

THE BULLETIN

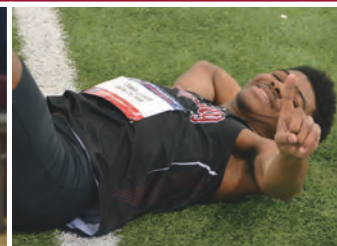
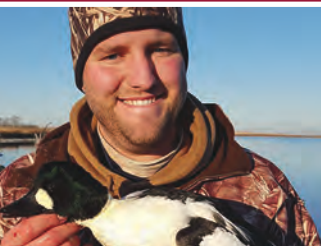
A Publication for Alumni & Friends of Valley City State University



VALLEY CITY
STATE UNIVERSITY

Sabrina Heywood '11 first Canadian woman to summit Himalayan peak Nirekha

Young Conservationist ♦ Arizona Visits ♦ Viking Successes



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Welcome to the *Bulletin!*

The *Bulletin* is published in spring, summer and fall by the Valley City State University Alumni Association.

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Cover Story

4 Sabrina Heywood '11 first Canadian woman to summit Himalayan peak Nirekha

Sabrina Heywood '11 was an outstanding student at VCSU — a very active and engaged player in the campus community. After working in the VCSU Enrollment Services Office for a couple years after graduation, she returned to her native Saskatchewan and set her sights on loftier goals. She achieved one of them last fall, becoming the first Canadian woman to summit Nirekha, a Himalayan peak near Mount Everest.



4

9 Anderson joins foundation staff as director of development and major gifts

Cory Anderson '89, inaugural NSAA commissioner and former VCSU coach and staffer, is returning to his alma mater. Anderson will join the VCSU Foundation in June.



9

10 Fifth Winter Commencement held in Vangstad Dec. 19

President Alan LaFave led VCSU's fifth winter commencement exercises, where degrees were conferred on 21 master's students and 98 bachelor's. Autumn Johnson presented the student reflection, and Joan Oigawa Aus gave the faculty reflection, with Kathleen Neset representing the North Dakota State Board of Higher Education.



10

22 Joseph's national championship caps banner season for track and field

Travis Joseph's high jump of 2.10 meters (6 feet, 10.75 inches) earned him the fourth national title in Viking men's track and field history, capping a banner season for the indoor track and field squad. Joining Joseph with All-American honors at the NAIA Indoor Championships were Zach Co with a 6th-place finish in men's shot put and Bryeann Robertson with an 8th-place showing in the women's shot put.



22

Cover: An exhausted but jubilant Sabrina Heywood '11 reclines on the summit of 19,911 foot Nirekha. (photo: Bryce Schroers)



The Most Challenging of Times

Alan D. LaFave, D.M.A., President

As we continue to navigate through the waning weeks of the semester, I'm pleased to report that faculty are delivering instruction, students are attending classes, support services are helping out with tutoring, advising and registration is taking place, and planning for summer and next fall continues. Valley City State University is up and running strong!

By the time you read this, we will have celebrated the Class of 2020 with VCSU's first virtual commencement ceremony, presented to our graduates, their families and the campus community via YouTube.

Yes, this has been a challenging semester, and the challenges aren't going away anytime soon. But we've risen to the occasion and stuck to our mission. We did that by taking action to protect our students, faculty, and staff, and our community. Let me share with you the following timeline that shows how we have responded to COVID-19 thus far.

- **FEBRUARY 27** Campus community offered advice from Health Services for staying healthy in cold and flu season with reference to coronavirus
- **MARCH 6** Spring break travelers advised to be safe, stay informed and follow Center for Disease Control guidelines
- **MARCH 11** Students are asked to bring laptops and course materials with them on break in preparation for possible changes to course delivery
- **MARCH 11** Health Services reinforces precautionary travel and health measures in light of upcoming spring break (March 16-20)
- **MARCH 12** Academic instruction moves to online delivery for two weeks after spring break, March 23–April 3
- **MARCH 14** Advice for emotional and mental well-being during COVID-19 provided by Counseling Services
- **MARCH 16** Faculty and staff asked to begin working from home by March 18 until at least March 31
- **MARCH 17** Support and resources offered to faculty now teaching online
- **MARCH 19** Campus alerted that a VCSU student was placed in quarantine after test for possible COVID-19 with results pending
- **MARCH 20** All VCSU academic instruction moved online for remainder of semester
- **MARCH 20** Announcement of residence hall closing and plans for

students to pick up belongings and move out

- **MARCH 20** Results for student tested for COVID-19 come back negative
- **MARCH 25** Support to campus community offered in video message from president
- **MARCH 27** Faculty and staff asked to stay and work from home indefinitely unless essential needs require campus presence
- **MARCH 27** Students provided information on housing and dining refunds
- **MARCH 31** On-campus spring commencement ceremony postponed indefinitely
- **APRIL 3** Faculty and staff share video message of support to students
- **APRIL 3** Students notified of satisfactory/unsatisfactory grading options and other changes to academic procedures
- **APRIL 9** Counseling Service offers tips for positive mental health
- **APRIL 16** Cloth face masks made available to faculty and staff for pick up at information desk
- **APRIL 29** Plans announced for virtual senior honors recognition and commencement ceremony

That's where we are now at VCSU as we reach our press deadline for this *Bulletin*. As we look forward, it's our intention to be open for business with students on campus in the fall, and that's where we're directing our planning energies.

Our mission statement says that "VCSU prepares students to succeed as educators, leaders, and engaged citizens in an increasingly complex and diverse society." That "increasingly complex" phrase is certainly accurate as we face many more challenges going forward, and that's where you, our steadfast alumni and friends, come in. Now, perhaps more than ever, we need your continued support for Valley City State University.

VCSU is more, much more than a university; it's a network of people such as you and I who care deeply about one another and the institution that forms our common bond. We're family, and we need each other. Thank you for looking after your family, for helping take care of VCSU during these most challenging of times.

Go Vikings!

Join Us for Food and Fun at an F-M RedHawks Game!

The VCSU Alumni Association invites you to join alumni and friends at Newman Outdoor field for an F-M RedHawks game on Wednesday, August 12. We have reserved the Armadillo party deck for our VCSU gathering!

The Armadillo Party Deck, located down the first base line, featuring barstool seating and picnic tables.

COST \$20 per person

INCLUDES

- Game ticket
- All-you-can-eat hot dogs, bratwurst, pulled pork, potato salad, potato chips, pop and water, and snacks

SOCIAL HOUR AND BUFFET starts at 6:00 p.m.

GAME TIME 7:02 p.m.

PLEASE RSVP Call 701-845-7203 by August 1 to reserve your tickets

leave a Legacy for V-500 at VCSU



The VCSU Foundation Leave a Legacy program is designed to encourage alumni and friends who have supported the university while they were living to continue to have an impact on VCSU after the time of their death. They can do so with a charitable bequest, which can be in the form of cash, stocks, bonds, life insurance, or a percentage of their estate. More often than not, attractive tax benefits are associated with such a bequest.

For further information on the Leave a Legacy program, contact the VCSU Foundation Office at 701-845-7217 or email Larry Robinson, executive director of university advancement, at larry.robinson@vcsu.edu.



Phone-A-Thon still needs your help

Kim Svenningsen-Hesch '91, Assistant Director for University Advancement and Alumni Relations

In January we kicked off our annual Phone-A-Thon. Gifts made through the Phone-A-Thon help support scholarships and other Alumni Association initiatives, including the *Bulletin*, socials, and alumni award programs. By supporting our Phone-A-Thon, you are investing in your alma mater.

We appreciate everyone that picked up the phones while we were calling. Again, this year the VCSU volleyball team did the calling for us! It's a very rewarding evening for the ladies when they can visit with our alumni. We are currently wrapping up our annual Phone-A-Thon and need your help to reach our goal.

Please consider donating to the annual Phone-A-Thon. We've raised just over \$70,000 of our \$90,000 goal. The amount you are able to give may vary, but your commitment to giving every year provides the sustainable base of support that allows us to make a difference every day at VCSU. Your support has resulted in national recognition and all-time record enrollment this past year. Help us continue to grow our enrollment and retain our current students.

How can you donate? Return the enclosed envelope in this issue of the *Bulletin* or visit

www.vcsualumni.org online and click on "Make a Gift Online" at the top of the page.

It's important to recognize the crucial role that donations play on the Phone-a-thon. Thank you to everyone that has donated already to the Phone-a-thon. See pp. 18-20 for a complete listing of donors as of March 31, 2020.

We would also like to recognize and say thank you to the 201 donors that donated on February 13 as part of Giving Hearts Day. We were able to raise \$17,000 along with a \$5,000 match! Thank you to Ludvigson, Braun & Co. – Matt Pedersen for providing the Giving Hearts



Day match.

As we wrap up another academic year at VCSU, I'd like to say thank you to all our alumni for their continued support, engagement and advocacy.

Go Vikings!

p.s. In March we sent out Viking Pride posters with the image embedded here to over 1,400 educators teaching in North Dakota K-12 schools to display in their classrooms. We have a few posters left and would be happy to send you one if you're interested. Email me at kim.hesch@vcsu.edu for your free poster!

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Student debt totals \$1.6 trillion nationally

Larry Robinson '71, Executive Director of University Advancement

Much has been said about the growing crisis with student debt in our country. The Board of Governors of the Federal Reserve System reports that as of 2019, student debt has grown to a whopping \$1.6 trillion dollars. The statistics surrounding the student debt crisis are alarming.

For example, consider the following:

- 65% of the class of 2018 graduated with student debt according to the most recent data available from the Institute for College Access and Success, a nonprofit organization that works to improve higher education access and affordability.
- The average U.S. Household with student debt owes \$47,671 according to Nerdwallet's 2018 household debt study.
- Average debt for medical school graduates is \$196,520.
- Average debt for dental school graduates is \$285,184.
- Average debt for pharmacy school graduates is \$166,528.
- Student debt for students at VCSU approaches \$30,000.

