30-year career with the U.S. Marshal Service. She ended her career as assistant director for the Management Support Division in Washington, D.C. She and her father, Ordean Lee, were the first father-daughter marshals in U.S. history. She also was inducted into the Fargo South High School Hall of Fame.

FORREST W. NUTTER JR., PhD '84, plant pathology, received the 2014 College of Agriculture and Life Sciences Excellence in Teaching Award at Iowa State University. He was honored for the development of interactive software programs to teach principles of plant disease epidemiology and for his numerous teaching publications. He is a professor of plant pathology and microbiology. He lives in Ames, Iowa.

FRAYNE OLSON, BS '84, MS '87, agricultural economics, was named 2014 communicator of the year by the North Dakota chapter of the Association for Communication Excellence and NDSU Agriculture Communication. He is an NDSU Extension Service crops economist/marketing specialist and an assistant professor in NDSU's agribusiness and applied economics department.

Trainer to the stars

Amy Trout runs the prep school for the world-renowned Budweiser Clydesdales. "I get the babies once they are weaned from their moms and I do all the basic farm manners training, if you will, until they're around four years of age," she says. "I then send them off to training farms where they actually put the harness on them and start driving them."

Adult Clydesdales are more than six feet tall at the shoulder and weigh more than 2,000 pounds. It's a sight and experience Trout loves to share as a supervisor and trainer at Grant's Farm, the Budweiser Clydesdale Stable near St. Louis. "The horses are spectacular. It's truly the equivalent of traveling with a rock star band. Everyone wants to get to know you, meet the horses and be part of your world. It's really rewarding."

Trout earned her NDSU degree in animal and range sciences in 2000, and began working for Anheuser-Busch in 2002 as a handler for the Clydesdale team based in San Antonio, and later with another team out of Merrimack, New Hampshire. For eight years, Trout's suitcases were always packed, as she spent about 320 days per year on the road showcasing the animals.

In 2010, she was promoted and transferred to Grant's Farm, and she adopted a more normal workday. Recently, however, Trout has been traveling again, participating in a special four-month trip with the Clydesdales across China. In a way, she serves as an ambassador.

"The reason we're here is because 2014 is the 'Year of the Horse' in China," Trout said in a telephone interview during a stay near Shanghai. "The turnout has been spectacular. People here have no idea what the Budweiser Clydesdales are all about — they've never seen a Super Bowl commercial. When these magnificent animals show up, the people are awestruck. It's cool to be part of that."



Amy Trout with son Wyatt and Clydesdale Rudy.

SCOTT A. PETERSON, BS '85, zoology, is the new deputy director for the North Dakota Game and Fish Department. He previously was the department's wildlife resource management section leader for 22 years, based at the Lonetree district office near Harvey, North Dakota.

STACIA (METZGER) HEIDEN, BS '87, accounting, was appointed vice president of finance and administration for Northstar Agri Industries, a canola processing company with corporate offices in Fargo.

CHARISSE JOHNSON JENSEN, BA '87, speech communication, graduated from Lutheran School of Theology at Chicago in May and was ordained for the Evangelical Lutheran Church in America. She will serve as an associate pastor at Lutheran Church of the Atonement in Barrington, Illinois. She lives with her husband, Jon Jensen, BS '85, MA '91, in Naperville, Illinois.

TRISHA (REICHL) CYR, BS '88, corporate and community fitness, BS '92, medical technology, was inducted into the Albert Lea, Minnesota, High School Hall of Fame. Captain of her high school teams in basketball and volleyball, she was a first team All-America selection in 1987 for the Bison, leading the NDSU volleyball team to a 162-50 record during her four years of play. She was inducted into the Bison Athletic Hall of Fame in 2002.

MARK THOMAS REINHILLER, BS '89, mass communication, received the 2014 California State University San Bernardino President's Distinguished Service Award. He is in his fifth year as the university's associate athletics director for media relations. He and his wife, Nancy, live in Beaumont, California.

'90s

NICHOLAS ACHINA, BS '90, electrical and electronic engineering, was named director of electrical engineering at ATS&R, a Minneapolis-based architectural and engineering firm.

