Preparing for the future: College plans cutting-edge food production lab
Message From the Dean

“Excellence is the unlimited ability to improve the quality of what you have to offer.” – Rick Pitino

It is an exciting time to be a part of the College of Human Development and Education at NDSU. This fall our enrollment increased in both our undergraduate and graduate programs. Our students continue to have professional test results above national averages, and their employment rate after graduation is good. Our faculty are recognized as leaders nationally and internationally, and several of our programs have been recognized with awards as well as “almost perfect” accreditation reviews. This publication provides an overview of some of these accomplishments.

Unfortunately, we also face challenges:
- Student enrollment continues to grow but NDSU does not have funding to add additional faculty. Therefore, our faculty have more students to teach and advise.
- Our state is doing well economically, but insufficient funds are provided to universities to maintain and update classrooms and teaching laboratories. Our students receive an excellent education and are successful despite the fact that they are learning in labs that are often out-of-date.

In the spring we received approvals to raise funds to renovate one of these out-of-date laboratories – our Food Production Laboratory Complex. The details about the lab complex and our campaign are provided in this publication. Although many of you did not major in dietetics, hospitality or foods and nutrition, many of you did take a course...
in these areas. Food plays an important role in everyone’s life, and well-trained professionals in dietetics, hospitality and nutrition are in demand. We hope you all will consider helping us reach our fundraising goal this year.

Writing this note to you always gives me a chance to reflect on all of the great things about NDSU and our college. I am fortunate to work with outstanding faculty and staff, and our students are fantastic. I am also tremendously proud of the successes of our alumni.

We always love to have campus visitors or share information about our programs. Please do not hesitate to let me know if you would like to come for a visit, get more information or have a question.

Thanks for the support many of you have provided in the past – it makes a big difference.

Best wishes from the College of Human Development and Education,
Virginia Clark Johnson, Dean
701-231-8212 • virginia.clark@ndsu.edu

Connect with us online!

Go to www.ndsu.edu/hde/alumni_friends, our online source for alumni. It’s as easy as 1 2 3.

1

Share your success stories and let us know about career changes, advancements, awards and unique opportunities. We love hearing from alumni. While you are at it, update your contact information.

2

Check out our scholarship information. Scholarships are vital to student success. Thank you to all our scholarship donors.

3

Make a difference by donating. As a member of our college community, you can make a difference in the lives of students, faculty and staff. Remember to choose the College of Human Development and Education as your designation when you donate online.

Find the online version of this newsletter and other news from the College of Human Development and Education at www.ndsu.edu/hde/news_events.

If you prefer to always read this newsletter online, please email NDSU.HDE.Magazine@ndsu.edu. Include your name and graduation year with the subject line “online magazine only.”
Creating the cutting-edge: Food production laboratory complex renovation to benefit nutrition, dietetics and hospitality

The College of Human Development and Education’s fourfold vision statements are largely focused on meeting the current and future needs of students and society. They also lay out the goal of providing quality academic environments that facilitate the effectiveness and efficiency of resources and people.

The college recently unveiled plans to help it further achieve and build upon those visions by renovating the existing food production laboratory complex into a state-of-the-art teaching laboratory. The renovation will transform classrooms on the third floor of the Katherine Kilbourne Burgum Family Life Center into a cutting-edge food production laboratory complex with advanced equipment that meets food codes and includes the latest technologies available. The college’s goal is to have the new facility available to students by the fall semester of 2013.

During a 2010 national accreditation site visit for hospitality tourism management, the evaluators said the dining service and distribution systems were unacceptable. Accreditation was granted with the expectation the areas will be improved in the near future. The $900,000 investment will give the college the space and equipment needed to meet accreditation standards while ensuring students are prepared for current and future job demands.

“We have great students and programs despite the current space,” said Virginia Clark Johnson, dean of the College of Human Development and Education. “We need a lab that showcases what we really do. Visitors would have no idea about the quality of our students or programs based on the current lab.”

Johnson said the goal is to complete the pledge campaign by the end of the 2012-2013 academic year.

NDSU’s dietetics and hospitality-tourism management programs are both accredited and have more than 100 students each. The programs impacted by the renovation previously used NDSU Dining Services facilities. However, renovations to the West Dining Services facilities eliminated the option of continuing to use that space. The programs are now using a lab and classroom in the Family Life Center, which was completed in 1976 and initially functioned as a foundation for degrees in home economics. While the programs remain strong, the food production laboratories have become outdated, Johnson said.

Major components of the project include the renovation of six individual production units; the addition of a commercial food production laboratory; and converting existing space to a foodservice area complete with tables, a service station and the flexibility to function as a dining, service and lecture classroom.

The plan to renovate and add the teaching laboratory space emerged after conducting an intensive study focusing on maximizing current facilities and positioning programs for the future. Sherri Nordstrom Stastny, assistant professor of health, nutrition and exercise sciences, was part of a laboratory planning team that looked at student and faculty needs for the space. “The foodservice industry has moved from satisfying a service-oriented culture to an experience-oriented culture – customers now expect much more than just a meal – they want the dining experience,” Stastny said. “We looked at how we could equip our students to meet and exceed that level of expectation.”

While the space will help meet accreditation and food code safety standards, it also is expected to draw students into the college’s programs and improve the learning experience and student engagement. “Students are the driving force for this,” Stastny said.

Renovation of the complex will provide nutrition, dietetics and hospitality graduates with expanded experience in such critical issues as planning routine healthy food...
and beverage choices; being advocates for healthy community environments; managing challenges of diverse diets and lifestyles; and supporting strong quality standards for all foods and beverages to promote health and wellness.

For example, Stastny said the space would provide a more suitable restaurant-like environment where students can provide nutrition facts with meals and measure the impact on customer satisfaction. It will provide better accommodations for the 800 Café, which uses the space for a student-run restaurant that takes its name because every meal is 800 calories or less.

The new space will feature foodservice-grade dining tables and chairs, dimmable lighting, an acoustically sound and aesthetically pleasing ceiling and appealing, professional décor. Johnson said that, besides aesthetics, the lack of a commercial-style kitchen is the space’s most glaring omission. Accessibility issues also will be addressed.

Help for the project is coming from a variety of sources. Jane Emison, BS ’68, design and textiles and clothing, has served as chair of the college’s Board of Visitors. She also serves on the NDSU Development Foundation’s board of trustees.