Most student loans, about 92%, are owned by the U.S. Department of Education. There are 43 million student loan borrowers. Total

outstanding federal student loan debt is \$1.4 trillion.

A significant number of student loan borrowers are in default. Unfortunately, the situation is not getting better.

Here at Valley City State University, we are working hard to minimize the debt of our students. For the current academic year, the VCSU Foundation is allocating a total of \$1.723 million in scholarship support. That commitment is possible because of the tremendous support we are receiving from our donors, our alumni and friends. As the cost of earning a college degree continues to increase, scholarship support is more important than ever. Access to a

college education is one thing; affordability is another.

We would like to thank everyone who is supporting our scholarship program. If you have not been on that list, please join your friends and neighbors. Any amount of support is important — no gift is too large or too small.

Contact us at 701-845-7203 or visit us on the web at vcsualumni.org to see how easy it is to support our scholarship program.

*For the current academic year,
the VCSU Foundation is allocating a total
of \$1.723 million in scholarship support.*



My late wife, our two children and I are graduates of VCSU, and we all received scholarship support. I felt now was a good time to give back to VCSU and make a difference to students so they have the same opportunities we had. I established an endowed scholarship while taking advantage of the challenge grant at the same time. I would encourage and challenge you to consider an endowed scholarship. It's an excellent way to honor someone special now and into the future.

— George Berger '75, Binford, N.D.

WHAT IS AN ENDOWMENT?

An endowment is a special fund in which the principal is invested in perpetuity and never used. The interest earnings support the annual scholarship allocation. Endowments are an excellent way to honor or memorialize a loved one, teacher, coach or your family.

*The VCSU Foundation requires
a minimum investment of \$10,500
to establish an endowment.*

Donors can invest the funds all at one time, or make periodic contributions to the fund until such time that the \$10,500 minimum is met. Once the fund is established, contributions to the fund can continue into the future.

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‘Absolutely Breath

Saskatchewan woman 1st from Canada to conquer this Himalayan summit



SABRINA HEYWOOD '11 FIRST CANADIAN WOMAN TO SUMMIT HIMALAYAN PEAK NIREKHA

Sabrina Heywood came to Valley City in the fall of 2007 from Rouleau, Saskatchewan, Canada, to study at VCSU and play volleyball for the Vikings. She graduated magna cum laude in 2011, earning a bachelor's degree with a double major

in business administration and marketing. Along the way, Sabrina served on Student Senate and VCAB, picked up a Viking Pilot award, and garnered Daktronics-NAIA Volleyball Scholar-Athlete recognition.

A tremendous ambassador for the university as an undergraduate, Sabrina put her experience to work in the VCSU Enrollment Services Office as an admission counselor for a few years after graduation, and then embarked on some overseas travel before returning to her native Canada.

Now an account planner for a marketing agency in Regina, Saskatchewan, Sabrina coaches volleyball from time to time, but confesses she doesn't play much any more. She does a lot of rock climbing, both indoor and outdoor, and has asserted herself in leadership roles with her local section of the Alpine Club of Canada. She takes great pride in getting out to climb and hike and pack, even giving herself annual goals for the number of nights spent sleeping in a tent or hut.

And last fall, Sabrina rolled all of that into a trip to Nepal, trekking with her climbing team and becoming the first Canadian woman to summit the Himalayan peak Nerikha.

The article reproduced here was written by Michaela Solomon, digital content producer, CTV News Regina. It was published Nov. 28, 2019, and updated Nov. 29, 2019. It appears here courtesy of Solomon and CTV News Regina. It can be found online at regina.ctvnews.ca/absolutely-breath-taking-sask-woman-1st-from-canada-to-conquer-this-himalayan-summit-1.4707634.

Photos courtesy of Bryce Schroers.



TAKING'

A Regina woman has succeeded in becoming the first from Canada to climb to the Nirekha summit in the Himalayas.

Sabrina Heywood and Bryce Schroers share the achievement of being part of the first Canadian team to summit the mountain that overlooks the world famous Mt. Everest in Nepal.

Prior to this achievement, only one Canadian — a solo man — summited at Nirekha. Nirekha peak has an elevation of 6,069 metres [19,911 feet].



Photo captions: Previous spread— Sabrina (far left) and Bryce Schroers (second from right) and their two guides pose triumphantly on the summit of Nihekra. Below, counterclockwise — (1) Sabrina pauses for air while scrambling. (2) Posing for the camera. (3) The Canadian team poses at Everest Base Camp: (l to r) Chris Tunison, Mark Rosin, Sabrina, Bryce Schroers and Kobus Stassen.

Heywood and Schroers were part of a group of five climbers who connected via the Alpine Club of Canada, Saskatchewan section. The group consisted of team leader Mark Rosin, Kobus Stassen, Chris Tunison, Heywood and Schroers.

Not everyone made it

Heywood and Schroers were the only ones to make it to the summit. A grueling trek both mentally and physically, Rosin, Stassen and Tunison were forced to turn back before summiting.

“Our goal was everyone comes home for supper. We all make it back safe,” Heywood said. “So we achieved our goal.”

Stassen is a physician, which the group agreed was an asset to a trip of this nature.

“Kobus listened to my chest and said he thought I had pulmonary edema,” Tunison said.

Pulmonary edema, when fluid accumulates in the lungs, is a symptom of altitude sickness. Other symptoms include dizziness, fatigue, headache, nausea and shortness of breath. The only treatment is to get to a lower altitude as fast as possible.

Altogether, the group spent about two weeks trekking through the mountains to the toe of the glacier. It was on the thirteenth day that Tunison had to turn back. Group leader Rosin accompanied him back down to a lower altitude where he recovered.

New territory for the climbers

Past a certain point in the two-week trek there were no cars on the road. Some of the locals in the area have likely never seen a motor vehicle, and everything is transported on foot or by animal — like yak or donkey.

Some of the accommodations along the trek were heated by burning yak poop.

The last push

“I found it very frustrating,” Heywood said of the final push toward the summit. “The higher we walked the harder it got.”

Heywood has an athletic background, and is no stranger to physically exerting tasks. She likened climbing at that altitude to trying to run through Jell-O.

“I’m used to being able to rely on my mental toughness to push through things, but there were times I was bent over, having a conversation with myself.”

Heywood said struggling for breath at that altitude was one of the hardest things she’s ever been through.

“You just had to go slow, one step at a time, five breaths in between each step,” Schroers said with a laugh.

“No one in the group would ever give up because it was too hard,” Tunison said. “They would only turn around over a decision of health or safety.”

Once the team finally reached the summit, they said the wind broke for a brief moment of tranquility.

“The view was absolutely breathtaking,” Heywood said. “We had a view of some of the most beautiful peaks of this world, which is quite a fortunate place to be.”



Alumni, friends gather in Arizona

Once again VCSU alumni and friends came together for the annual Arizona alumni events, meeting Friday, Jan. 31, in Peoria and Saturday, Feb. 1, in Mesa. Attendees are pictured in the accompanying photographs.

1. Peoria

(front, l to r) Penny (Tetrault) Leier '69, Linda (Olson) Koscheny '72, Kari LaFave, Carol Schaller, Mary (Kruschwitz) Schroeder '65, Pat (Sheldon) Parrish '67; (back) Glen Engle '61, Dwight Leier '68, Sydney & Andrew Warcken '99, Al LaFave, Bill Schaller '74, Dan Parrish '65, Larry Grooters '57, David Koschney '71



2. Mesa 1

(front, l to r) Dee (Isensee) Hillstrom '69, RaeAnn (Rolshoven) '75 & Jim Vandrovec '74, Larry Grooters '57, Kari LaFave, Mona Kelsch, Judy (Ketterling) Dosch '72; (back) Dale Hillstrom '69, Judy Mathias, Jane Lemnus, Al LaFave, Jerry Kelsch, Herbert Tillapaugh '54, Al Dosch '55



3. Mesa 2

(front, l to r) Nancy King, Pat Ovrebo, Carole (Jensen) Richman '74, Patty (Herzberg) Sandness '77, Janet (Anderson) Carvell '57, Janice (Anderson) Persinger '57, Lorna Olson, Deanne (Roseth) Horne '60, Patricia Obstarczyk, Ruth (Saar) McMillian '52; (back) Rod Olin '71, Mark Richman '74, John Ovrebo '66, Paul Sandness '76, Al LaFave, Curt Olson '62, Bob Horne '59, Tom Kinn '87, Terry Dunphy '68, Joe Welder '67



4. Mesa Young Alumni Gathering

(l to r) Thomas Cortez '15, Sierra Even '15, Kim Svenningsen-Hesch '91, Barb Ector '16, Aurissa (Martens) Brinson '15



5. Meeting with Marge Meredith

(l to r) Larry Robinson '71, Al LaFave, Marge Meredith, Kim Svenningsen-Hesch '91



Alumnus Doyle serves as North Dakota Elks president



Larry Doyle '68

An Elks member for 53 years, Larry Doyle '68 of Valley City is now serving as president of the North Dakota Elks Association. Doyle previously served as vice president and president-elect. Installed as president at the 2019 state convention in Devils Lake, his term as president runs through July 2020. Doyle represented the North Dakota Elks at the National Elks Convention in St. Louis in July 2019.

There are currently eight Elks lodges serving 6,500 members in North Dakota. The Valley City Lodge closed in 1998, and Doyle and several other members of that lodge then joined Jamestown Elks Lodge 995. The North Dakota Elks work in their local communities and with the national organization to fund youth grants and scholarships, along with providing disaster relief and other programs.

One of the Elks projects dear to Doyle's heart is Elks Camp Grassick, a summer camp on Lake Isabel south of Dawson, N.D., that serves children and adult campers with disabilities and special needs. Each year, the camp hosts about 120 children and 80 adult campers over six sessions, providing therapeutic programs and services.

Now retired, Doyle worked for many years at First Community Credit Union in Valley City. He and his wife, Margaret, have lived in Valley City since 1977. The couple has three daughters and nine grandchildren.