JODI (MOCH) KOSKI, BS '90, business administration, is the information technology manager of business intelligence for the Enterprise Data Warehouse at Blue Cross Blue Shield of Minnesota in Eagan.

CLASS NOTES

THOMAS LOTHSPPEICH, BS '91, mechanical engineering, was elected vice president for Stanley Consultants, a global consulting engineering firm. He is a senior project manager and manager of the Power General Group of Energy Business in the firm's Muscatine, Iowa, office.

DEBRA (QUIGLEY) SAHLSTROM, BS '92, athletic training, has opened a birth center in Milaca, Minnesota, called A New Story Birth Center. She has experience as an emergency medical technician, registered nurse and certified professional midwife.

MARK AZURE, BS '94, electrical engineering, was promoted to partner at Dunham Associates Inc., Minneapolis. He and his wife, Michelle, live in Brooklyn Park, Minnesota, with their two children.

JODI RAE (BURKHARDT) BRUNS, BS '94, mass communication, MEd '10, educational leadership, was named the first area Extension specialist in community vitality. An Extension agent for Dickey County, she also has been involved in numerous community vitality-related projects, including housing, customer service programs, strategic planning efforts and community marketing. She lives in Oakes, North Dakota.

LONNIE WANGEN, BUS '95, university studies, was named the 67th president of the National Association of State Directors of Veterans Affairs. He has served as North Dakota's commissioner of Veterans Affairs since 2008, and is only the third North Dakota director to be named to the national post. The association is comprised of directors, commissioners and secretaries from all 50 states, the District of Columbia and the five territories of Guam, Puerto Rico, Virgin Islands, Northern Mariana Islands and the U.S. Samoa Islands. He lives in Horace, North Dakota.

JEROME DIFFERDING, BS '96, corporate and community fitness, has taken a position at Sanford Health in Fargo as trauma research program manager.

Technology in patient care

Andrea Wald is an interventional radiology technologist at Avera McKennan Hospital and University Health Center in Sioux Falls, South Dakota.

She uses sophisticated imaging technology such as biplane fluoroscopy to help guide catheters, vena cava filters or stents through patients' bodies to treat disease without open surgery. The procedures are often completed through a small puncture in an artery.

"The technology has gotten amazing," Wald says. "Someone can be bleeding internally, and by accessing the femoral artery we can guide catheters into the area where they are bleeding and put in some coils that will embolize or occlude that vessel. The patient basically ends up with only a tiny puncture wound that is closed with some skin glue."

Wald earned her bachelor's degree in radiologic sciences in 2009 and began her career as a radiographer, but she was introduced to interventional radiology during a clinical rotation. She immediately knew it was a perfect fit. "I absolutely love what I do. I wanted something in the medical field, but I also liked technology," she said. "It clicked."

"I like the direct feeling of making a difference in patients' care," Wald says.

Wald grew up on a farm near Baldwin, North Dakota, and now lives in Sioux Falls.



JEAN OSTROM-BLONIGEN, BS '98, management information systems, PhD '13, communication, was named project administrator at NDSU for the North Dakota Experimental Program to Stimulate Competitive Research.



SHANE WASLASKI, BS '98, zoology, was named president and CEO of Intelligent InSites, a software development and solutions company providing business intelligence in health care using real time location systems. Previously, he was a senior vice president for Otter Tail Corp. and president of Varistar in Fargo.

CALIE (BALVITSCH) LARKIN, BS '99, accounting, was promoted to vice president/business banking officer at Bell State Bank and Trust in Fargo. She has been a commercial credit officer at the bank for more than 12 years.

STACEY (BAKKE) MAJKRZAK, BS '99, mass communication, was named the first executive director of the Grand Forks Downtown Development Association. She lives in Thompson, North Dakota, with her husband, Brent, and their three children.

JAMES M. PETERSON, BS '99, agricultural economics, joined First Community Credit Union as vice president for its Jamestown, North Dakota, market. He has 15 years experience in the financial services industry.

'00s

GWEN (PETERSON) MCCAUSLAND, BS '01, sociology, was named director of the South Dakota State Agricultural Heritage Museum in Brookings, South Dakota. She previously worked for the Historical and Cultural Society of Clay County in Moorhead, Minnesota.