Recently retired, Emison’s career was focused on interior design in and around Minneapolis. She graduated from the college and recognizes the importance of the renovation. “It’s important to take an active role in supporting the project,” Emison said. “It’s really needed. It’s an important aspect of the college because it prepares people for learning about the food industry and hospitality.”

Many dietitians working in North Dakota earned their degrees from NDSU, Johnson said. Students can’t become a registered dietitian without a degree from an accredited program.

New programs also can use the space. The recently developed Exercise/Nutrition Science Master of Science option prepares graduates for advanced positions with an emphasis in the areas of physical activity, exercise science, nutrition and health promotion. The space will allow for additional research options and be able to function in more roles, including meetings and student presentations. Johnson said a catering class could use the space to prepare food for catering events. “We are excited to be able to meet all food codes and look forward to the flexibility and organization of the new design,” Stastny said.

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Learning, personal growth and unforgettable experiences abound in every corner of the globe – you simply need to be willing to look. Just ask some of the 23 students from the NDSU College of Human Development and Education who recently traveled to distant parts of the world to further their education.

French education major Rachel Herme studied in Chambery, France, from January through April. The four-month experience in the community of about 60,000 people located in the Rhone-Alpes region of southeastern France gave her new insight into what it means to be a good global citizen. Herme’s studies focused on the French language, but she also took culture and civilization courses.

“I gained a more open attitude in regard to things, events or people that may be different than myself or what I am used to,” said the senior from Farmington, Minn. “It also helped me understand and appreciate there is not just one ‘right answer’ as to how to live life, and that the more challenges we face, the stronger and more confident we become.”

Meanwhile, halfway around the globe, another NDSU student also had a life-changing experience.

Elementary education and human development and family science major Katie Bartram took classes at the University of The Sunshine Coast in Queensland, Australia, from February until June. “I’ve gained countless things from studying abroad and have learned a lot about myself,” said Bartram, a junior from Oxbow, N.D. “I have been forced out of my comfort zone.”

From surfing to skydiving to scuba diving off the Great Barrier Reef, Bartram crammed a wealth of memories into her study abroad experience. “I’ve been able to do things I never imagined I would have the opportunity to do,” she said, noting she also took a road trip across New Zealand. “I’ve become more open to trying new things and have learned how important it is to make the most out of every opportunity I’m given.”

Lisa Hauck often hears comments like these. As the director of the NDSU Office of International Programs, Hauck believes strongly in the worth of international experiences for students.

“Students need an education that embeds international learning within and outside the traditional classroom and prepares them to compete successfully in the current marketplace. A study abroad experience impels students to observe, question, reflect and challenge assumptions and ideas.”

Jenessa (Sjol) Fritel readily agrees. A double major in family and consumer sciences education and Spanish education, she took courses at the National University in Heredia, Costa Rica.

Most weekends, Fritel traveled somewhere in Central America, visiting nearly every region of Costa Rica, a Panamanian island and cities in Nicaragua. “The people I met were some of the nicest I have ever met,” she said. “They love life and taught me to really appreciate every moment, not be too rushed about things and not worry about the small things.”

“From the experience, I realized that the world is completely open,” Falcon said. “The experience changed my view on what’s possible.”

“We often hear from returning students that it was the best decision of their lives.”

– Lisa Hauck

NDSU senior Carly Lenihan, meantime, traveled to Cádiz, Spain, for spring semester to study Spanish at La Universidad de Cádiz. A double major in apparel, retail merchandising and design and Spanish from Bismarck, N.D., Lenihan says the experience helped her gain confidence in her abilities.

“Studying abroad increased my self-confidence and self-esteem. I feel that I am now able to deal with different types of stressful situations in which I have to rely mainly on myself,” said Lenihan, who graduated in December. “I am more comfortable in conversing in Spanish now, and I hope that will assist me in my future career.”

Krystal Falcon, a Williston, N.D., native, and fellow interior design graduate RachealAnn Tretter of East Grand Forks, N.D., spent six weeks interning at an interior design and construction firm in Shanghai, China, during the spring 2012 semester. Falcon said the trip helped prepare her to compete successfully in a global environment. In fact, she plans on moving to and working in China in 2013. “I realize that the world is completely open,” Falcon said. “The experience changed my view on what’s possible.”
The trip came together thanks to a connection with NDSU alumna Sandy Strand, BS ’77, who has spent the past 10 years in China doing corporate interior design. The students worked side-by-side with Chinese renderers, drafters, engineers and construction managers. Tretter and Falcon visited markets, showrooms, office buildings and a financial office that was under construction.

For Hauck, learning experiences like these are a validation of the importance of understanding other cultures and ways of life.

“Students return from a study abroad experience with expanded worldviews and a clearer understanding of the interconnectedness of the world in which they live,” Hauck said. “We often hear from returning students that it was the best decision of their lives.”

For information about international educational opportunities at NDSU, visit http://ndsu.studioabroad.com.
Two undergraduates named McNair Scholars

NDSU was one of 14 schools nationwide to be charter members of the McNair Scholars program. It continues to offer the opportunity today, including two students in the College of Human Development and Education who were named McNair Scholars for the 2012-2013 school year.

Taylor Heck’s interest in the health care field began while visiting his mother at the hospital where she worked as a radiation therapist. Now he’s discovered his passion at NDSU as a senior in the didactic program in dietetics. Heck’s research projects have led him to some extraordinary opportunities.

Heck regularly conducts research with Yeong Rhee, associate professor of health, nutrition and exercise sciences. Largely beyond the traditional classroom setting, the Sauk Rapids, Minn., native completed a research project on the effects of nutrition education and fruit and vegetable supplementation in overweight and obese adults. He soon will initiate another project in antioxidant and chronic disease prevention.

Heck’s experience also gave him a choice among several research internships including National Institutes of Health. He attended a 10-week summer internship at the Johns Hopkins University School of Medicine.

Heck worked in a laboratory each day alongside scientists and researchers at the Institute for Basic Biomedical Sciences on the Medical Campus of Johns Hopkins University. “All the hard work and high expectations made me a more well-rounded individual,” Heck said. “It builds upon the lessons I’m learning at NDSU.”

Krystal Kalliokoski first picked NDSU because of its chemistry program. After two years coaching high school students in the Science Olympiad, the Bottineau, N.D., native decided to change her direction. She’s now a junior majoring in chemistry education.