John Lindstrom is part of a new generation of conservationists

The following article on John Lindstrom '11 first appeared in the Feb. 8, 2020, edition of the Hutchinson Leader. It is reprinted here courtesy of Crow River Media and the authors, Alex Guerrero and Stephen Wiblemo. Photos courtesy of John Lindstrom.

Conservation has changed with the times. Gone are the days when ducks and hunting were the main driving force. The newest generation of conservationists have a different focus.

"I think the view on conservation would be a lot more focused on clean water and renewable energy," said John Lindstrom of Hutchinson, a 30-year-old biologist with Meeker County Ducks Unlimited.

Though Lindstrom is young, he has plans that would make artist Les Kouba proud.

As a biologist, Lindstrom, works with Ducks Unlimited to help protect and restore wetlands and natural habitats. His desire to preserve started with hunting at an early age. He recalled trips with friends and family to hunt geese, ducks and pheasants.

"It kind of instilled that passion for the outdoors and hunting," he said. "That is definitely what laid the foundation for where I am today. From an early age, in high school, I had narrowed my focus for a potential career into something outdoors."

Lindstrom followed his passion after high school, graduating from Valley City State University in North Dakota with a degree in fisheries and wildlife sciences. He went on to graduate school to earn a master's degree in zoology and then worked with the U.S. Fish and Wildlife Service in North Dakota before taking the job in Meeker County in 2016. He was recently featured by the Star Tribune as one of seven young Minnesota conservationists to watch.

While his work for Ducks Unlimited is focused on maintaining the waterfowl populations, he says much of what he does goes beyond benefiting hunters.

"We're able to impact a lot more than just having someone have the ability to hunt ducks in the fall by what we do," Lindstrom said. "When we restore

grassland or restore wetlands, there's a lot of ecosystem goods and services that aren't just focused on ducks and duck hunting."

The most gratifying part of the job, he says, is seeing the effects of restoration projects not only on the wetlands, but the surrounding ecosystem. He takes pleasure in watching the transformation of lakes filled with toxins and invasive species.

"Building infrastructure to allow a temporary water level draw-down," he said, "and then bringing the water back ... and seeing that water go from pea-soup green to crystal clear with wildlife everywhere ... that's one of the more fulfilling parts of my job."

It's not always easy, though. Conservation projects are not without their politics. With many moving parts and issues such as permits, easements and disgruntled neighbors sometimes holding up projects, "it's really disheartening to deal with," Lindstrom said.

"That's the hard part of my job," he said. "When we have something tangible we can do, but for reasons beyond my control we aren't able to do it."

Despite the tough days, Lindstrom is determined to continue the fight. His major concern for the future is the continued degradation of wetlands and shallowed lakes, which has resulted in the loss of birds. He estimated about 90 percent of the state's prairie wetlands and 99 percent of its native prairie grasslands have been lost.

And he says he's not alone in his fight. He spoke highly of Minnesotans' desire to conserve and protect natural resources, and pointed to the Clean Water, Land and Legacy Amendment as proof of their commitment.

Lindstrom has a new reason for his work as well. With an 18-month-old son at home, he wants to make sure the same wetlands and hunting grounds he visited with his father are there for future generations.

"It's not just what I want," he said, "it's what I think is valuable to Minnesota."



John Lindstrom of Hutchinson, a biologist with Meeker County Ducks Unlimited, holds up a goldeneye duck during a hunting outing. Lindstrom is part of a new generation of conservationists focused not only on preserving animal habitats, but also on clean water and renewable energy.

Anderson joins foundation staff as director of development and major gifts

Cory Anderson '89 of Jamestown, N.D., has been named director of development and major gifts in the VCSU Foundation, according to an announcement made by Larry Robinson, foundation executive director. Anderson will begin his work June 15.

"We're very excited to have Cory return to VCSU," said Robinson. "He brings a wealth of valuable experience and connections to the foundation, and he's a Viking through and through."

Anderson currently serves as commissioner of the North Star Athletic Association (NSAA), the conference in which the VCSU Vikings compete. He has held that position since the NSAA's inception in June 2013. Under Anderson, the NSAA grew from 5 members to 10 in its first 2 years, and he has helped the conference increase its national profile in the National

Association of Intercollegiate Athletics in the ensuing years.

Prior to leading the NSAA, Anderson served as executive director of the James River Family YMCA in Jamestown. He previously had served VCSU as head baseball and assistant football coach, with additional responsibilities in enrollment services, sports information and athletic administration. In 2005, Anderson was recognized as the first recipient of the NAIA Coach of Character Award.

A storied athlete at VCSU, Anderson was a two-time all-conference pitcher and a quarterback and punter on two conference-championship football teams for the Vikings.

Anderson and his wife, Kristi, have two adult children, Brady and Kadie. Kristi, Brady and Kadie all attended VCSU.



Cory Anderson '89

VCSU announces record spring enrollment for 6th consecutive year

For the sixth consecutive year, Valley City State University has achieved record spring enrollment numbers according to official figures released on Feb. 11.

VCSU has set spring semester records with a headcount enrollment of 1,622 students, nearly a 7% increase over last year's 1,517 spring headcount.

The spring 2020 undergraduate headcount of 1,491 is also a record, exceeding the 2019 figure of 1,375 by more than 8%.

Other records in the spring 2020 numbers

include both the institutional total FTE (full-time equivalent) and the undergraduate FTE. The institutional total FTE figure of 1,091 represents nearly a 7% increase over the 2019 figure of 1,020, and the undergraduate FTE figure of 1,044 represents nearly an 8% increase over the 2019 figure of 970.

Of particular significance in the numbers this spring is the increase in full-time undergraduate students, from 776 in spring semester 2019 to 830 in 2020, just shy of a 7% increase.

"It's gratifying to see the strong spring numbers," said VCSU President Alan LaFave. "Our hard work in bringing students to Valley City State and working with them to keep them on pathways toward degrees pays off for the students, their families and us. The numbers are an indicator of the quality teaching and learning environment on our campus, which we strive to improve. VCSU continues to provide an outstanding education and great value."

VCSU online programs ranked by U.S. News and World Report

The online master's in education and bachelor's programs at Valley City State University have been ranked in the U.S. News 2020 Best Online Programs. The national rankings cover accredited degree-granting online programs.

VCSU's online master of education (M.Ed) program was ranked 144th of 298 programs, while the online bachelor's programs at VCSU were ranked 183rd of 345 programs.

"We're excited about once again being selected as one of the best online master's in education programs," said James Boe, Ph.D., VCSU dean for graduate studies and extended learning. "We take pride in being able to offer quality programs that are flexible enough for teachers with full-time jobs, coaching responsibilities and families. The program has numerous field experiences where candidates can implement new instructional technology,

conduct laboratory activities, observe in other classrooms, co-teach and more. Our goal is to improve teaching and learning and provide our graduates with the knowledge and skills to make it happen."

The VCSU master of education (M.Ed.) program offers six concentrations: elementary education, English education, library and information technologies, teaching English language learners, teaching and technology, and technology education. The university also offers a master of arts in teaching (M.A.T.) program, designed to help individuals with degrees in non-teaching fields earn teaching licenses.

Online bachelor's programs at VCSU include business education, business process integration management, career and technical education, communication, English education,

history, history education, music, social science, social science education, and technology education.

The U.S. News rankings are based on methodologies using data from a statistical survey and a peer reputation survey. Although the methodologies differ for the master's in education and bachelor's programs, both rely on measures of engagement, services and technologies, faculty credentials and training, student excellence, and expert opinion.

Included in these measures are graduation rates, use of best practices, class sizes, retention rates, student indebtedness, technological infrastructure, support services, terminal degree faculty and tenured faculty, and faculty preparedness to teach distance learners.

Fifth Winter Commencement held in Vangstad Dec. 19

Vangstad Auditorium served as the venue for Valley City State University's fifth Winter Commencement Exercises, held Thursday afternoon, Dec. 19.

President Alan LaFave led the ceremony at which degrees were conferred on 119 graduates, including 21 students with master's degrees and 98 with bachelor's degrees.

In addition to President LaFave, speakers included Kathleen Neset of the North Dakota State Board of Higher Education, undergraduate Autumn Johnson, and faculty member Joan Oigawa Aus.

In his remarks, President LaFave touched on work attributes that the graduates could carry with them, such as being on time, having a strong work ethic and putting forth solid effort; displaying positive attitude, energy and body language; bringing passion and being coachable; and always being prepared and doing extra. Addressing the graduates, he said, "...You have all contributed to the culture and success of our university.... You've truly made a difference in VCSU, and we hope we have done the same for you."

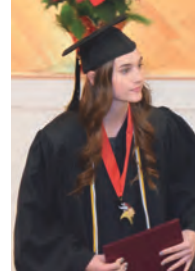
Kathleen Neset brought congratulations to the graduates from the State Board of Higher Education, thanking the graduates for choosing Valley City State University and the North Dakota University System for their education. She instructed the graduates to "Celebrate with your family and your friends.... Today is one of the milestones...enjoy it and appreciate this day."

Autumn Johnson, who graduated magna cum laude with a bachelor's degree in history and a minor in political science, gave the student reflection. Johnson, who served as Student Senate president and played volleyball for VCSU, touched on her unique undergraduate experiences: climbing the 551 steps to the top of the dome in St. Peter's Basilica in Vatican City while on choir tour in Italy; leading Student Senate as it reached a user agreement with the Gaukler Family Health and Wellness Center; and testifying on behalf of VCSU before the North Dakota Legislature's House Appropriations Education and Environment Division Committee.

"I made friends whom I can't imagine life without," said Johnson, and had "mentors who continue to challenge and guide me." In closing her remarks, she offered this advice: "Fight the voice inside of you that tells you you're not ready or not capable and take flight..."

In her address, Joan Oigawa Aus, associate professor of education and chair of the elementary education and English language learners (ELL) programs, described herself as a lifelong teacher. "Students are the reason that I keep teaching," she said, "because students are the promise of a better future as well as the nexus for change."

