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NU DELTA SIGMA CHAPTER NEWSLETTER

CHI SIGMA IOTA

NORTH DAKOTA STATE UNIVERSITY

VOLUME 1, ISSUE 3

OCTOBER, 2012

ACA and ASCA: Why Join?

As students in Counselor Education, we have all probably heard the acronyms “ACA” and “ASCA”. Our professors talk about the national conferences they attend and urge us to join these organizations. But what does being a member of the American Counseling Association and the American School Counselor Association really mean to us as students?

The ACA and ASCA are national organizations that provide training, professional development, publications and other resources, research and advocacy, and continuing education opportunities. Both ACA and ASCA are dedicated to enhancing the counseling profession. In fact, the ACA is the world’s largest organization that is composed of professional counselors in numerous practice settings. Both organizations offer student memberships that provide us with many benefits in our pursuit of our degree.

The ACA and ASCA student membership provides liability insurance to Master’s-level students. This is a requirement for practicum and internship, and membership in one of these organizations will guarantee you coverage. In addition, you will receive the Journal of Counseling and Development from ACA and the Professional School Counseling journal from ASCA. Both organizations also feature benefits such as professional development opportunities, career centers, an online library and resources for research, networking and mentoring opportunities, low student rates for conference registration, access to grants and scholarships, discounted publications, books and DVDs, and so much more!

To access all of these benefits, students can become ASCA members for only \$60.00 and ACA members for only \$93.00. Additionally, if you are unable to make the payment all at once, the ACA offers a three month installment plan.

Take advantage of all of these opportunities today! Visit the ACA and ASCA websites at:

<http://www.counseling.org/> (American Counseling Association)

<http://www.schoolcounselor.org/> (American School Counselor Association)

By: Beth Dentinger

Beth Dentinger
President



Graduate Track:
Clinical Mental Health

Favorite Counseling Theory/
Theorist: Feminist Theory

Typical Weekend: Working, Hang-
ing out with friends, and lounging
around

Naomi Tabassum
Secretary/Treasurer



Graduate Track:
Clinical Mental Health

Favorite Counseling Theory/
Theorist: Narrative and Mindful-
ness

Typical Weekend: Sleep in, take
my pit for a long walk, bring a stack
of homework to a local coffee shop
and make magic happen.

Stephanie Gramlow
Outreach/Advocacy Chair



Graduate Track: Clinical Mental
Health

Favorite Counseling Theory/
Theorist: CBT and Existential

Typical Weekend: Watching Bison
football, bow hunting, and catching up
on homework and sleep

Ashley Krinke
Public Relations Chair



Graduate Track: School

Favorite Counseling Theory/
Theorist: Gestalt & Narrative Ther-
apy

Typical Weekend: Escaping from
homework and the teaching world to
enjoy cooking a new recipe and play-
ing board games/cards with friends

Kyle Peltola Social Chair



Graduate Track:
Clinical Mental Health

**Favorite Counseling Theory/
Theorist:** Cognitive Behavioral
Therapy

Typical Weekend: Working and
doing homework, but also spending
time with friends and engaging some
positive self-care activities as well

Spike Out Suicide

“Every 13.7 minutes someone in the United States dies by suicide.” Despite shocking statistics such as this, suicide had risen to become the 10th leading cause of death in the United States during the year 2010.¹ In a fight to prevent suicide and increase depression and suicide awareness in the campus community, NDSU’s Sigma Alpha Epsilon Social Fraternity (in conjunction with the NDSU Counseling Center) held a Spike Out Suicide sand volleyball tournament on campus to raise money for the American Foundation for Suicide Prevention.



With over 20 teams registered for the event, the total donation for the fight against suicide surpassed \$600. Among those participating in the tournament were NDSU counseling program graduate students, Stephanie Gramlow, Erin Beske, Beau Gray, and Chris Thompson. When asked about the tournament Thompson noted, “It was great to see so much support out for the fight against suicide. Suicide is a tragic event that impacts so many lives, and I was happy to see everyone gather around and rally for such a great cause.”



Stephanie Gramlow Serving
Up The Volleyball

Counseling professionals from the NDSU Counseling Center provided participants in the volleyball tournament with important tips and resources for identifying and dealing with suicidal symptoms. Many of these resources can be found on the NDSU Counseling Center website at <http://www.ndsu.edu/counseling/>. The NDSU Counseling Center will also be holding a Depression Screening Week from October 8th-12th for NDSU students to learn about depression, its symptoms, and treatments. Anonymous depression screenings will also be provided free of charge. The Counseling Center is open weekdays from 8 a.m. until 5 p.m. in 212 Ceres Hall.