The move also has developed Kalliokoski’s interest in chemistry research. “I don’t think there are too many universities where I can jump right into the lab, getting to work with a playlist of chemicals,” she said. “When we graduate, it’s not going to be books, papers and tests. It’s going to be ‘Do you understand chemistry well enough that you can mix together chemicals in order to create something?’ ”

As a McNair Scholar, Kalliokoski said she is considering graduate school after earning a bachelor’s degree. If she does, she said she’ll focus on organic chemistry and ultimately teaching at the collegiate level. Kalliokoski already is conducting graduate-level research alongside professors in their research labs.

“For me, (being a McNair Scholar) is about being able to look toward graduate school,” she said.

Visit www.ndsu.edu/trio/mcnair_scholars_program for more information on the McNair Scholars program at NDSU.
Couple and family therapy master’s program wins national award

NDSU’s master’s program in couple and family therapy has been nationally recognized for developing and providing cutting-edge education that focuses on diversity and advocacy.

The program and its faculty, Tom Stone Carlson, Christi McGeorge and Kristen Benson, received the Training Award from the American Association for Marriage and Family Therapy. The award was announced in September at the organization’s annual conference in Charlotte, N.C.

The Training Award honors members for advancing the field of marriage and family therapy in significant ways through the education of future therapists. It is typically given to individual scholars to honor significant lifetime achievements as educators. NDSU’s couple and family therapy program is only the second program to receive the award since it was introduced in 1997.

The program was nominated by top scholars and educators in the field, including Douglas Sprenkle of Purdue University, Julie Serovich of Ohio State University, Fred Piercy of Virginia Tech University and chief editor of the Journal of Marital and Family Therapy, and William Doherty of the University of Minnesota. As a group, they are responsible for hundreds of scholarly publications and millions of dollars of research funding.

According to Sprenkle’s nomination, NDSU’s program addresses a critical need in the field: a new way of educating future therapists to better serve the mental health needs of a diverse population.

The nominations highlighted NDSU’s commitment to producing therapists who know how to work effectively with people who face societal challenges because of race, gender, sexual orientation or other factors. The nominations also noted the program goes the extra step of modeling advocacy within the community.

Master’s student Sarah McDougall said she chose couple and family therapy at NDSU because of its focus on diversity and its reputation as a top program. “I am confident that no other program in North America would have been able to offer me the unique training I am receiving here at NDSU,” she wrote in a nomination letter.

Sprenkle wrote that NDSU’s couple and family therapy program is a model for the entire field. The program “has clearly made a significant and lasting impact on the field of family therapy.”

NDSU’s couple and family therapy program is a master’s option in the Department of Human Development and Family Science. It is accredited by the Commission on Accreditation for Marriage and Family Therapy Education. The two-and-half year program prepares students for careers as researchers and licensed couple and family therapists, attracting students from across the U.S. and Canada. Eight students are admitted to the program each year. Graduates have a 100 percent pass rate on the national licensure exam and a 99 percent employment rate in the field.
First Master of Science in Advanced Athletic Training degrees awarded

In fall 2010, NDSU launched the region’s first post-professional athletic training degree program, a Master of Science in Advanced Athletic Training. The two-year program’s first graduates were acknowledged in a hooding ceremony in May.

Four students graduated from the program, which involves research and application of the latest theories and techniques, emphasizing research theory, clinical practice and professionalism. The advanced degree is the next step for athletic trainers who already have their certification. It builds on NDSU’s Master of Athletic Training Program, which is an entry-level degree that prepares students to take the national certification exam.

Graduate students also are immersed in research and can specialize among numerous topics. Scott Allen graduated from NDSU with a bachelor’s in athletic training. A Mankato, Minn., native, he worked with Kevin Miller, assistant professor of athletic training, conducting research on the effects of pickle juice on reducing cramping.

Kyle Braulick of Sleepy Eye, Minn., entered the program after earning a bachelor’s degree in athletic training from Minnesota State University Mankato. He wanted to pursue the degree to gain more experience and improve his job opportunities. He focused on research and evidence-based medicine. “Evidence-based medicine is a critical part in the healthcare profession in providing new techniques that have been proven effective,” Braulick said. “Health care techniques are always changing and it is critical to have the knowledge to provide the most optimum care to the individual.”

A graduate assistant position was an added attraction for Sarah Thon of Medford, Minn. After earning a bachelor’s in athletic training from Gustavus Adolphus College in 2009, she came to NDSU and conducted more specialized training.

Students in the program also had clinical experience opportunities in multiple settings, including high schools; Division I, II and III universities; and a research-focused health care provider, Sanford.

Thon conducted her clinical work with Concordia College’s football and women’s basketball teams. “My favorite part of my clinical experience, however, was being an approved clinical instructor,” she said. “This meant that I had undergraduate and entry-level graduate students assigned to me for their different sport/clinical rotations. This incorporated that teaching aspect and I really enjoyed sharing what I knew with them.”

In addition to the Master of Science in Advanced Athletic Training graduates, four students who earned master’s degrees in athletic training were acknowledged at the May hooding ceremony.
Education and counseling maintain accreditation

NDSU’s School of Education recently received full and continuing accreditation from two national accreditation associations and program approval from the North Dakota Education Standards and Practices Board.

Full seven-year continuing accreditation of the School of Education from the National Council for Accreditation of Teacher Education recognized the school met all standards for programs that prepare school personnel, including teachers, counselors and administrators. The organization held a site visit in April. Bill Martin, head of the School of Education, said the accreditation is a requirement in order for the program’s graduates to obtain state licensure.

Martin said the School of Education’s program for school personnel was approved at the same time during a joint site team visit by the Education Standards and Practices Board and National Council for Accreditation of Teacher Education. Both organizations approved NDSU with no weaknesses. “It’s external recognition that we have very strong education programs,” he said. “They also are not just coming to campus to visit our faculty and students – they meet with practitioners in the field who work with us and hire our graduates.”

The counselor education program also received continuing accreditation. The Council for Accreditation of Counseling and Related Education Programs sent its team to NDSU in mid-February and approved NDSU for the full eight-year continuing accreditation with all standards met and no areas of weakness cited. “It shows that our program is one of the top in the nation,” Martin said. “A relatively small portion of counseling programs are CACREP accredited.”