Aus, who served 23 years in the U.S. Air Force and National Guard, managed to keep teaching even while deployed in Iraq in 2003-05. She drew upon her experience there when she spoke these words: "...Even in chaos, courage and intelligence triumphs. Teaching and learning matters. Even in moments of crisis, trials and tribulations, we can find normalcy and wonder in our humanity and the intellectual life of learning."



ACCEPT THE CHALLENGE!

Deadline: December 1, 2020

NORTH DAKOTA CHALLENGE FUND MATCHING GRANT PROGRAM

The 2019 North Dakota legislators have once again created the North Dakota Challenge Fund Matching Grant Program. VCSU has been allocated up to \$700,000 of matching dollars if we can raise \$1,400,000 in private dollars. The VCSU Foundation is using this program to enhance more than 225 scholarship endowment funds. **Pledges for the matching dollars are allowed for up to seven years. Also available is leveraging a portion of your estate to receive the matching dollars; contact our office for details.**

YOUR GIFT AMOUNT	\$5,000	\$25,000	\$50,000
State Match	\$2,500	\$12,500	\$25,000
TOTAL GIFT TO VCSU	\$7,500	\$37,500	\$75,000

With a minimum \$5,000 endowment gift to Valley City State University through the VCSU Foundation, you may benefit from a North Dakota income tax credit equal to 40% of the charitable gift AND also qualify for your donation to be matched \$1 for every \$2 you give. **Consider using your IRA Required Minimum Distribution to fund an endowed scholarship with the Challenge Grant program.**

NORTH DAKOTA ENDOWMENT GIFT CREDIT

The endowment credit makes it possible for individuals, businesses and financial institutions to give more, and through their contributions, have a greater impact on the state's quality of life. An endowment is a fund in which the principal is invested and remains intact in perpetuity. Only the interest is used to fund the scholarship allocation.

An individual may receive a 40% tax credit for contributions of \$5,000 or more (lump sum or aggregate in one year) to a qualified North Dakota endowment.

YOUR GIFT AMOUNT	\$5,000	\$25,000	\$50,000
N.D. State Income Tax Credit (40%)	-\$2,000	-\$10,000	-\$20,000
NET COST TO YOU	\$3,000	\$15,000	\$30,000

As you can see, your charitable gift can cost **LESS** and do **MORE** than ever before thanks to the North Dakota Tax Credit and Challenge Fund Matching Grant Program! Please consider making a gift today. As always, this information is provided for educational purposes only. Please consult your own attorney, accountant or financial adviser for advice on your individual situation.

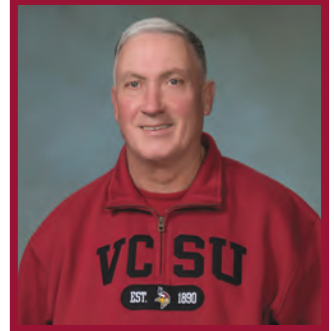
Learn more by contacting the VCSU Foundation at alumni@vcsu.edu or (701) 845-7203.

I accept the challenge!



Joe Stickler
Valley City, N.D.

I challenge you!



George Berger '75
Binford, N.D.

Join me in the challenge!



Mary Simonson
Valley City, N.D.



VALLEY CITY
STATE UNIVERSITY

Valley City State University Foundation
101 College Street SW
Valley City, ND 58072

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www.vcsualumni.org

Valley City State University Launches the New Rural School Partner Benefit Program

A North Dakota collaboration addresses the Rural Teacher Shortage

The following article was published on Feb. 2, 2020, by the Rural Schools Collaborative on its website, ruralschoolscollaborative.org. The Rural Schools Collaborative aims to build sustainable rural communities through a keen focus on place, teachers, and philanthropy.

Note that VCSU has also collaborated with the Valley City Public Schools on the Rural School Partner Benefit Program.

Across the nation colleges and universities are grappling with the issue of how to best support and strengthen rural school communities. Valley City State University, located in the small town of Valley City, North Dakota, population of 6,447, has developed an innovative program that builds connections between the college and small rural schools in ways that are tailored to a respective community. The Rural School Partner Benefit Program is designed to create a “dynamic and sustained university-school district partnership that will promote collaboration between the University and partner schools with a focus on student learning and educator preparation.” This effort will include both school district and university faculty and teacher candidates.



One of the very first formalized partnerships is between Valley City State University and the Lisbon Public Schools. Dr. Steven Johnson, Lisbon Superintendent of Schools and RSC Advocate, shared the details of the partnership. “The focus will be on offering our students more dual-credit opportunities and preparing future teachers while updating current LPS

ABOVE (Front row, L to R) – Mrs. Tricia Schmit, dual credit English instructor; Mrs. Barb Sweet '96, dual credit biology; Mrs. Kortney Groettum-Vessel '15, dual credit math; and Dr. Steven L. Johnson, superintendent. (Back row, L to R) – Mr. Pat Adair '97, principal and dual credit instructor, Intro to Education; Dr. Alan LaFave, president of VCSU; Dr. James Boe, VCSU dean of graduate studies and extended learning; Mr. Mark Moss, dual credit instructor, U.S. History/Political Science.

RIGHT (L to R) – Dr. James Boe '91, VCSU dean of graduate studies and extended learning; Mr. Pat Adair, secondary principal and dual credit instructor for Intro to Education; and Sam Rieger, LHS senior student, currently taking dual credit Intro to Education through VCSU and signed a letter of intent to play football at VCSU and major in Secondary Science Education.

staff with graduate credit.” Johnson added, “We will collaborate to place VCSU graduates in our school while helping them supervise and assess preservice teachers in clinical experiences.”

VCSU will also offer reduced rates for tuition for those Lisbon faculty seeking Master of Education, Master of Arts in Teaching or Content Area Qualifications. In addition, VCSU will reduce the tuition for our high school students taking dual credit coursework.

“We are currently working on expanding our dual-credit offerings on our campus with VCSU,” Johnson noted, “and we are very excited about this partnership of collaboration between the Lisbon Public Schools and Valley City State University.”

Dr. James Boe, Dean of Graduate Studies and Extended Learning/Professor, and his colleagues have been exploring the feasibility of a rural-centric program since 2018, and the formalization of the Rural School Partnership Benefit Program came to fruition in 2019. This was done through a pilot program to add Introduction to the Teaching Profession as a dual-credit course at Lisbon High School. The course was designed to provide students with an opportunity to explore the teaching profession and work in classrooms as part of their field experience. The

success of this pilot has positioned VCSU to launch this course in other partner schools. These kinds of intentional higher education efforts have also been a primary conversational focus of RSC North Dakota Hub partner, the North Dakota Small Organized Schools.

Boe pointed out that the partnership was mutually beneficial. “The creation of the rural school placement program will assist not only the public school district, but it also aids VCSU graduates.” He added, “The benefit of a partnership like this for the school district directly and positively corresponds to closing of the teacher-shortage gap in rural school districts. Not only will the demand for teachers continue to increase, but the readiness factor for teaching rural is one that is unique. In turn, there will be a rural school placement program for VCSU.”





**ATHLETIC DIRECTOR'S
CORNER
JILL DEVRIES**



Facebook: www.facebook.com/vcsuvikings
 Twitter: @vcsuvikings
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 Website: www.vcsuvikings.com

COVID-19 and VCSU Athletics

There are no words to simplify or alleviate the pain and grief being felt throughout our country right now. The fallout that is accruing from the unfolding coronavirus crisis can be stressful on our leaders and coaches as well as our 250-plus student-athletes at VCSU. Losing our spring seasons brought so many complex feelings, including grief, anger, disbelief, and denial. Many of us have missed out on our favorite time of the year in regard to sports. For many, it is March Madness. For some, it is opening day of Major League Baseball. And for others, it is watching their favorite college or high school athletes run around the track, hit a fastball or sink that birdie putt.

There are many topics that our coaches need to cover with our student-athletes during spring, but this year they will not include hitting the cut-off, knowing the bunt sign, or working on relay hand-offs. We will not be lifting with our strength coach, watching film, or developing individual skills at Graichen Gym or the W. E. Osmon Field House. Sadly, Charlie Brown Baseball Field is empty.

We will instead be discussing:

- How to be successful in an online class

- Managing your time and combating procrastination
- Staying motivated
- Communicating online with instructors and classmates; as well as coaches and teammates
- How to use Zoom

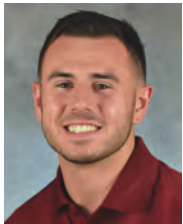
I feel that coaching is a critical component in helping teams perform at a high level. Coaches are trained to help you keep your cool and make good decisions through experiences like this. At VCSU, we have a committed coaching staff doing everything possible to sustain excellence through this complex time. Yes, I do believe it is true that observation, feedback and support work much better when we are all in the same space, but Vikings are resilient, and during this pandemic, we will prove that we are capable of tackling the obstacles in front of us using technology and our hearts.

We will use the pandemic to test our agility as a university and athletic department by putting one foot in front of the other and moving "Forward Together!" Stay well Viking nation! We will expect great things in 2021!

Winter Recaps



Logan Nelson



Connor Entzi

Men's Basketball

The Valley City State men's basketball team finished its season with a 9-20 overall record and a 5-9 record in the North Star Athletic Association. The Vikings secured a No. 6 seed in the postseason and traveled to No. 3 Viterbo University in the first round of the NSAA playoffs, ultimately falling to the V-Hawks 90-69 to end the season.

Juniors Kevin Schramm and Logan Nelson earned all-

conference honors. Schramm was named second team all-conference, averaging 13.8 points, 6.3 rebounds, and 1.9 assists per game this season. Nelson was named honorable mention all-conference; he averaged 14.3 points per game while shooting 48 percent from the field.

Junior Connor Entzi averaged 11.8 points and 4.2 rebounds per game. Newcomer



Jalen Addison

Jalen Addison added 9.8 points per game and tallied a team-high 57 assists and 24 steals on the season.