By: Chris Thompson

¹ Suicide statistics taken from the American Foundation for Suicide Prevention website

Demystifying Practicum: Interview with Dr. Nielsen

Questions About Practicum?

Contact Dr. Nielsen

robert.nielsen@ndsu.edu

In order to complete the program and move on to an internship, students in the school counseling and clinical mental health counseling program must complete a practicum experience. As a first year student, I was not entirely sure what practicum would entail. Now that I am completing the practicum experience things have become much clearer. I sat down with Dr. Nielsen to discuss practicum and asked him some questions that I felt would be beneficial information for all students.

So, what is the purpose of practicum? Dr. Nielsen says the purpose of practicum is to learn and practice counseling skills and techniques with actual clients under intensive and supportive supervision. The first thing you need to know is that if you want to sign up for practicum, you must first complete an application. The application must include a brief role-play video of you counseling another individual, as well as the signature of your advisor, which indicates that the advisor feels you are ready for practicum.

Once you are accepted for practicum, you should expect to devote at least 8 to 10 hours a week. These hours can be broken down into 1 hour individual supervision, 2 hours of group supervision, 2 to 3 hours of direct client contact (both individual and group), 3 hours to review your own work, and 2.5 hours of additional research, education, or consultation. You must complete a minimum of 100 hours, with 40 of those hours being direct client contact.

I asked Dr. Nielsen about common mistakes that he sees new practicum students make. He didn't like to call them "mistakes", but prefers to call them non-facilitative techniques. He said the "bobble-head" is by far the most common, and that it usually doesn't become obvious until students watch their tapes. Closed-end questions and going on side trips with clients are also common mistakes. In regards to techniques that he sees practicum students use successfully, effective reflective statements are number one. He also sees students use the miracle question, empty-chair technique, disputing irrational beliefs, and some sort of assertiveness training successfully. It is not a requirement to have a specific theory during practicum, and it is recommended that students seek supervision in order to hone their skills and work with theoretical orientations that they are interested in.

I also asked Dr. Nielsen about the clients that practicum students see. All clients are seen at the Stop-N Go Center which hosts our classrooms as well as Community Counseling Services. He feels that in counseling, the major presenting concern boils down to relationship issues and that many clients come in with these concerns. There are some clients that students in practicum are not prepared to work with, such as court ordered alcohol evaluation and forensic evaluations. In most cases, students are able to work with clients.

However, if a person comes in with a significant diagnosis that is beyond the scope of our abilities, the clinic will refer. The program is designed to create effective practitioners, so students are expected to work with clients of various ages and situations. However, if necessary, clients may be referred to a different practicum student if some personalization issues come up that need to be worked through.

In order to pass practicum, you must obtain a score of 3 or better consistently on the Supervisor Evaluation of Practicum Counselor form. The form evaluates students on their process, conceptualization, and personalization skills, as well as empathy and general supervision comments. This is done in both a formative and summative format and the supervisor and student get together and discuss it.

All in all, Dr. Nielsen says in order to have a successful practicum experience, a student needs to be open to learning and taking calculated risks with their client. He says that most clients “rust out, before they wear out”. In other words, if you don’t challenge your clients enough they will likely stop coming because it’s not worth their time, and if you challenge them too much, they will probably let you know. Student’s shouldn’t be afraid to take calculated risks with their clients, because too much challenging is better than no challenge at all. Dr. Nielsen also commented on the fact that you will be supervised more intensely than you will ever be in your whole career. He feels that students should take advantage of this supervision to grow as people and develop their skills.

I hope the information discussed helps clear up some of the mystery behind practicum. And there may very well come a day when you find yourself reviewing your tapes, and see yourself using the non-facilitative “bobble-head” technique, and close ended questions. Don’t panic! Just remember, you are not the first, and everybody has to start somewhere! Then go seek supervision.

By: Beth Dentinger

*“Student’s
shouldn’t be
afraid to
take
calculated
risks with
their clients”*

Choosing the Thesis Track

If you’re deliberating the option of tackling a thesis, ask yourself this: What am I passionate about? A thesis requires a lot of work, such as exploring the existing literature on the topic, designing your methodology, collecting and analyzing your data, and drawing conclusions. Once you’ve established an area or two that you are fascinated about, start talking with your advisor. This process will take at least a year to complete, so don’t put it off for too long! You will also need to establish a four-member committee to review and approve your research proposal and final paper. The chair on your committee will be your advisor, two additional members may be recruited from the School of Education faculty, and one member must be from an outside department. While this process has a lot of steps and may seem overwhelming, don’t hesitate to ask about it. It may be a good fit for you!