Obits

Legendary NDSU athletic trainer Denis “Izzy” Isrow died Dec. 16 following a battle with cancer. He was 78. Isrow joined the NDSU faculty in 1963 as an instructor and coach. He instituted the university’s athletic training program in 1968, becoming the state’s first full-time trainer. Isrow retired from teaching in 2002 after working as associate division director of health, physical education, recreation and athletics and as a professor in the College of Human Development and Education. He continued to serve the university as professor emeritus.

In May 2011, the NDSU athletic training facility at the Fargodome was renamed the Dr. Denis “Izzy” Isrow Bison Athletic Training Room. Throughout his career, Isrow was inducted into the halls of fame of the North Central Conference, Bison Athletics, National Athletic Trainers’ Association, Mid-America Athletic Trainers’ Association and the North Dakota Athletic Trainers Association. He earned a bachelor’s degree from Adams State College, a master’s degree in physical education from NDSU and a doctorate of education from the University of Utah.

Daniel Pullen received a posthumous degree at the May 2012 NDSU graduate/professional commencement ceremony. His family accepted a Doctor of Education on his behalf. Pullen died unexpectedly due to natural causes on Feb. 13. The Franklin, Minn., native was finishing his doctoral dissertation and was scheduled to receive his degree.

Megan Sample was one of four NDSU students killed in a car accident near Alexandria, Minn., Feb. 20. She was a first-year student in apparel, retail merchandising design from Rogers, Minn. “As we come together to mourn for Jordan Playle, Lauren Peterson, Danielle Renninger and Megan Sample, I hope that their families and we can find comfort in the sense of community that makes NDSU a special place,” said President Dean L. Bresciani. “I’m sure that the four women will forever in our hearts and minds be members of our campus family.”
Graduate, doctoral students making an impact

**Education programming developed for Alzheimer's professionals**

Kendra Erickson Dockter is a third-year doctoral student in human development: gerontology and project coordinator for the Aging and Mental Health Education: A Focus on Alzheimer’s Disease program. Through a contract funded by the North Dakota Department of Human Services’ Department on Mental Health and Substance Abuse, she has led the development of an online program for educating professionals about Alzheimer’s disease.

The project is a collaboration with the Minnesota/North Dakota Alzheimer’s Association. Three education modules in the project emphasize early detection, treatment, and communication and behavioral issues.

Developing an online program through NDSU Distance and Continuing Education is a new delivery mode for many of those receiving education. Dockter has developed assessments to determine the effectiveness of online delivery of material for this audience.

**Doctoral student researches effects of nutrition education**

Meredith Wagner has always had a passion for nutrition. As a registered dietitian, she is particularly interested in how nutrients, which are naturally present in food, impact health.

When deciding on a topic for her dissertation research, Wagner chose to study the consumption of fruits and vegetables and associated changes in biomarkers of chronic disease, including diabetes and cardiovascular disease.

She not only was interested in researching the implications of fruit and vegetable consumption on chronic disease risk, but also the impact of nutrition education focused on the beneficial nutrient properties of fruits and vegetables on increasing antioxidant consumption and maintaining health. Thus, Wagner’s research included three distinct treatment groups: a control group, a nutrition education group and a nutrition education plus fruit and vegetable group. The latter received both nutrition education and a supply of fruits and vegetables each week for a 10-week period.

Wagner earned a doctorate in May and plans to publish several manuscripts from her dissertation research project. Her research was funded in part by Academy Nutrition and Dietetics Foundation scholarships; NDSU College of Human Development and Education; NDSU Department of Health, Nutrition and Exercise Sciences; and several NDSU graduate school scholarships.

**Soccer coach travels the world to teach**

Daniel Weiler, head soccer coach at Concordia College and an NDSU graduate student in leadership in physical education and sport, has traveled the world in efforts to improve his soccer knowledge and to teach others.

Weiler traveled to Copenhagen, Denmark, this summer to learn from international soccer coaches at the F.C. Copenhagen School of Excellence. While there, he engaged in a project that compared soccer skills taught at various levels with those skills and levels used in the U.S. Soccer Development Academy.

**Doctoral student continues work with cancer survivor program**

Sarah Hilgers Greterman is a third-year doctoral student in the College of Human Development and Education’s wellness track program. She has been working with the LIVESTRONG at the Y cancer survivor program at the Fargo YMCA.

The LIVESTRONG at the Y cancer survivor group exercise program is a post-treatment, 12-week wellness-based program that focuses on cardiorespiratory fitness and strength training. Greterman and colleagues from the Department of Health, Nutrition and Exercise Sciences developed a longitudinal study that examines changes in physical activity and quality of life measures throughout the 12-week program, as well as three, six and nine months after completion of the program.

Research has shown that participation in physical activity among cancer patients has shown improved physical functioning, cardiovascular fitness and overall quality of life. Greterman’s goal is to enhance this area of research with the hope of providing evidence for establishing programs specific to cancer survivors.

**Dehydration, cramping focus of thesis**

Muscle cramps being caused by dehydration and electrolyte loss is a popular dogma propagated by sports drink companies and many health professionals. However, new research by Kyle Braulick, a recent Master of Science in Advanced Athletic Training student, suggests otherwise.
Braulick conducted his master’s thesis on the effect of severe dehydration on muscle cramp risk. Cramps were induced with electrical stimulation while subjects were well hydrated. Then, they cycled in extreme heat for four hours with their arms or one leg until they lost approximately 5 percent of their body weight. Cramps were again induced and cramp risk was determined. Despite losing almost one gallon of sweat and four grams of salt, their cramp risk was unaffected.

Braulick and Kevin Miller, assistant professor of athletic training and Braulick’s thesis adviser, had a paper published in the British Journal of Sports Medicine.

Master’s student inspires students
Growing up in a small town in rural North Dakota, Felicia Lamb has already begun to develop her path in life. As a recipient of a Pipeline for Excellent Rural Teachers fellowship, Lamb is completing a master’s degree in teacher education that will help her earn licensure as a science teacher. Her dream is to return to her rural North Dakota roots.

“I really want to inspire students to become something great like doctors, lawyers and teachers – maybe even do medical research,” she said when asked why she wanted to become a teacher.

Lamb is part of the first cohort of individuals recruited for the Pipeline for Excellent Rural Teachers program, a grant project sponsored by the National Science Foundation. Lamb will help fill the critical shortage of science and math teachers in rural North Dakota.