Sophomore Hunter Sand was named the VCSU Men's Basketball Champion of Character, presented to the student-athlete who best exemplifies the five core values of the NAIA Champions of Character program: respect, integrity, servant leadership, sportsmanship and responsibility.

Highlights of the season included an 88-80 win over Minot State University, an NCAA Division II school, and a double-overtime win at conference foe Presentation College.



Kevin Schramm



Mackenzie Huber



Macey Kvilvang



Dani Schwanke

Women's Basketball

The Valley City State women's basketball team finished the regular season with a 12-13 overall record and a 9-5 record in the North Star Athletic Association. The Vikings secured a No. 4 seed in the postseason and hosted No. 5 Viterbo University in the first round of the NSAA playoffs. Valley City State fell 85-66 in the opening round to a defensively aggressive Viterbo team.

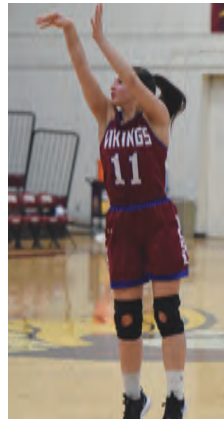
Mackenzie Huber and teammate Macey Kvilvang were honored with all-conference recognition. Huber was named first team all-conference, while Kvilvang was named honorable mention all-conference this season. Huber was also named honorable mention All-American by the NAIA national office.

Huber scored her 1,000th career point at home on Nov. 3, when the Vikings hosted Dakota Wesleyan. She led the Vikings with 15.1 points per game and shot 61.4 percent, setting a new single-season school record. Huber also led the Vikings with 7.2 rebounds per game. She finished her Viking career with 1,320 total points, ranked eighth in VCSU's record books. Huber also ranks fifth with 700 career rebounds and holds school records for shooting percentage in a season (61.4) and career shooting percentage (54.1).

Kvilvang led the conference with 2.2 blocks per game and set a school record with 52 blocks this season. She also led the Vikings with 62 assists while averaging 8.9 points per game.

Dani Schwanke led the Vikings from three-point range, making 36 threes this season and averaging 8.9 points per game. She also tallied a team-high 37 steals.

Huber was named the VCSU Women's Basketball Champion of Character, presented to the student-athlete who best exemplifies the five core values of the NAIA Champions of Character program: respect, integrity, servant leadership, sportsmanship and responsibility.



(clockwise from top left) Coach Vanessa Johnson and Mackenzie Huber; Macey Kvilvang; Mackenzie Huber; Dani Schwanke

Joseph's national championship caps banner season for track and field

VCSU freshman Travis Joseph won a national championship in the high jump and three Vikings earned All-American honors during the 2020 indoor track and field season at Valley City State.

Joseph, a native of Freeport, Grand Bahamas, cleared 2.10 meters (6 feet, 10.75 inches) at the NAIA National Championships, winning the first national title for the Viking men since 2013. It is just the fourth national title in VCSU men's track and field history.

"I couldn't be more proud or excited for Travis," said VCSU first-year head coach Laquone Robinson. "The last few months have brought plenty of challenges for him, including a big move and a new college here at VCSU. He has faced a great deal of adversity off the track. I'm proud and honored to celebrate his accomplishments with him."

Joseph's national title highlighted VCSU's performances at the national meet, where six Vikings competed in seven events. Two other Vikings also earned All-American honors, finishing in the Top 8 in their respective events.

VCSU junior Zachary Co placed sixth in the men's shot put with a mark of 16.46 meters (54 feet) at the national meet. In the women's shot put, Viking junior Bryeann Robertson placed eighth overall with a throw of 13.52 meters (44 feet, 4.25 inches). Both Robertson and Co were named All-American.

On the men's side, Joseph's title and Co's All-American performance earned the Vikings 13 team points, good for 17th place at the national meet. Robinson said the Vikings entered the meet with a goal of finishing Top 20 in the nation.

Also competing at the national meet were Carter Buelow (shot put), Brandon Sanders (400 meters) and Garret Roemmich (weight throw). Co competed in both shot put and the weight throw. Having six national qualifiers was an indoor school record for VCSU.

The Vikings set nine new school records during the indoor season, including a monster record in the women's shot put by Robertson. She had a throw of 14.19 meters (46 feet, 6.75 inches) during the season, shattering the previous school record by more than two feet. Sanders set two individual records in the 200 and 400 meters and was also part of a record-breaking relay team.

At the conference level, the Vikings won five individual conference championships – including titles by Co in both the men's shot put and weight throw.

The 2020 outdoor track & field season was canceled due to the COVID-19 (coronavirus) pandemic.

(l to r) Bryeann Robertson, Zachary Co, Travis Joseph



Spring sports halted, some before they ever began

The 2020 spring sports season at VCSU barely got off the ground before it came to a grinding halt due to the coronavirus COVID-19 pandemic.

The NAIA national office announced March 16 that it was canceling the 2020 spring sports season – ending the softball, baseball, golf and outdoor track and field seasons at VCSU. Both the VCSU softball and baseball teams were able to play at least some games before the cancellation. Outdoor track and field and spring golf did not have any competitions before the season was called off.

“We know this is extremely disappointing, especially for our student-athletes,” Jim Carr, NAIA president and CEO, said in a press release March 16. “All possible options for maintaining the spring season were discussed at great length by multiple governance groups. However, the growing state of emergency due to COVID-19... meant we could not in good conscience move forward, possibly putting student-athletes, staff, and fans at risk.”

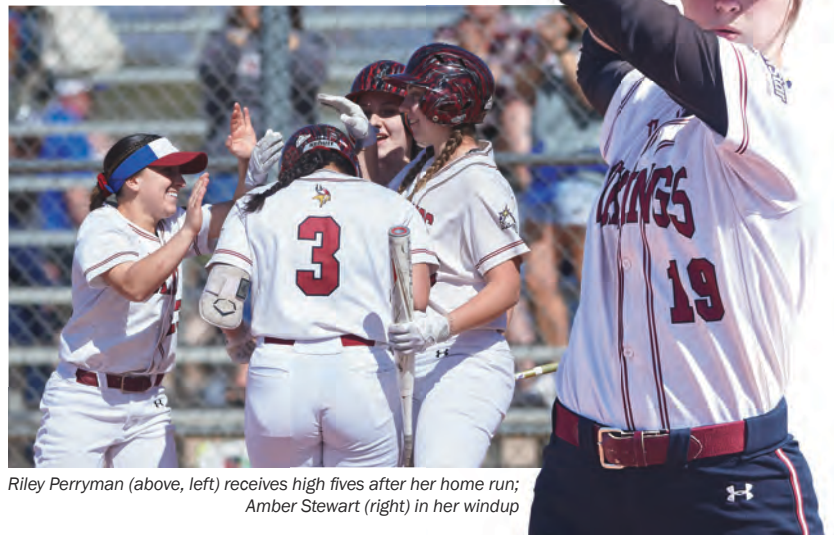
Softball

The Valley City State softball team played 18 games before its season was cut short. The Vikings played 12 indoor games in dome tournaments at Presentation College (Aberdeen, S.D.) and Minot State University (Minot, N.D.). VCSU then played its final six games in Tucson, Ariz. The Vikings finished with a 6-12 overall record, including a 3-3 mark in Arizona.

Freshman Sierra Crocker led the Viking offense during the shortened season, batting a team-best .443 with 9 doubles, 2 home runs and 14 RBIs. Riley Perryman batted .400 and led the team with 4 home runs and 15 RBIs. Joelle Aiello hit .359 with team-highs of 16 runs scored and 3 triples.

Senior Amber Stewart and freshman Joelle Lamontagne pitched the majority of the innings for the Vikings. Stewart led the way with a 4.08 ERA in 56.2 innings. She struck out 63 batters. Lamontagne picked up a team-high 4 wins in the circle and pitched 54.1 innings.

Highlights of the season included a 5-4 walk-off win over rival University of Jamestown on the first day of the season and an 11-0 win over Jarvis Christian that ended with a walk-off grand slam by Perryman.



Riley Perryman (above, left) receives high fives after her home run; Amber Stewart (right) in her windup



JT Reed (above), David Demeter (right)

Baseball

The Viking baseball team posted a 6-10 overall record this year before having its season shortened. The Vikings played 11 games during the fall season, and then were able to play five games during the spring.

VCSU opened the spring with a trip to U.S. Bank Stadium – the home of the Minnesota Vikings. VCSU was scheduled to play four games at the stadium, but were only able to finish one due to its opponent, Midland University, canceling the remainder of the games after a case of coronavirus was found in its hometown. From there, the Vikings traveled to Tucson and completed four games before the NAIA canceled the season in the midst of VCSU's Arizona trip.

Spring highlights included a 7-2 win over Bemidji State and an 11-10 walk-off win over William Penn. The walk-off win came in the bottom of the 10th inning as the Vikings rallied to score three runs – all with two outs – to win the game.

JT Reed was a spark for the Viking offense, batting .435 from the leadoff position and scoring a team-high 17 runs. Reed led the team in runs, doubles (7), slugging percentage (.613), on-base percentage (.500) and stolen bases (11). Freshman Kyle Leapoldt made a splash in his shortened debut season, hitting .340 with 9 runs, a home run and a team-high 12 RBIs.

Six different Viking pitchers all had one win each on the mound. William Hlady led the Vikings with 24.2 innings pitched, posting a 4.74 ERA with a 1-1 record. Chase Feller went 1-0 with a 3.63 ERA in 17.1 innings, and Matthew Suda was VCSU's top relief pitcher with a 1-0 record and a 3.71 ERA in 17 innings.

Golf

The spring golf season never had a chance to get started with the season canceled before golf courses in the Midwest became playable. The Vikings were able to play five tournaments during the fall portion of their schedule.

Track & Field

The outdoor track and field season also never started, with the NAIA order coming down before VCSU's first scheduled meet. The Vikings were able to finish the entire 2020 indoor season.