By: Naomi Tabassum

Are You Taking Time For Self Care?

“There is time for departure even when there’s no certain place to go.”

– Tennessee Williams

Reading, and projects, and exams! Oh my! Unfortunately, clicking your heels together three times will not let you escape the stress and the overall ups and downs experienced throughout grad school. However, the way in which you take care of yourself during these times can make a world of difference with how you react to these overwhelming feelings you may be experiencing. I am sure you have heard time and again about the importance of self-care, but have you actually made an effort to incorporate it into your own life? The greatest thing about self-care is that it can be whatever you enjoy. However, it should be focused on healthy and appropriate ways to lower stress, so don’t get any wild ideas here! Go for a walk, read a book, take a bubble bath, listen to some music, sing, play an instrument, go to a movie, etc.



It’s your life, do what you enjoy to lower the stress within in. More importantly, we must not forget the nature of our work and the benefits self-care can have in that regard. Being professionals who are trained in helping others with emotional concerns, it is important that we address our own emotional issues in order to be the best counselors possible. With this, some of the most beneficial self-care does not just have to be focused on fun or relaxing activities. Possibly the most important and powerful self-care is addressing our own emotional concerns. Not only will you personally become stronger by working on our own issues, but you will also mirror that strength to your clients that may be struggling with a multitude of concerns. Although it is called self-care, it is important to remember that our own “self” has a strong impact on our surroundings and the individuals we will be working with. So, don’t let yourself be confined to studying and homework! Get out there and do something beneficial, and start incorporating self-care into your life to experience the many benefits in can create!

By: Kyle Peltola



FREE Self Care Apps



Movies by Flixster—See a good movie in your area



TED—Watch riveting talks by people from all over the world



Take a Break! - Listen to relaxing nature sounds or participate in a meditation session



Fitness HD—Find over 700 exercises and Yoga poses



Spotify—Create your own online playlists and discover other unique tunes



Yelp—Discover new place to eat, drink, relax, and play in your area

Which Type Are You?

Do you ever find yourself becoming impatient while waiting in a line? Do you finish other people's sentences for them or feel the urge to honk at other drivers when you're running late to work? Do you ever find yourself feeling as though your blood is boiling with stress and irritation over the mundane frustrations of everyday life? If you answered yes to any or all of these questions, it's possible that you have a Type A personality.



People can be classified as having a Type A personality or a Type B personality, and the theory behind these personality types was first described by two cardiologists, Meyer Friedman and Ray Rosenman, in the 1950s as a potential predictor for coronary heart disease. These men predicted that people with Type A personalities, typically those who are more high-strung and neurotic, would be at a heightened risk for developing heart disease. Although research has shown mixed results in determining whether those with Type A personalities are actually at a heightened risk for heart disease, there are many benefits to becoming aware of these stress-inducing tendencies that we have, and it is possible to change them through self-regulation and behavioral modification. So if you believe that you might have a Type A personality, fear not! There are methods of becoming a more relaxed and easy-going person, and all it takes is recognizing your own emotions as you're having them.

First of all, let's dispel the idea that having a Type A personality is inherently bad. Certain Type A qualities are extremely helpful in work and school, and are often encouraged by our fast-paced and demanding culture. From our first day of kindergarten, we are spoon-fed by authority figures the importance of rules, deadlines, and of meeting obligations; those who have developed Type A qualities tend to be more successful at meeting such obligations, and tend to have a high rate of success in areas of work and academics. But let's face it, these qualities contribute to a lot of unneeded stress and anxiety when we allow them to boil over into other areas of our lives, and learning to reduce them at times when we do not need to be using them can help to eliminate a lot of physical and mental strain in our daily lives.

How can this be done? Try to behave more like a Type B personality would! Although this is easier said than done, "mindfulness" is something that can help us develop the self-regulatory tendencies needed to take the edge off our oh-so-helpful neuroticism. Mindfulness practices allow us to accept and be present with the situations we are currently facing (and the discomfort we're currently feeling) rather than trying to fight them, and these practices can be learned and integrated into our "way of being." So, next time you boot up your e-reader or saunter into a bookstore, check out the plethora of books available on the topic of mindfulness, and consider whether you'd like a change.