New methodology designed to help achieve expert performance
Health, nutrition and exercise science graduate student Paul Christianson has developed a new methodology called deliberate praxis to accelerate the general 10-year, 10,000-hour rule to attaining expert performance.

Christianson has utilized his graduate assistantship to fine-tune the emerging methodology and is teaching it to coaches around the nation so they can implement it into their programming. He also is working with some of the world’s leading sports professionals to implement the methodology into their training regimens.

Christianson is evaluating the methodology through his studies as a student in the Education Doctoral Program.

Graduate student assesses athlete rehabilitation techniques
Samantha Narveson is a Master of Science in Advanced Athletic Training student in the Department of Health, Nutrition and Exercise Sciences. As a graduate assistant, she helps NDSU athletes deal with and rehabilitate injuries.

Serious injuries often decrease the size and strength of an injured limb. The reductions in strength and muscle mass can reach up to 10 percent after just two weeks of immobilization and 20 percent after 10 weeks.

When Narveson read a research article that found simply stretching could increase strength in healthy people, she started to imagine the possibility of using stretching during injuries to reduce the loss of strength and muscle mass.

Maintaining or even just reducing the losses in strength and muscle mass during injuries could result in athletes being able to return to play earlier.

Former NDSU pole-vaulter assesses sport’s forces
Shawn Francis is a Master of Science in Exercise and Nutrition graduate student in the Department of Health, Nutrition and Exercise Sciences. He was a successful pole-vaulter at NDSU.

The conventional thinking among U.S. pole-vaulters is the takeoff step should be directly under the top-hand hold. However, a technique where the takeoff step is before the top-hand hold or farther away from the landing pads than their hand might lead to better performances where pole-vaulters can have more of their force directed in the horizontal direction at takeoff. This should lead to less energy at the takeoff, resulting in storing more strain energy into bigger poles and increasing how high the pole-vaulter can clear.

Francis found there has been little research in examining the different techniques from a force perspective. He placed a force plate in a raised pole-vault runway and gathered force data on all the NDSU pole-vaulters. He is analyzing his data that could lead to changes in pole-vaulting technique at the takeoff step.
Center for 4-H Youth Development furthers military youth outreach

Stacy Wendt recently met a 16 year old who had moved 11 times in his life. The child of a military member, he was a perfect example of the type of youth Wendt supports in her role with the NDSU Center for 4-H Youth Development.

“Instead of being upset with the lack of control he has in his life, he has decided to help others by becoming a leader at his installation and is helping other teens across the globe by bringing his moving experiences to senior leadership to create solutions to the problems he’s encountered,” Wendt said.

Wendt, BS ’11, human development and family science, was a summer staff member for Operation: Military Kids while at NDSU. The program is one of several grant-funded opportunities NDSU participates in to reach military youth in the state and around the country. After graduating from NDSU, Wendt moved to Texas to serve as a 4-H/Army youth development specialist.

Brad Cogdill is the chair of the Center for 4-H Youth Development, which is part of the NDSU College of Human Development and Education and the NDSU Extension Service. He’s seen the impact Wendt and others at the center have had on underserved and underrepresented youth.

“Operation: Military Kids is a program whose mission is to support youth of military families from all branches of service through collaboration with community partners during all stages of deployment including peacetime.

Another project focuses on developing a regional support network involving military and community partners in northeast North Dakota, which includes the Grand Forks, Devils Lake, Grafton and Cavalier communities. The goal is to create regional support networks for military youth.

Camping opportunities for military-connected youth also are a priority. Nearly 200 participated in various camp programs offered specifically for military-connected youth.

Wendt adds, “I love working with military youth because I personally know their struggles. But I never cease to be astonished at the things they accomplish when they put their minds to it. The struggles they work through are what create them.”

“It’s an intentional effort to reach those audiences and create a network that supports youth and their families who are in this situation,” Cogdill said. “We’re involving military partners and community resources to sustain this work across the state.”

“Because they are on the move, they often seek a shorter distance and a local community they can turn to. They are looking for a network of support,” Cogdill said.

“The Youth Leadership Foundation is one of several programs through which Stacy Wendt provides outreach through the Center for 4-H Youth Development.
Distinguished alumna’s advice: ‘Set yourself apart’

Bonnie Lonbaken thrives on having a “full plate.” As the corporate dietitian for Lyons Magnus Inc., she is involved with sales, marketing, product development, training, promotion and public speaking.

“I’m never bored with my job. It is so diverse and even though travels and schedules are sometimes exhausting and hectic, I love my job. I have great flexibility and have support from a company that values my ideas and expertise. I am totally happy,” said Lonbaken, BS ’92, food and nutrition, who was recognized Oct. 17 as the 2012 College of Human Development and Education Distinguished Alumna.

“It’s humbling,” she said of the honor. “It gives me goose bumps.”

Lonbaken’s work puts her in the forefront for a respected company that offers a wide array of value-added fruit, beverage and chocolate products to clients in the foodservice industry and industrial dairy sectors. Lyons also offers a full line of nutritional products specifically for nursing homes and hospitals. As an account manager as well as corporate dietitian, she is responsible for numerous national healthcare multi-unit and group purchasing organizations.

The native of Fergus Falls, Minn., describes herself as a “late-bloomer,” who returned to college in 1987 as an older-than-average student. She found a new confidence in her abilities, in part, because of the faculty.

“NDSU could not have been more supportive of me,” Lonbaken said. “I don’t think I could have dreamed of being a registered dietitian if it hadn’t been for people in the NDSU food and nutrition department who saw something in me. I truly did not believe in myself, but they helped me, encouraged me and told me I could become anything I wanted to be.”

Lonbaken’s work history shows a speedy upward trajectory. After graduating from NDSU, she was a healthcare specialist for GFG Foodservice Inc., then an area sales manager for Diamond Crystal Specialty Foods Inc. Her next job was western regional manager for Hormel Health Labs. She joined Lyons Magnus in 2000 as the first and only registered dietitian on staff. The company now employs seven dietitians.

Lonbaken has been a member of the board of directors and foundation board of the Dietary Managers Association (now the Association of Nutrition and Foodservice Professionals). She also chaired the organization’s Industry Advisory Council. In 2010, she received the group’s Distinguished Service Award.

Lonbaken has been a longtime member and supporter of the American Dietetic Association, now called the Academy of Nutrition and Dietetics.