STEVEN WENINGER, BS '01, construction management, joined Wanzek Construction, Fargo, as senior project manager for industrial, power, oil and gas. He has 15 years experience in the construction industry and was previously employed as a construction scope change manager/lead estimator for Fagen Inc.

GARRETT LEE, BS '02, mechanical engineering, is a mechanical design engineer for Appareo Systems in Fargo. He previously worked at Cardinal IG.

JACOB THIELBAR, BS '02, electrical engineering, was named to the Faribault, Minnesota, Sports Hall of Fame. In high school, he played football and was a two-time state tournament wrestler. He also wrestled at NDSU.

LINDSEY D. RENDLEN, BS '03, mass communication, has assumed the role of Corporate Human Resources Manager of Employment and Labor Relations for Graybar Electric Co. Inc., a Fortune 500 Company headquartered in St. Louis, with locations across the U.S. She previously practiced management-side labor and employment law with McCarthy, Leonard and Kaemmerer, L.C., located in St. Louis.

ANDREW GRESS, BS '04, history, was appointed academic dean of the Des Moines, Iowa, campus of Kaplan University. He serves as the chief academic officer to the campus, managing academic administrative operations as well as faculty and academic support services. He lives in Clive, Iowa.

KENT THEURER, BS '04, emergency management, was named emergency manager in the North Dakota Department of Agriculture. He previously was the emergency management coordinator at the Jamestown (North Dakota) Regional Medical Center.

KELLY (HOLTMAN) GRIFFIN, BS '05, apparel and textiles, was inducted into the 2014 Accessories Magazine Hall of Fame. She was honored at the Fashion Accessories Benefit Ball in New York and received a full-page profile in the Accessories Magazine February issue. She is the accessories merchandise manager for Christopher and Banks Corp.

ROBERT M. JENTZ, BS '05, business administration, was promoted to chief compliance officer of Carlisle Bancshares and its subsidiary banks, Northstar Bank of Texas and Northstar Bank of Colorado. The banks have combined assets of \$2.3 billion. He lives in Addison, Texas.

SNEH PATEL, BS '05, zoology, joined the Essentia Health Clinic in West Fargo. She is a family medicine physician.

AMANDA (THIESCHAFER) SMOCK, BS '05, human performance and fitness, won her third outdoor national title in the triple jump during the U.S. Outdoor Championships in Sacramento, California. Earlier this year, she won her third consecutive indoor title in Albuquerque, New Mexico. She was a 2012 London Olympian.

JOVAL (SCHNEIBEL) WETTLAUER, BS '05, human performance and fitness, MS '09, history education, was hired as a member education consultant at Blue Cross Blue Shield of North Dakota, Fargo. She previously worked at the NDSU Wallman Wellness Center.

CHERYL (DZIADUL) DUVAL, BS '06, agricultural economics, was named executive director of the Northern Plains Sustainable Agriculture Society. She manages Chirping Tree Farm, a Greenhouse and Ag-Education farm in Lisbon, North Dakota.



KELSEY (DOCKTER) SMITH, BS '06, business administration, was promoted to manager of Total Rewards in human resources at Noridian

Mutual Insurance Co., Fargo, which offers health care coverage as Blue Cross Blue Shield of North Dakota. She joined the company in 2012 and was promoted to compensation analyst in 2013.

JODEE (DOLL) DOWNS, BS '07, zoology, joined Nokken Chiropractic Clinic in Moorhead, Minnesota. She earned a doctor of chiropractic degree from Northwestern Health Sciences University, Bloomington, Minnesota.

KALI (RHEINGANS) MORK, BS '07, business administration, was named director of the Fargo-Moorhead Athletic Commission. She previously was assistant general manager at Scheels Arena in Fargo.

DEANN WAGENMAN, BS '07, accounting, joined Noridian Mutual Insurance Co., a licensee of the Blue Cross and Blue Shield Association, as manager of its internal audit department. She previously worked as an audit manager at Widmer Roel, a public accounting firm in Fargo.

LISA BENZ, BS '08, business administration, joined NDSU's Information Technology Division in its Telecommunications and Emergency Support Technologies Department as a telecommunications analyst. She was most recently with AT&T Mobility in Fargo.