By: Beau Gray

Online Personality Test

<http://www.psych.uncc.edu/pagoolka/TypeAB.html>

The Personality Type A/B questionnaire is a modified version of the Jenkins Activity Survey (Jenkins, Zyzanski, & Rosenman, 1971).

Get to Know the 2012 Cohort

**John Christianson****Track: Clinical**

- **What inspired you to become a counselor?**
 - I love trying to understand why we are the way we are. I love exploring and uncovering patterns in our lives and thinking. I love insight. I love helping someone recognize a pattern, devise a theory for why it is, and change it for the better.
- **What drew you to NDSU's counseling program?**
 - I completed my undergraduate at NDSU in 1997. NDSU was my natural choice for grad school.
- **What do you like/look forward to in the counseling program?**
 - I like that I learn something new every day about counseling and life in general. It's a great group of people from fellow students to the professors.

**Eben Danielson****Track: Clinical**

- **What inspired you to become a counselor?**
 - I loved the field of psychology and the idea of working with people to help them through their struggles. Counseling, in a way, combined the best of both worlds for me.
- **What drew you to NDSU's counseling program?**
 - I was already a student at NDSU for undergrad and basically stumbled upon the counseling program. I just knew right away that it was something that was interesting for me and after investigating I learned of the quality of the program. It was a natural fit for many other reasons too.
- **What do you like/look forward to in the counseling program?**
 - I look forward to developing my skills as a counselor and learning how to best help clients. I also look forward to spending the next 2 years with my awesome cohort.

**Leah Fredrickson (Riske)****Track: School**

- **What inspired you to become a counselor?**
 - I want to make a difference in the lives of students.
- **What drew you to NDSU's counseling program?**
 - Their awesome reputation in the counseling world.
- **What do you like/look forward to in the counseling program?**
 - LOVE my classmates and look forward to collaborating with them in the future!

**Tiffany Fylling****Track: School**

- **What inspired you to become a counselor?**
 - I've always known that I wanted my lifetime career to involve helping people. My current job with a TRIO program allows me to work directly with college students every day and it has shown me that helping students work through various issues to achieve success is something that I want to learn more about and continue to do.
- **What drew you to NDSU's counseling program?**
 - NDSU offers courses via IVN making it possible for me to live in Minot and still complete the program. I've heard nothing but amazing things about NDSU's counseling program and it is CACREP accredited which is important to me.
- **What do you like/look forward to in the counseling program?**
 - I have felt a great deal of personal and professional growth within me through the classes I've taken. I look forward to learning more about myself and how to better understand and help others.

**DeNae Haagenon****Track: Clinical**

- **What inspired you to become a counselor?**
 - I enjoy helping people help themselves. I want to help people find the best in them and be successful.
- **What drew you to NDSU's counseling program?**
 - I went to NDSU for my undergrad. I really enjoy the people here.
- **What do you like/look forward to in the counseling program?**
 - I am really excited to enter internship where I can get hands-on experience.

**Lynae Hemming****Track: Clinical**

- **What inspired you to become a counselor?**
 - I want a career with meaning and purpose, not just a desk job :)
- **What drew you to NDSU's counseling program?**
 - The people!
- **What do you like/look forward to in the counseling program?**
 - Learning more about myself and taking risks

**Caroline McLaughlin****Track: School**

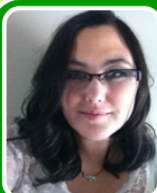
- **What inspired you to become a counselor?**
 - I want to work in a meaningful field where I can help heal and provide people with hope.
- **What drew you to NDSU's counseling program?**
 - The feeling I got when I interviewed!
- **What do you like/look forward to in the counseling program?**
 - Getting to know the professors, my cohort, and other cohorts within the program. Also, working with middle school students.

**Abby Nelson****Track: School**

- **What inspired you to become a counselor?**
 - I like to talk and help people. It seemed like a fitting profession for me.
- **What drew you to NDSU's counseling program?**
 - I wanted to go to a different school than my undergrad and also meet new faces and have new experiences.
- **What do you like/look forward to in the counseling program?**
 - Internship

**Kate Nelson****Track: Clinical**

- **What inspired you to become a counselor?**
 - My experience helping college students reduce their stress and anxiety led me to counseling.
- **What drew you to NDSU's counseling program?**
 - The fact that it is CACREP Accredited and I was able to sit in Dr. K's class to observe and loved it!
- **What do you like/look forward to in the counseling program?**
 - Becoming a knowledgeable and confident counselor so I can help people!