2020 Viking Athletic Hall of Fame inductees announced

Valley City State University has announced that five individuals and three teams are being inducted in the Viking Athletic Hall of Fame this year. The induction ceremony will take place Friday, Oct. 2, during Homecoming.

Individuals receiving the honor include Jeff Pederson '83, Teri (Loe) Cresap '86, Karalea (Morris) Closson '07, Kyle Bauer '93 and Matt Johnson '94. Teams being inducted to the Hall of Fame this year include the 2006 softball team and the 1990 and 1991 men's golf teams.

All individuals, coaches and team members are invited back for the Hall of Fame Induction Ceremony. For tickets or more information, contact the VCSU Alumni Office at 701-845-7203.



JEFF PEDERSON '83
Grafton, N.D.
Football • 1979-82

A native of Grafton, N.D., Pederson excelled as a kicker and punter for the Valley City State football team from 1979-82. He made 25 field goals and 72 extra points during his Viking career. Pederson's best individual year came during VCSU's conference title season in 1980, when he made 21 extra points and the current school record of 11 field goals. He helped the Vikings win conference titles in both 1980 and 1982. Pederson set a school record with 25 career field goals – a

record which stood for more than 30 years before being broken in 2014. Pederson also holds the record for longest field goal, making a 62-yarder in 1981 against Moorhead State.



TERI (LOE) CRESAP '86
McVie, N.D.
Softball, Women's Basketball • 1983-86

Cresap was a two-sport standout for the Vikings in the 1980s, starring on the softball diamond as a smooth all-around shortstop and on the basketball court as a steady guard. A native of McVie, N.D., she earned four all-conference honors in her Viking career, picking up the recognition in 1983, 1985 and 1986 in softball and during the 1984-85 season in basketball. Cresap helped the Viking softball team capture conference championships in 1983, 1984 and 1986.



KARALEA (MORRIS) CLOSSON '07
White Rock, British Columbia
Softball • 2005-06

Closson was a two-time all-conference selection as a pitcher and was named honorable mention All-American after her senior season in 2006. Closson, a native of White Rock, B.C., transferred to VCSU before her junior season in 2005. During her Viking career, Closson pitched 361.2 innings and compiled a 1.99 career ERA. She finished her two years at VCSU with 490 strikeouts, 48 complete games, 14 shutouts, two no-hitters and one perfect game. She posted a 22-10 record with a 1.56 ERA and a school-record 340 strikeouts during her senior season, leading the

Vikings to the Region III Championship and an appearance at the NAIA World Series. Closson was named MVP of the Region III Tournament after pitching all of the Vikings' 28 innings in a dominating performance. She started the tournament with a no-hitter and allowed just one earned run over four games.

KYLE BAUER '93
Valley City, N.D.
Golf • 1989-92

A two-time all-conference honoree, Bauer helped the VCSU men's golf team to back-to-back conference championships during his career. A

native of Valley City, Bauer was named all-conference in both 1990 and 1991, helping the Vikings win conference championships both seasons. As a junior in 1991, he finished second at the conference meet with a 5-over par score of 149. Bauer was also named NAIA Academic All-American as a senior in 1992.

MATT JOHNSON '94
Valley City, N.D.
Golf • 1991-93

A Valley City native, Johnson was a three-time all-district and all-conference golfer for the Vikings from 1991-93. As a freshman in 1991, Johnson won the individual conference championship, shooting a 3-over par score of 147. His individual title helped the Vikings to their second straight team conference championship. As a sophomore and junior, Johnson earned both all-conference and all-district honors. He was also named NAIA Academic All-American as a junior. VCSU's golf program was discontinued before his senior season.



2006 SOFTBALL TEAM

The 2006 VCSU softball team won the Region III Tournament and advanced to the NAIA World Series for just the second time in program history. The Vikings compiled a 36-19 overall record. The Vikings shined brightest in the postseason, taking second in the Dakota Athletic Conference Postseason Tournament before sweeping through the Region III Tournament with a 4-0 record and earning their spot at the NAIA World Series. Pitching and defense carried the Vikings as they outscored their Region III opponents 9-3 over those four games, including two 1-0 victories. VCSU then went 1-3 in pool play at the NAIA World Series in Decatur, Ala. VCSU finished the season with a combined 1.68 team ERA and 17 shutouts. Karalea Morris threw two no-hitters and one perfect game, while Alana Purvis recorded two no-hitters. Morris was named All-American and Region III Tournament MVP. Morris, Kelli Unrein and Ruby Garza were named all-conference. The 36 wins was one of more than a dozen team and individual school records set by the team. Individuals from the 2006 team still hold current school records for home runs (Kelli

Unrein, 15), stolen bases (Jackie O'Neill, 49) and strikeouts (Karalea Morris, 340). Team members included RaeAnne Cote, Karalea Morris, Katie Cavallaro, Ruby Garza, Charla Bick, Alisha Sackman, Jackie O'Neill, Molly Schultz, Alana Purvis, Kelli Unrein, Kelli Baumgartner, Tara Coates, Sadie Smith, Amanda Bryson, Carling Beninger, Jennifer Thorson, Jessica Ruzicki and Lara Loomis. Chad Slyter was head coach, and Christy Capner was assistant coach. Student assistants were Jenni Crom and Josh Plecity.



1990 Golf Team: (front) Mike Ford, Greg Paiemenet, Todd Peterson, Kirk Baeth; (back) Coach Monte Johnson, Kyle Bauer, Kevin Gietz, Jim Dew, Jared Manley

1990 & 1991 MEN'S GOLF TEAMS

The 1990 and 1991 men's golf teams won back-to-back conference championships in the North Dakota College Athletic Conference. The 1990 team edged Minot State University to win the NDCAC meet, and won individual medalist honors at four of the season's six meets. Mike Ford won three straight medalist honors to open the season, and

Kevin Gietz won the fourth tournament for Valley City. Gietz and Kyle Bauer both earned all-conference honors at the NDCAC meet. Team members included Bauer, Ford, Gietz, Jim Dew, Jared Manley, Todd Pederson, Kirk Baeth and Greg Paiement. Monte Johnson was head coach.

The 1991 men's golf team shared the conference championship with Minot State; the team shot a 613 at the NDCAC meet to claim their second straight conference title. VCSU freshman Matt Johnson won the individual conference title, shooting a 3-over par 147, while junior Kyle Bauer finished second with a 149. The Vikings finished third at the NAIA District 12 Meet. Johnson, Bauer and Kevin Gietz were named all-conference, and Johnson earned all-district honors. Team members included Bauer, Gietz, Johnson, Kirk Baeth and Todd Pederson. Head coach was Darrell Anderson.



1991 Golf Team: (front) Todd Pederson, Kirk Baeth; (back) Kyle Bauer, Kevin Gietz, Matt Johnson, Coach Darrel Anderson

IRA Charitable Rollover



There is a way for you to support the mission of the VCSU Foundation that you may not have heard about. It's called the IRA charitable rollover, and it's a way you can make a gift to support our cause and save on taxes this year.

If you are 72½ or older, you can use the IRA charitable rollover to help charities like us complete our important work. The IRA charitable rollover allows you to meet your required minimum distribution (RMD) requirement by directing your distribution to charity rather than taking it yourself.

HERE'S HOW IT WORKS:

1. Call your IRA administrator.
2. Tell them you want to make an IRA charitable rollover gift to support our mission.
3. Direct the distribution to our nonprofit organization.

You can distribute up to \$100,000 to charity from your IRA each year to meet your RMD.

Consider using your IRA Required Minimum Distribution to fund an Endowed Scholarship with the Challenge Grant Program. (See ad on p. 11.)

For the IRA charitable rollover to work for you, it is important that you do not take the distribution. Ask your IRA administrator to make the distribution directly to our organization. While you will not receive an income tax deduction for your gift, you will receive the joy of knowing the full amount will go to support our cause.

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The VCSU Alumni Association's annual Phone-A-Thon, one of our major activities each academic year, allows our alumni to show their Viking Pride in supporting our university. Donations allow us to stay in touch with alumni in several important ways, including publication of the *Bulletin*, hosting socials and reunions, sponsoring alumni award programs and supporting programs on the campus of Valley City State University. The Phone-A-Thon also provides scholarship support to our current students attending VCSU. By supporting the annual Phone-A-Thon, you help VCSU achieve the strategic initiatives underway that move VCSU forward.

Thank you to everyone who has supported the 2020 Alumni Phone-A-Thon. The following list includes cash donations and payment on pledges received as of March 31, 2020.

If you haven't made your donation, there is still time! Send your contribution today. Or find us on the web at www.vcsualumni.org. and click on the "Make a Gift Online" button. We accept Visa, Discover and MasterCard. Or if you prefer, call the VCSU Foundation Office at 701-845-7203. Thank you for your continued support.

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Vikings On The Move

Howard Opegard '50 graduated thanks to the GI Bill in 1950. He recalls the good teachers he had, a good basketball team and a “pretty strong” football team.

DuWayne Bott '58 is retired and lives in the country near Lisbon, N.D.

Sharon (Bertsch) Hirchert '58 is a coordinator five days a week at the senior center. She has a son, 2 grandkids and 4 great-grandkids.

Lowell Peterson '58 taught school for 24 years. He has a son and a daughter; both are teachers.

Myron Luttschwager '59 graduated from VCSTC and married **Jean Bubach '64**. Jean passed away in 2002. Later, Myron married Creeta “CJ” Young in Wichita, Kan. Myron retired in 1996 after 37 years in education, the last 31 years in Edgeley, N.D. Myron and CJ spend their summers in Grace City, N.D.; winters in Harlingen, Texas; and spring and fall in Wichita.

Carol (Graff) Goosey '62 is proud to be a great-grandmother to an 8-month-old little boy.

William Kelley '62 and his wife, Sylvia, will celebrate their 50th wedding anniversary on Aug. 7, 2020. William was inducted into the North Dakota Wrestling Hall of Fame in 2012 and into the Jamestown High School Hall of Fame in 2019.