TYLER MOHR, BS '08, hospitality and tourism management, was named 2013 Air Force Reserve Command Outstanding Airman of the Year. He is a 445th Airlift Wing command post airman at Wright-Patterson Air Force Base, and lives in Cincinnati, Ohio.

KAYLA THOMPSON, BSN '08, nursing, DNP '14, advanced nursing practice, joined the emergency medicine department at Essentia Health, Fargo.

JOSHUA S. KUEBER, BS '09, civil engineering, joined Ulteig in Fargo as a civil engineer. He most recently worked for SRF Consulting in Fargo as a senior engineer.

DAVID JOSEPH SPERL, PharmD '09, pharmacy, was promoted to pharmacist-in-charge at Essentia Health - St. Mary's Medical Center in Duluth, Minnesota.

'10s

CHELSIE (HVIDSTEN) CAMP, BS '10, sociology, was promoted to benefits supervisor/account specialist services at Discovery Benefits in Fargo.

STEPHANIE D. BROST, BS '10, management, joined Houston Engineering's Fargo office as a human resources recruiter. She previously worked for Volt Workforce Solutions in Minneapolis as an on-site recruiter.

STEPHANIE A. GRAMLOW, BS '11, human development and family science, MEd '14, counseling, was named volunteer coordinator at Hospice of the Red River Valley, Fargo.

KATIE ROESLER, BS '11, industrial engineering and management, is a production supervisor at John Deere Harvester Works in East Moline, Illinois. She previously worked as a lead manufacturing engineer for John Deere.

CASEY THIELGES, BS '11, finance, was promoted to personal loan officer at Gate City Bank's Southpointe location in Fargo.

MICHAEL ARENS, BS '12, accounting, was promoted to internal auditor at Bell State Bank and Trust in Fargo. He has eight years experience in the banking industry.

MICAH TENGESDAL, BS '12, electrical engineering, joined the Fargo office of the KLJ engineering, surveying and planning firm. He is an engineer in the power group.

SPENCER L. NORDMAN, BS '13, accounting, earned the certified public accountant designation. He works for the public accounting and business advisory firm Widmer Roel in Fargo.

HANNAH REICHEL, BS '13, public relations and advertising, joined RDO Equipment Co. Field Support Office in Fargo as a marketing assistant.

NICHOLAS TARALSON, BSN '13, nursing, joined Lillestol Research in Fargo as the clinical research coordinator.

JORDYN T. GEISENHOFF, MPH '14, public health, joined Bismarck-Burleigh Public Health as a tobacco prevention specialist.

JALEN GETTING, BS '14, agricultural and biosystems engineering, was hired as a test engineer at Appareo Systems in Fargo. He previously worked for AGCO in Jackson, Minnesota.

AMANDA (HALVERSON) JOHNSON, DNP '14, advanced nursing practice, is a nurse practitioner and joined the neurology department at the Essentia Health Clinic in south Fargo.

MISTY J. RAPPUHN, BS '14, accounting, joined regional certified public accounting and business advisory firm Eide Bailly. She is working in the firm's Fargo office.

JORDAN R. STIEFEL, BS '14, art, joined the RLE Group, Fargo, as a graphic designer.



TT
14

Our work makes us better

Perhaps I was a late bloomer, but I didn't begin exploring the person I wanted to be professionally until I went to college. I don't remember applying much conscious consideration to the question before that. In fact, I don't remember it even being a question. I know I was influenced by others — my parents, the exchange students we hosted, dedicated teachers who inspired my love of writing — but mostly I rolled with the status quo. College, fortunately, widens your horizons.

When I started my freshman year at North Dakota State University, thanks to an array of involvement, I encountered people who ranged widely and affected me deeply. I looked up to the seniors in my sorority with all their academic focus and their social confidence. I obeyed the warm, but stern, Alpha Gamma Delta alumnae who helped the chapter officers test our leadership muscles. I shyly admired the senior staff of *The Spectrum* with their desire to unearth controversial stories and put out a great paper. And I was enthralled by the more offbeat intellectual charisma at work in the NDSU English department at the time — David Martinson, Bill Cosgrove and Jean Strandness — their passion for literature and fiction, their Birkenstocks and liberal bumper stickers, and their intellectual enthusiasm. They illuminated the life of the mind to me.