Based on her personal success, Lonbaken has a few suggestions for students, especially those facing a tough job market. “You need to set yourself apart in every aspect of your job search – from how your resume reads to how you communicate with people. Set yourself apart from everyone else by paying attention to details,” she explained. “And students have to be open to any possibility. They need to broaden their horizons, be flexible and be willing to take a risk.”

Lonbaken regularly presents seminars on a variety of topics, including leadership. “I love what I do and I want to continue to work for the company for many years to come,” she said.

Lonbaken lives in St. Paul, Minn.
Gov. Jack Dalrymple appointed Maggie Anderson, BS ’89, food and nutrition, interim director of North Dakota’s largest agency, the Department of Human Services. She has directed the department’s Medical Services Division since 2005.

“Maggie is a proven leader and she brings a wealth of expertise to her interim role as executive director of human services,” Dalrymple said. “I am confident that the Department of Human Services will continue to provide high-quality services under Maggie’s leadership. We are fortunate that she has accepted this additional responsibility until a permanent director is appointed.”

The Department of Human Services employs approximately 2,100 people and operates on a biennial budget of $2.6 billion. Anderson joined the department in 2003 as deputy director of the Medical Services Division, which administers Medicaid and other health programs. In 2005, she was promoted to division director where she is responsible for the administration of the Medicaid Program, state-funded Home and Community-Based Services and the Children’s Health Insurance program, Healthy Steps.

“I am a public servant and have enjoyed serving the state of North Dakota for the past 23 years,” Anderson said. “I focus my work on helping others, especially vulnerable individuals, enjoy a better quality of life.”

Anderson also served as assistant director of child nutrition programs in the Department of Public Instruction prior to joining the Department of Human Services. She earned a Bachelor of Science degree in food and nutrition from NDSU and a master’s degree in management from the University of Mary. She is a North Dakota native and a graduate of New England Public High School.

Class of ’62 celebrates 50-year reunion

The Class of 1962 held its 50-year reunion Oct. 4. The all-day event in the Memorial Union included a presentation, titled “A Walk Down Memory Lane – A Peak Into the College of Home Economics Class of 1962” by Michael Robinson, NDSU archivist.

Virginia Clark Johnson, dean of the College of Human Development and Education, provided greetings from the college before Ann Braaten, assistant professor of apparel, design and hospitality management, gave the group a tour of the Emily P. Reynolds Costume Collection. The group then toured the Alba Bales House before having a dessert reception at the Harry D. McGovern Alumni Center.

The reunion was organized by Ione Eckre, BS ’62, home economics, and Sharon Rostad, BS ’62, food and nutrition and home economics.
NDSU alumna wins ‘Designer of the Year’

Bri Seeley, BS ’04, apparel and textiles, was awarded the title “Designer of the Year” Oct. 6 at the Phoenix Fashion Week’s 2012 Emerging Designer Contest. Seeley won a $10,000 prize package of goods and services to help launch her brand. She was one of 12 designers participating in the competition.

Leading up to the competition, Seeley participated in a three-month long “designer boot camp” that included bi-weekly classes and homework assignments on Skype. Her goal during the camp was to “refine her skills and knowledge” through the classes. She focused on building her brand and social media presence, enhancing her look book and putting together an order form. “The past three months have challenged me, pushed my limits and allowed me to strengthen my business with the help of a talented team of mentors,” Seeley said.

Seeley attributes NDSU to where she was able to first develop her technical skills. Through courses and employment at the Little Country Theatre costume shop she refined her skills as a designer. “My education at NDSU provided me impeccable communication skills as well as a high standard for professional conduct,” she said.

After Fashion Week, Seeley showed her winning “Escape” collection in Los Angeles at Style Fashion Week in October. Seeley previously won an award for best coat in the Seamless in Seattle Fashion Design competition. She lives in Lacey, Wash.

Alumna’s passion kick starts apparel company

Atelier is a French word for an artist’s workshop. For Ida Elsie Matthys, it’s the place where ideas become reality.

Matthys, BS ’04, apparel and textiles, is director of the atelier for Sophia Graydon, a new, Minneapolis-based company “with a singular mission to create the most luxurious, elegant and beautifully made sleep, lounge and playwear in the world.”

Following school, Matthys worked in New York for four years before returning to her native Minnesota. Her experience ranged from assistant to the director of the atelier and patternmaker for Chado Ralph Rucci, a high-end women’s wear designer, and freelance patternmaker for Chadwick Bell and The Row, a fashion company developed in 2006 by Mary-Kate and Ashley Olsen.

Matthys joined Sophia Graydon in February 2011. Her current role includes co-designing the collections with founder Monica Nassif and co-worker Calla Nassif, patterning and managing the workflow of the workroom in Minneapolis. She also works with two production houses in New York City, where the majority of the production is created. It’s a multi-step process in which Matthys works with a cutter, seamstresses and fit model to create a pattern and look that meets the original design’s vision of size, fit and draping of material. She also manages the staff and workflow and generally assures that everything is getting done on time and properly. “The level of work we do requires a detailed hand,” Matthys said.

Right now, Matthys is busy developing designs and researching for fall 2013, tracking the progress and quality of spring 2013 production and preparation for the spring photo shoot held in November. “It’s been a fun challenge being able to come up with and see the progress of the whole concept and the creation of an entire brand,” Matthys said.

For more information on Sophia Graydon, visit www.sophiagraydon.com.
New faculty

- Melissa O’Connor
  Assistant professor of human development and family science
  
  **Education:** doctorate in aging studies from the University of South Florida
  
  **Previous experience:** postdoctoral fellow in aging and quantitative psychology at the University of Virginia

- Abraham Ayebo
  Assistant professor of education/mathematics
  
  **Education:** doctorate in mathematics education from the University of Nevada, Reno
  
  **Previous experience:** lecturer at Purdue University, Calumet

- James Nyachwaya
  Assistant professor of education/chemistry
  
  **Education:** doctorate in science education from the University of Minnesota, Twin Cities
  
  **Previous experience:** postdoctoral research associate in chemistry education at the University of Minnesota

- Sarah Hilgers Greterman
  Lecturer of health, nutrition and exercise science
  
  **Education:** master of science from NDSU; doctoral candidate in wellness
  
  **Previous experience:** instructor/graduate teaching assistant at NDSU

- Rebecca Robinson
  Lecturer of apparel, design and hospitality management
  
  **Education:** master’s degree in design from the University of Cincinnati
  
  **Previous experience:** faculty member in fashion design at the Columbus College of Art and Design, Columbus, Ohio, and assistant professor in fashion merchandising and management at the Art Institute of Ohio

- Brent Hill
  Assistant professor of education
  
  **Education:** doctorate in research, evaluation, measurement and statistics from Oklahoma State University
  
  **Previous experience:** assessment specialist for the College of Education and the Professional Education Unit at Oklahoma State University

- Kwangsoo Park
  Instructor of apparel, design and hospitality management
  
  **Education:** master of science in hospitality management from Florida International University; doctoral candidate in business administration from Temple University
  
  **Previous experience:** instructor/program coordinator of tourism and hospitality management for Black Hills State University, Spearfish, S.D.