Mel Olson '64 is retired after spending 49 years in the field of education: 10 years as a teacher and coach in Pembina, N.D.; 3 years as secondary principal in Cavalier, N.D.; 17 years as superintendent of schools in Cavalier; 6 years as state director of career and technical education in Bismarck; 3 years as director of the Skills & Technology Training Center in Fargo; and 9 years as the director of the NDSCS campus in Fargo. Mel and his wife, Kim, live in Fargo and have 3 children and 4 grandchildren.

Verna (Triebold) '66 and **John Manstrom '66** have been retired for many years. They enjoy traveling and their time with family.

Robert Powell '68 is a “flatlander” in Fargo, N.D., again after over 35 years in Wyoming. Robert says it is great seeing more of his family, friends and watching his grandkids playing sports! He does some substitute teaching and also registers ER patients at Sanford part-time.

Ken Hoerth '71 and Deb, his wife of 40 years, moved to Bend, Ore., to be with their grandchildren. They had lived in Lakota, N.D., for 42 years. Ken taught music in the Lakota school system for 35 years (coming out of retirement 4 times!) and Deb taught kindergarten in Lakota for 42 years. Their have 3 children: Tori, a forensic scientist for the Oregon State Police; Kayla, a third grade teacher in Mapleton and 2019 North Dakota Teacher of the Year; and Chris, a senior manager for Digi-Key in Fargo.

Lyle Halvorson '72 and his wife, Tamara, are enjoying retirement. They are traveling and staying healthy. Lyle still plays baseball in Arizona in the fall. They live outside Wyndmere, N.D., on Highway 18. Lyle invites fellow alumni to stop in for coffee.

Karen (Hansen) Murie '72 retired in January 2019 after working at North Dakota State University for 26 1/2 years as coordinator of the Expanding Your Horizons outreach program and coordinator of NDSU's Great Plains IDEA programs. She has a grandson, Milo, born Feb. 23, 2019, to her son Kyle and his wife, **Erica (Browne) Murie**. Erica received her elementary education degree from VCSU/NDSU in 2008 and M.Ed. in 2014 from VCSU.

Jean Piper-Burton '73 retired to the central Texas hill country after 28 years as librarian at West Chester University of Pennsylvania.

Milligan named Fargo Teacher of the Year



Kimmy (Mandt) Milligan '07, elementary student performance strategist at Eagles Elementary, was named Fargo Public Schools 2020 Teacher of the Year in April.

Because of the coronavirus, Rupak Gandhi, Fargo Schools superintendent, made the surprise announcement outside Milligan's home with a yellow school bus as a backdrop. The event was also live streamed so school staff could take it in.

Milligan was cited for her commitment to students and the teaching profession, tirelessly advocating for students and personalizing the learning experience for each student.

In addition to a VCSU bachelor's degree in elementary education, Milligan holds a bachelor's degree in child development from North Dakota State University and a master's degree in elementary curriculum and instruction from St. Catherine's University. She also holds reading, math, and kindergarten endorsements.

Her name will now be forwarded to the North Dakota Department of Public Instruction as a candidate for the North Dakota Teacher of the Year award.

Kathy (Shape) '74 and **Boyd Sussex '75** have been enjoying their third year of retirement after teaching in Milbank, S.D., for 30 years. They live on Big Stone Lake and love lake living. They make many trips to Grand Forks to see their two grandkids!

Janet Simon '75 loved her return visit to campus for homecoming in September 2019. She reconnected with her basketball teammates as they were inducted into the VCSU Hall of Fame.

Beverly (Woehl) Weigel '75 finds a lot of enjoyment in retirement despite losing her husband of 38 years this past September. Beverly had an awesome time at the 2019 Hall of Fame banquet with all of her teammates.

Cyndi (Levi) '77 and **Bruce Stein '76** still live on the north shore of Lake Elsie, near Hankinson, along with fellow VCSU alumni **Connie (Schmidt) '72** and **Dave Challey '71** and **Geisla (Kohn) '71** and **Al Cruchet '71**. Bruce and Al enjoy golfing in the summer. They all enjoy gathering at the Challey's garage to talk about good old VCSU times. They invite any VCSU alumni to stop and visit if passing through.

LuAnn (Saar) Tschakofskje '76 retired after 40 years of teaching. She currently substitutes in special education at the middle and high school in Mandan. LuAnn and her husband, Bob, enjoy traveling and spending time with their family.

David Steele '77 retired after 37 years of teaching. He spent 3 years at Medina (N.D.) Elementary, 1 year at Ely Elementary in Rugby, N.D., and 33 years at the Jamestown (N.D.) Middle School teaching 7th and 8th grade science. David currently serves on the Jamestown City Council and the Jamestown Regional Airport Authority board. David and his wife, **Deb (Sundstrom) '78**, have 3 grown children and 7 grandchildren.

Kaye (Haugen) Omdahl '77 and her husband, Neil, will celebrate their 40th wedding anniversary in June 2020. They are blessed with 6 grandchildren that light up their world! Kaye invites fellow alumni to stop by and say hi if you're in the Rogers, N.D., area.

Edward Stipp '80 accepted an early release/buyout from Indiana University a few years ago. A veteran, Edward has organized veteran groups at assisted living facilities and the county jail. He has traveled to Vietnam 12 times since 2007 to help students.

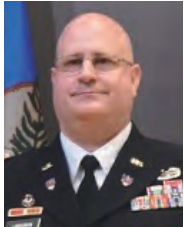
Lana (Atkinson) Wietgreffe '86 is the branch manager at Hurley & Associates Agri-Marketing Centers in Britton, S.D. She has 2 grandbabies, Ann Louise (2 years) and Jonah Peter (8 months).

Mary Halvorson '89 moved to Devils Lake to be closer to home after teaching elementary grades for 28 years in Carrington and Valley City. She is currently in her 3rd year of teaching kindergarten at Tate Topa.

Ellen (Musgrave) Berg '91 is still enjoying her retirement. Ellen and her husband, Don, actually have more time to read and spend visiting with friends. Their family keeps expanding from 3 children; they now have 9 grandchildren and are expecting their 6th great-grandchild in July 2020. They are looking forward to the new baby!

Brenda (Hardy) Mitzel '92 taught 7-12 math at the Wolford Public School for 27 years before a sudden decision to close the school forced her to change schools. She is now the 9-12 math teacher at Rolette Public School. Brenda sends her greetings to all VCSU alumni from 1988-92.

Teresa (Luthi) McDonough '94 was promoted to the rank of colonel in July 2019. She is the 119th Wing Intelligence Targeting Group commander at the North Dakota Air National Guard in Fargo, where she has served since 1989.



Andrew Lindgren '95 was promoted to lieutenant colonel in the Army National Guard. A pinning ceremony was held Sept. 6, 2019, in a ceremony attended by colleagues, friends and family at the Herbert R. Temple Jr. Army National Guard Readiness Center in Arlington, Va. Andrew serves as chief of the transitions branch in the personnel division of the Army National Guard. He

previously was deployed three times to Iraq while serving with the Oklahoma National Guard.

Terra (Wagner) Engelhart '96 and her husband, James, celebrated 21 years together on July 18, 2019. They have 3 daughters; Tiffany, a sophomore at NDSU; Allison, an 8th grader; and Jillian, a 4th grader. Allison and Jillian are both at Ashley public school. Terra is in her 24th year of teaching. She spent 4 years in Zeeland, N.D., and the past 20 years teaching 2nd grade at Ashley Public School. James farms on the family farm.

Theodore Wieser '96 has been retired from federal service for 13 years.

Gregory Heitkamp B.S. '01, M.Ed. '07 retired after the 2016-17 school year. He teaches part-time at North Dakota State College of Science in the electrical department.

Patrick Metzger '06, a keynote speaker and high performance coach, recently became a professional EOS implementer. As one of less than 400 business coaches in the world with this certification, Patrick partners with small- to medium-sized businesses looking to clarify their vision, create greater focus and accountability and to develop healthier, more cohesive and higher functioning leadership.



Rebekah De Pesa '13 was named head volleyball coach at Valley City High School in April 2020. Rebekah played volleyball for 2 years for the VCSU Vikings after transferring from Northwest College in Wyoming. She served as head volleyball coach at Barnes County North in 2018 and has also worked camps and done club coaching.



Obituaries



Hilbert "Si" Seiwert '42

Hilbert "Si" Seiwert, age 99, of Lafayette, Calif., died Feb. 4, 2020. Born in Casselton, N.D., Si graduated from Valley City State Teachers College in 1942. He then enlisted in the U.S. Navy, attending Officers Training School at Columbia University in New York City. Si participated in the Normandy invasion on D-Day, June 6, 1944, and made more than 20 crossings of the English Channel in the months that followed, transporting troops,

supplies and equipment. He was then assigned to assist Patton's Third Army move across France and into Germany, crossing the Rhine

River in March 1945. After VE (Victory in Europe) Day, May 8, 1945, Si returned to the States and loaded ships for the Navy in San Francisco for a while before marrying and leaving the service in 1946. Si and his wife, Patty, settled in California, where they raised a family and Si built a successful career as a marine insurance broker in San Francisco, insuring ships' cargo from port to port around the world. The couple were happily married for 53 years before Patty's death in 1999. A member of Santa Maria Church in Orinda, Calif., for 55 years, Si became a strong supporter and member of VFW Post 8063 in Lafayette in his later years. Proud of his ties to his alma mater, Si was a frequent visitor to VCSU after his retirement, traveling annually to Valley City for Homecoming and missing but a few years over nearly a 30-year stretch beginning in the late 1980s. He is survived by his children, Robert Seiwert, Catherine Thornton, Patricia Marshall; their spouses; and eight grandchildren.

In Remembrance

Edna (Geisen) Rose '36, Langdon, N.D.

Lorraine (Gauslow) Langseth '36, Breckenridge, Minn.

Adele (Ahlness) Sjoberg '39, Petoskey, Mich.