**Keira Oscarson****Track: School**

- **What inspired you to become a counselor?**
 - The people in my life have inspired me to become a counselor. Each person deserves to have a chance to be the person that he or she wants to be.
- **What drew you to NDSU's counseling program?**
 - The quality and diversity of the program
- **What do you like/look forward to in the counseling program?**
 - I love applying what I'm learning to questions I have pondered and being able to use that to help others.



Spencer Palder

Track: School

- **What inspired you to become a counselor?**
 - I want to help kids through school because school can be a difficult time for them.
- **What drew you to NDSU's counseling program?**
 - Accreditation and the NDSU atmosphere.
- **What do you like/look forward to in the counseling program?**
 - I like the people in the program.



Lyndsey Patnaude

Track: School

- **What inspired you to become a counselor?**
 - My LOVE of children :)
- **What drew you to NDSU's counseling program?**
 - The local and friendly atmosphere.
- **What do you like/look forward to in the counseling program?**
 - Learning new ways to help both my clients and myself.



Betsy Sand

Track: School

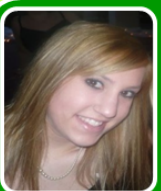
- **What inspired you to become a counselor?**
 - I took an intro Psych course when I was a freshman and found it completely fascinating. I wanted to learn more about what drives human behavior and to be a support/advocate for those going through difficult times.
- **What drew you to NDSU's counseling program?**
 - Accreditation and NDSU is awesome! (Go Bison!)
- **What do you like/look forward to in the counseling program?**
 - Internship.



Becky Schluter

Track: School

- **What inspired you to become a counselor?**
 - My inspiration for becoming a school counselor is that I want to help students succeed, both in school and life after graduation.
- **What drew you to NDSU's counseling program?**
 - I went here as an undergraduate.
- **What do you like/look forward to in the counseling program?**
 - I look forward to internship and applying what we have learned.



Emily Sturn

Track: Clinical

- **What inspired you to become a counselor?**
 - I want to use my creativity, humor, and caring disposition to help people get through and make sense of positive and negative life experiences.
- **What drew you to NDSU's counseling program?**
 - I knew it was right during my interview when I felt at ease with the teachers and 2nd year students.
- **What do you like/look forward to in the counseling program?**
 - Using art to enhance the counseling experience.



Chris Thompson

Track: Clinical

- **What inspired you to become a counselor?**
 - I had a great relationship with my high school counselor. I want to be able to provide people with the same opportunity that my counselor gave me.
- **What drew you to NDSU's counseling program?**
 - The professors, classes, and accreditation.
- **What do you like/look forward to in the counseling program?**
 - I look forward to practicum and internship and being able to use the skills I'm learning.



Martina Velic

Track: School

- **What inspired you to become a counselor?**
 - I feel that the purpose in my life is to make a difference in peoples' lives by providing support.
- **What drew you to NDSU's counseling program?**
 - I wanted to go to an awesome school that was close to home. And now I am surrounded by amazing people! (Score!)
- **What do you like/look forward to in the counseling program?**
 - Graduating :)



Nicki Venable

Track: Clinical

- **What inspired you to become a counselor?**
 - I worked as a social worker for 5 years and decided I wanted to focus more on mental health issues.
- **What drew you to NDSU's counseling program?**
 - I took some undergrad courses at NDSU and had heard good things about the program.
- **What do you like/look forward to in the counseling program?**
 - I look forward to being able to continue growing working alongside my wonderful peers and faculty.



Ashley Willits

Track: Clinical

- **What inspired you to become a counselor?**
 - I want to use my love for people and animals to help others grow into healthy selves.
- **What drew you to NDSU's counseling program?**
 - The "click" I had with the professors. I felt at home right away!
- **What do you like/look forward to in the counseling program?**
 - I really like my peers. They are fun, supportive, and always put me in a great mood!