- Jane Strommen
  Extension Service gerontology specialist and assistant professor of practice, human development and family science
  
  **Education:** master of science in health services administration from College of St. Francis, Joliet, Ill., and doctoral candidate in human development – gerontology track at NDSU
  
  **Previous experience:** executive director of Community of Care, an organization serving seniors in rural Cass County, N.D., and nursing home administrator for Good Samaritan Society, Sioux Falls, S.D.

- Dena Wyum
  Lecturer of human development and family science
  
  **Education:** master of science from NDSU
  
  **Previous experience:** lecturer at NDSU with joint appointment in Human Development and Family Science and Women and Gender Studies

- Olufunmilayo A. Amobi
  Assistant professor of practice
  
  **Education:** doctorate in secondary education, curriculum and instruction from Arizona State University
  
  **Previous experience:** assistant professor at Mary Lou Fulton Teachers College, Arizona State University’s West campus, Glendale, Ariz.
Jessica Hotchkiss can’t turn away from a child in need. Because of that, the 2012 College of Human Development and Education Outstanding Student is focused on a career of caring and service.

“I want to be a child life specialist working in a hospital helping as kids go through procedures,” said the senior from Christine, N.D. “The whole idea is to make the hospital experience more normal for them, which is so important for their development.

Hotchkiss’ connection with youth seems to come naturally, a trait she has demonstrated her entire life. “Ever since I was little, I’ve had a knack for working with kids,” she said. “Whenever my family was around, I was always with the babies and children – not with the adults and everybody else.”

Not surprisingly, she is majoring in human development and family science, with an emphasis on child welfare.

With her caring nature, also comes a passion for involvement. Hotchkiss is president of both the Human Development and Family Science Club and College of Human Development and Education Leadership Council. In addition, she is incoming president of Phi Upsilon Omicron honor society and an AmeriCorps member doing volunteer service at the local YMCA.

“I’m just a go-getter,” Hotchkiss said with a laugh. “I love taking leadership roles and getting things done. Sometimes, though, it can feel like I’m going 100 miles per hour. But, that’s the way I like it. I really just want to make a difference out there.”

This past summer, she participated in an internship at the children’s hospital at Sanford Health in Fargo. The experience formed a solid base for her future. Whether the child was facing a major operation, IV start or blood draw, Hotchkiss was there to help. “I talk them through everything, so there are no surprises,” she said. “The goal is to be there for these children and their families no matter what they are in the hospital for, we are their support system.”

Hotchkiss is the daughter of Mike Hotchkiss of Detroit Lakes, Minn., and Pam Kensinger of Christine, N.D.
Annual awards honor faculty and staff

Annual Unit Award for Research Excellence
Department of Health, Nutrition, and Exercise Sciences

Annual Unit Award for Grant Excellence
School of Education

Graduate Student Mentor Award
Yeong Rhee, associate professor of health, nutrition, and exercise sciences

Outstanding Teaching Award
Nancy Kaler, senior lecturer of human development and family science/dean’s office

James Lebedeff Endowed Professorship Awards
Chris Ray, assistant professor of education
Brenda Hall, associate professor of education
Yeong Rhee, associate professor of health, nutrition, and exercise sciences

Robert and Patty Hendrickson Faculty Development Fund Awards
WooMi Phillips, assistant professor of apparel, design and hospitality management
Kevin Miller, assistant professor of health, nutrition and exercise sciences

Exceptional Contributions as an Emerging Teacher
Amelia Asperin, assistant professor of apparel, design and hospitality management

Exceptional Contributions to Learning
Mari Borr, assistant professor of education

Exceptional Contributions to Service/Outreach
Florin Salajan, assistant professor of education

Exceptional Contributions of Exceptional Contributions to Professional Development
Susan Ray-Degges, associate professor of apparel, design and hospitality management

The Mabel Wenzel Debing Memorial Endowment provides monetary awards to deserving faculty and staff members in the college. Recipients are nominated by their peers and rewarded for their outstanding contributions.

Exceptional Contributions to Research
Myron Eighmy, professor of education

Exceptional Contributions as an Emerging Researcher (assistant professor, 1-5 years)
Chris Ray, assistant professor of education

Exceptional Contributions to a Positive Work Environment
Holly Halvorson, administrative secretary for the Center for 4-H Youth Development

Exceptional Contributions Toward a Positive Work Environment
Theresa Anderson, academic assistant of human development and family science
Rhee earns university and professional awards

Yeong Rhee, associate professor of health, nutrition, and exercise sciences, received awards from NDSU and the regional and state Academy of Nutrition and Dietetics, formerly the American Dietetic Association.

Rhee received the Odney Award, sponsored by the NDSU Development Foundation, at the 15th annual Celebration of Faculty Excellence. “We had an astonishing array of talent brought forward through the nomination process,” said Provost Bruce Rafert. “The selection committee was clearly impressed by the distinguished records of research and academic ability of our nominees.”

Rhee received 30 nominations for the award, which was established by the family of the late Robert Odney to recognize outstanding faculty teaching.

“She is an incredible instructor; she presents information clearly and gives real-world situation examples,” wrote student Amanda Middaugh in a letter nominating Rhee for the award. “She is a wonderful instructor and person who has made a positive contribution to my educational experience at NDSU.”

Student Leah Gramlow wrote, “Dr. Rhee is the best teacher I’ve had in my 17 years of being a student. She cares about our understanding of the content we cover in class and she would do anything to help a student succeed in school and in life.”

Rhee, who joined NDSU in 2002, earned her doctorate in human nutrition at Oklahoma State University, Stillwater. She is a registered dietitian, and a member of the Academy of Nutrition and Dietetics.