Despite their import in my life, I don't think I would have named those sorority alumni or those teachers as mentors in the moments I was with them. I admired them, I looked up to them but their impact was muffled by the veil of self-absorption I wore — a filter natural to that time and place. Knowing your mentors sometimes takes time and distance. A little maturity helps too.

I now realize that a mentor isn't necessarily your biggest cheerleader, sometimes she's your toughest critic, or just straight-up tough. I worked for NDSU Publications Services after I graduated from NDSU in the early '90s and took it on the chin from editor Laura McDaniel a number of times. And I'm

a better writer for it. You couldn't pay me enough to use the words "there is" or "there are" in a sentence. "Waste of space!" she said. She's right.

Another woman important to me was Doris Hertsgaard. A long-time NDSU statistics professor, Doris forced this mass communications/English major to comprehend math by way of an on-the-job crash course on statistics.

At age 25, I became the communications director for Doris' market research firm, DH Research, and she was adamant that I fully understood the numbers I was translating into written reports. I cried over those numbers — literally wept. Doris, a no-nonsense, warm and prickly wonder of a boss, would scowl, give me a little shake and insist I was smart enough to figure it out. "Come on now, Marnie. You can do this." She was not swayed by my mental roadblocks and self-made obstacles. She made me push past my "I'm-not-good-at-math" mindset.

Doris was hard on me because she believed in me. She earned a Ph.D. in statistics as a single mother in 1972. When she was hired at NDSU, she was one of only a couple of women in her department and the only woman with a Ph.D. She broke a lot of glass ceilings in academia and later, in business, and she insisted that the young women who worked for her saw, and strove to meet, their potentials. She inspired me to take my talent and work seriously and to understand that my professional abilities were of great worth. She's retired now, but her influence is not. Her daughter, Beth Ingram, recently became NDSU's new provost.

I've looked to men to learn and to grow as well, but it has always been the women in my personal and professional life who stand out. My mother is the first of those. She was a leader in the traditionally male field of agriculture policy and management. She carved that space out by leveraging both her substantial knowledge and her substantial wits and charm. My paternal grandmother earned a master's degree from Columbia

University in 1922 — a time when most women didn't even earn bachelor's degrees.

Professionally, I've been lucky to have a number of managers who really believed in me. They saw my potential and gave me the space and opportunity to shine. When I first began working at Microsoft in Fargo, I was sure all my colleagues were smarter than me. My manager showed me that wasn't the case. But, they were more confident. She helped me discover that I had the same smarts and then some — I just had to learn to unapologetically put myself and my ideas out there.

Friends serve as mentors, too. My most inspiring friends are professionally accomplished in areas ranging from not-for-profit management to public relations. They achieve great things at work while raising their kids, helping aging parents, battling serious illness, running for office and running marathons. My women friends have taught me everything from how to trust my child-rearing instincts to how to motivate my team at work.

While the women who mean the most to me are highly accomplished, they do not necessarily inspire me to do more. Instead, they help me be a better me. They drive me to be more myself — to recognize that I have great strengths and to value who I am, not yearn to be what I am not.

As I get older and advance in my career, I am attempting to pay forward what all these women have done for me. I try to make younger women stronger by expecting them to rise up to their potential. I aim to help them recognize the value of their talents and realize that professional strength is as important as the other priorities in their lives — and as worthy of time and attention as their relationships. I want younger women to understand earlier that rewarding work done with confidence and joy makes us not only better professionals, but also better friends, mothers, wives, daughters and citizens. Our work makes us better women.

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DAN KOECK

FROZEN PHYSICS LESSON Last winter, Warren Christensen, an assistant professor of physics at NDSU, built a backyard igloo with his friend, Matt Brunsvold, for their boys. They used about 1,100 ice blocks made by filling empty milk cartons with food coloring and water. They then used slushy snow as mortar, and the igloo quickly fused into one solid block of ice. They started in mid-December and finished in mid-January. It lasted about two months. The structural integrity of a dome is extremely strong, and four adults could stand on it with no damage. Science!