Upcoming Events

~ UPCOMING CONFERENCES ~

WHAT: Solution Focused Brief Therapy Association Annual Conference

WHEN: November 14-18, 2012

WHERE: Minneapolis, Minnesota

WHAT: MMSA Conference

WHEN: December 6-7, 2012

WHERE: Bloomington, Minnesota

KEYNOTE: Rick Wormeli

WHAT: NDCA Midwinter Conference

WHEN: February 3-5, 2013

WHERE: Best Western Ramkota in Bismarck, North Dakota

WHAT: ACA 2013 Annual Conference & Exposition

WHEN: March 20-24, 2013

WHERE: Cincinnati, Ohio

WHAT: ASCA 2013 Annual Conference

WHEN: June 30-July 3, 2013

WHERE: Philadelphia, Pennsylvania



~ UPCOMING WORKSHOP ~

WHAT: Motivational Interviewing Workshop with Dr. James Korcuska

WHEN: Wednesday, November 7 @ 1:00 PM—4:00PM

WHERE: NDSU Stop-N-Go Center C107

~ UPCOMING SOCIAL EVENT ~

WHO: NDSU Counseling Faculty, Staff, Students, and Family/Significant Others

WHAT: Bowling—*The Bowler* (2630 South University Drive, Fargo)

WHEN: Friday, October 26th @ 7:00PM

ADDITIONAL INFO: Food and beverages are available



Advocacy & Social Contacts

If you would like more information about any of the advocacy projects, please contact Stephanie Gramlow.
(Stephanie.Gramlow@my.ndsu.edu)

More information about social events can be answered by Kyle Peltola.
(kyle.peltola@my.ndsu.edu)

Upcoming Events

~ ADVOCACY OPPORTUNITIES ~

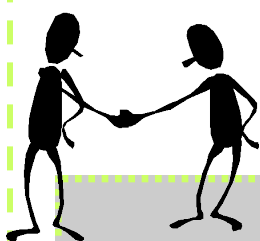
HARVEST MOON FLING—FRIDAY, OCTOBER 19

Members of our chapter will be staffing the Harvest Moon Fling on October 19, 2012. The Harvest Moon Fling is a wine tasting event and fundraiser that benefits the Rape and Abuse Crisis Center. The event will be held at the Courtyard by Marriott at 1080 28th Ave S, Moorhead. For more information and to purchase tickets visit www.raccfm.com.



VOLUNTEER PROJECTS

We are also planning to volunteer at [Churches United for the Homeless](#) and [Dorothy Day Food Pantry](#) this semester. Dates are yet to be determined. If you are interested in volunteering please contact stephanie.gramlow@ndsu.edu. All are welcome!



Bison Service Challenge

LOG YOUR SERVICE HOURS

As a CSI group, we are trying to win the Bison Service Challenge. In order to win \$500 to donate to our favorite organization, we need to LOG HOURS ONLINE.

If you volunteer with a group or by yourself, log your hours online. Here's how...

www.ndsu.edu/mu/programs/volunteer_network/bison_service_challenge/
"Click" Student Organizations

Log your volunteer info & Use the following to help us meet our goal!

Organization's Name: "Chi Sigma Iota"

Organization's Email: Stephanie.Gramlow@my.ndsu.edu

**Steph will log hours on your behalf—email her with your information!*



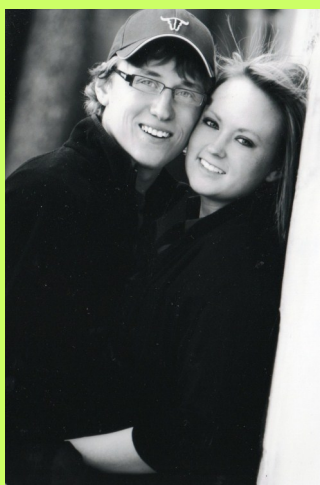
Find us on
Facebook

Search "NDSU Counseling Program"

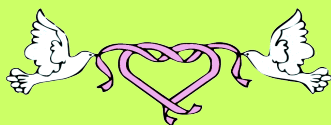
WEDDINGS



Leah (Riskø) Frødrickson, a first year graduate student, married Tavor Frødrickson on September 15, 2012.



On May 26, 2012 Ashley (Vogel) Kiefer, a second year graduate student, was married to Justin Kiefer.



Share With Us

Email your news, announcements, and exciting life events to Ashley
ashley_smette@hotmail.com

Feel free to include a picture!
~Wedding, baby, family trip, new job~

Expecting Parents



The Zuel family is expecting TWO bundles of joy in a few weeks! Jamie Zuel (second year graduate student), his wife Melissa, and their daughter, Edie, are anxiously awaiting their arrival.



First year graduate student, Tiffany Fylling, and her husband, Jake, are expecting their first baby in January!