Lois (Nelson) Florhaug '41, Kensal, N.D.

Ruth (Starr) Modin '41, Milbank, S.D.

Evelyn (Justesen) Butcher '42, Fargo, N.D.

Adeline (Hanson) Morrison '46, Cavalier, N.D.

Ethel (Domesle) Stangler '46, Valley City.

Marcell (Schonberger) Wergeland '47, Moorhead, Minn.

Janet (Pierce) Wick '47, Valley City

Ralph Kolstoe '48, Grand Forks, N.D.

Lorraine (Faust) Ludwig '48, Steele, N.D.

Elsa (Sanhei) Libak '49, Lisbon, N.D.

Maureen (Schmuhi) Thoreson '49, Bellingham, Wash.

Kenneth Koehn, Devils Lake, N.D.

Luther Kristensen '54, Bismarck, N.D.

Robert Lentz '54, Valley City

John Grim '56, Jamestown, N.D.

Ardelle (Ziesch) Loose '56, Jamestown, N.D.

Dale Peterson '57, Fargo, N.D.

Dora (Lunde) Jacobson '58, Devils Lake, N.D.

Janice (Stave) Moen '58, Michigan, N.D.

Darlene (Hammersmith) Short '58, Luverne, N.D.

Marvin Hochhalter '59, Jamestown, N.D.

Just Married

1. **Nicole Mauch '15** and Brandon Larson were married July 27, 2019. Nicole and Brandon live in Valley City. Nicole teaches family and consumer science at Valley City High School and also coaches volleyball. Brandon farms with his dad and owns a seed and chemical business. He also coaches wrestling for Valley City High School.



2. **Cidnee Reinhart '17** and **Tristan Meier '19** were married Sept. 13, 2019. Tristan and Cidnee met at VCSU; they started out as friends but grew closer and started dating in early 2018. In October that same year, Tristan proposed at the first men's basketball home game, at which he was student coaching. A year later they had a Las Vegas wedding with all their family present, followed by a reception in Valley City. Cidnee and Tristan decided to remain in Valley City, where Cidnee owns her own business as a licensed massage therapist inside Salon 356 and Tristan is a correctional officer at the Barnes County Jail.

3. **Janna Strege '15** and Derek Kohler were married Dec. 14, 2019, in Valley City.

4. Emma Ilvedson and **Harrison Weber '14** were married Oct. 26, 2019. Emma works for Microsoft as an Azure digital sales representative, and Harrison is the executive director of the Red River Valley Sugarbeet Growers Association. The Webers live near Wheatland, N.D.



5. **Tiffani Velure '18** and **Dillon Thomas '18** were married Oct. 19, 2019 in Valley City.



Alvin Odegaard '59, Garfield, N.D.
Rachel "Kay" (Kennedy) Sauer '59, Fargo, N.D.
Joan (Heidenreich) Blegen '60, Dalton, Minn.
Robert Cresap '61, Cloquet, Minn.
John Dahl '61, West Fargo, N.D.
Lila Werner '61, Hazelton, N.D.
Rose (Fiechtner) Henke '62, Bismarck, N.D.
Gary Hendrickson '63, Moorhead, Minn.
Delores Klusmann '63, New Salem, N.D.
John Mitchell '63, Grand Forks, N.D.
Blair Emery '67, Fort Ransom, N.D.
Gary Zick '67, Grand Forks, N.D.

Sylvia (Mehloff) Adam '69, Glendive, Mont.
Roger Martin '69, Wichita, Kan.
Gregory Bullis '70, Watertown, N.D.
Dale Lehfeldt '71, Mexia, Texas
Glen Lysne '74, Fargo, N.D.
Leona (Stroh) Gunsch '77, Cooperstown, N.D.
Gloria (Myers) Oschsner '77, Fargo, N.D.
Perry Brintnell '78, Fordville, N.D.
Juanita (Payne-Erickson) Dura '79,
 Jamestown, N.D.
Brent Ham '82, Casselton, N.D.
JoEllen (Dent) Pahl '90, Jamestown, N.D.

Franz Pedersen '90, Valley City
Thad Engberg '93, Fargo, N.D.
Faye Burrows, Valley City
Edward Christ, Jamestown, N.D.
Rita (Vanvig) Edland, Medora, N.D.
Terry Glandt, Valley City
Marjorie Limesand, Marion, N.D.
Garland Martin, Valley City
Ruth Peterson, Valley City, N.D.
Lowell Schweigert, Grand Forks, N.D.
Esley Short, Luverne, N.D.
Kathleen Wright, Valley City



Lil' Vikings

Have you had an addition to your family within the last six months? **We want to know!** Contact Kim Hesch at kim.hesch@vcsu.edu to receive a free t-shirt for your new Lil' Viking. Please be sure to tell us your baby's name and birthdate. After you have received your baby's Lil' Viking shirt, send us your baby's photo so we can include it in the next issue of the *Bulletin*. Email the photo to kim.hesch@vcsu.edu.



Trent John Albrecht
May 28, 2019
6 pounds 12 ounces, 19 inches
Joins sister Camilla (2)
Alyssa (Sorensen) '07 and Travis Albrecht



Finn Alan Anderson
October 21, 2019
8 pounds 5 ounces, 20 1/2 inches
Joins siblings Alana, Willy, and Gunther
Jenna (McDowell) '05 and Alan Anderson



Archer Jon Pederson
February 7, 2019
7 pounds 9 ounces, 19 inches
Amanda (DeKrey) '10 and Zachary Pederson



Emery Lynn Lettenmaier
September 15, 2019
8 pounds, 21 1/2 inches
Joins sisters Jocelynn (6), Clara (4) and Olivia (2)
Lacey (Anderson) '00 and Brandon Lettenmaier

HELP US LOCATE THESE LOST ALUMNI

If you know the address of any of these individuals, please contact the VCSU Foundation Office at 1-800-532-8641 ext. 37203 or email alumni@vcsu.edu.

1950

Margaret Born

Ellen (Webster) Olson

Patricia (Myhre) Samuelson

Bernice (Ferguson) Schutt

Jeanette Stone

Grace Williams

1956

Cheryl Amundson

Janet (Freeman) Anderson

Shirley Bratlie

Carol Brown

Arlene Cichos

Jo Hanson

Arlys Hanson

Robert Johnson

Vivian Kalmbach

Eleanora (Jangula) Lund

Vera Olsen

1951

Ruby Berg

Agnes Fritz

Marilyn Murphy

Phyllis Oien

Loretta Schneider

1953

Doris (Christianson) Andrews

Carol Carlson

Ninita (Phillips) Kings

Marilyn Nelson

1955

Edwin Carlson

Marie Eissinger

Georgena Ertelt

Dorothy Mattson

Beverly Meyer

Lois (Hollinberger) Michelson

Roy Schultz

Janet (Hanna) Schwalbe

1952

James Anderson

Jeanne Fiedler

1954

Marilyn Barr

June (Slagerman) Polk

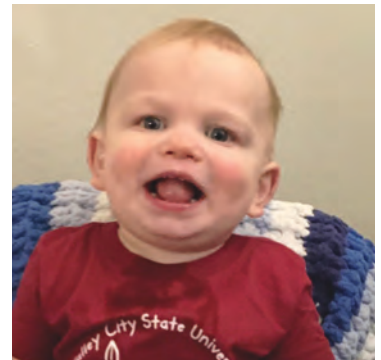
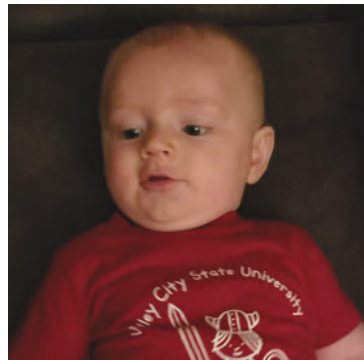


Lemon-Marie Kramble
 October 12, 2018
 7 pounds 12 ounces, 20 1/2 inches
 Nicole Konkin and Scott Kramble '07

Margot Marie Jensen
 February 21, 2019
 6 pounds 8 ounces, 18 inches
 Chelsey (Dockter) '13 and Preston Jensen '13

Breckett Thielges
 March 15, 2019
 8 pounds 11 ounces, 21 inches
 Joins brother Traxen Megan (Good) '16 and Tyler Thielges '17

Jackson Matthew Klingenberg
 June 9, 2019
 7 pounds 14 ounces, 21 inches
 Amy Renaldi and Matt Klingenberg '10



Skylar Debra Haggin
 June 3, 2019
 7 pounds 7 ounces, 19 inches
 Mandy (Johnson) '13 and Aaron Haggin '10

Graeley Maiken Salisbury
 May 28, 2019
 7 pounds 4 ounces, 20 inches
 Joins Gage, Gannon and Graci Tara (Trapp) '02 and Ryan Salisbury

Jack Warren Johnson
 April 9, 2019
 8 pounds 10 ounces, 22 inches
 Ashley (Paquin) Johnson M.Ed. '15 and Clay Johnson '10

Theodore Edward Kosel
 November 1, 2018
 8 pounds 11 ounces, 22 inches
 Chelsea and Trent Kosel '11

RECOMMEND A FUTURE VIKING!

DO YOU KNOW SOMEONE WHO WOULD BE INTERESTED IN ATTENDING VALLEY CITY STATE UNIVERSITY?

Student Name _____
First Middle Last

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Graduation Year _____ School _____

Your Information: Name _____

VCSU Class Year _____ Relationship to Student _____

MAIL COMPLETED FORM TO: VCSU ALUMNI OFFICE, 101 COLLEGE ST. SW, VALLEY CITY, ND 58072



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PERMIT NO. 1159

Valley City State University
Alumni Association
101 College Street SW
Valley City, ND 58072

ADDRESS SERVICE REQUESTED

PARENTS: If this issue is addressed to your son or daughter who no longer lives at this address, please contact the Alumni Office with an updated address at alumni@vcsu.edu or 701.845.7203. Thank you for your help in keeping our records current.