“The award is most welcome because it’s from the students,” Rhee said. “The past 10 years have been focused on students; promoting their growth and understanding. It validates my work here of contributing to NDSU and developing future leaders.”

Rhee also received the Outstanding Dietetics Educator awards from the Area 2 and North Dakota Academy of Nutrition and Dietetics. Area 2 Academy of Nutrition and Dietetics includes North Dakota, South Dakota, Minnesota, Missouri, Indiana, Illinois, Michigan and Ohio. The presentations were made at the groups’ annual conference in April.

“The award is most welcome because it’s from the students.”
– Yeong Rhee

The academy is the advocate of the dietetic profession, serving the public through the promotion of optimal nutrition, health and well-being. It was established in 1917 and has a current membership of more than 74,000 registered dietitians.

Rhee leads clinical nutrition classes for undergraduate students and is the major adviser of several graduate students. Her research includes chronic disease prevention.
2012 Human Development and Education Highlights

Our mission is to provide educational programs and conduct research and other scholarly activities that focus on the lives of individuals and their families as they interact in work, educational and living environments.

Enrollment
The 2012-13 official enrollment for the College of Human Development and Education showed increases in undergraduate and graduate students. The total number of students is 1,816. Undergraduate enrollment is 1,463, and graduate enrollment is 353. The college has 107 doctoral students.

Student Success
- Athletic training graduates had a pass rate of 100 percent on the National Board of Certification exam.
- Students who took the ACSM Health Fitness Certification Exam had an 80 percent pass rate.
- The NDSU counselor education score on the Counselor Preparation Comprehensive Examination was above the national mean.
- Teacher education students had a 100 percent pass rate on the Pre-Professional Skills Test. The Praxis II exam is required for program completion and teacher certification in North Dakota. Pass rates vary by teaching specialties. Students had 100 percent in secondary English, history, biology, mathematics, chemistry, music and Spanish.
- Dietetics students in the didactic and coordinated dietetics programs had 100 percent pass rates on the national registration exam.
- Approximately one-third of the undergraduate students in the college were on the Dean’s List each semester.
- Amber Bach Gorman, counselor education and supervision doctoral student, was selected to participate in the Emerging Leaders Fellowship Program sponsored by the Association for Counselor Education and Supervision.
- Cory Loveless, senior in math education, received the Reginald E.F. Colley Award, which recognizes a student who has given distinguished service to his or her campus, community and fraternity.

- Abby Plucker, dietetics student, received the Amy Ruley Leadership, Most Valuable Player and Top Defender awards from the women’s basketball team.
- Stephanie Bechtle, an upperclassman in dietetics, received the North Dakota Outstanding Dietetic student award.
- Eryn DeBuhr, a graduate student in human development and family science, was selected to the National Phi Kappa Phi Council of Students.
- 24 graduate students co-wrote refereed journal articles with faculty and 43 co-presented 34 papers at national and international meetings. An additional 22 other publications were co-written by students.
- 392 students were awarded degrees. Of those, 18 earned doctoral degrees; 66 earned master’s degrees; and 308 earned bachelor’s degrees.

North Dakota 4-H Youth
- Individual youth participating in 4-H youth programs reached 21,363.
- More than 1,581 volunteers assisted with 4-H youth programs.

Learning Through Technology
- Each unit in the college offered online courses. The School of Education had extensive graduate offerings on IVN.
- An online master’s degree in leadership in physical education and sports was approved.
- Seven master’s programs and one undergraduate program are offered completely online.
- Funds from a Bush Foundation grant allowed the college to construct a technology-rich classroom that allows remote connection with K-12 classrooms.

External Support Through Grants and Contracts
- 31 faculty members received funds from external grants and contracts in 2011-12. The cumulative grant/contract dollars during the year was $11,846,328, including Extension faculty funding and funding received by college faculty in collaboration with those outside the college.
The Center for Science and Math Education is a cooperative venture of our college and the College of Science and Mathematics. More than $1.5 million in grant funding through the center provides support to benefit teaching and teacher education, including the Robert Noyce Teacher Scholarship Program and the GraSUS program.

Publications and Presentations
- Faculty had 105 peer-reviewed publications published. 71 other publications were published.
- 124 refereed presentations were made at international and national meetings. Faculty also gave 107 other presentations.

External Gifts Through Private Giving
- Cash gifts totaled $262,535, and endowed funds totaled $3,869,404. Members of the Dean’s Circle (donors who gave $250 or more) totaled 69 members.
- 152 scholarships/awards were given for 2012-13.
- In the Faculty/Staff Campaign, 82 of the college's 123 faculty and staff participated, which was more than any other campus unit.

Teaching
- Yeong Rhee, associate professor of health, nutrition, and exercise sciences, received the NDSU Odney Award for Teaching Excellence.
- Average student evaluations of both courses and instructors are consistently high for college faculty.
- Education doctoral program faculty are participating in the Carnegie Project on the Education Doctorate, a national effort aimed at strengthening the education doctorate. Chris Ray, assistant professor of education, was selected to be part of the research team for the project.
- 23 students participated in study abroad.
- Proposals were approved making the three options in the human development doctoral program separate degrees.

Accreditation
- There are 12 accredited programs in the college, some with both national and state reviews.
- Counselor education received continuing accreditation for the eight-year maximum with all standards met and no weaknesses.

Teacher education was recommended for the seven-year maximum accreditation with all standards met and one area for improvement. All teacher education programs were given continuing program approval by the North Dakota Standards and Practices Board.

Materials used by interior design and couple and family therapy during their re-accreditation processes are being used as national models.

ENROLLMENT

- TOTAL STUDENTS 1,816

- 353 Graduate Students
- 1,463 Undergraduates

SCHOLARSHIPS

- Applications Received 1,484
- Awarded 152
- Dollars Awarded $137,060
- Endowed Funds $2,545,710
Scholarships, endowment aid students and college

Through the thoughtful donations of former faculty and alumni, the College of Human Development and Education was able to introduce two scholarships and an endowment that benefits students and faculty this year.

**Beatrice Rystad Memorial Scholarship**

The Beatrice Rystad Memorial Scholarship was established in November 2011 as a one-time $450 award to a student enrolled in the College of Human Development and Education in order to assist them in earning a degree in human development and family science. Jessie Battest, a human development and family science major from Beulah, N.D., received the scholarship.

Rystad’s daughters, Kathleen Strong and Nancy Lacina, said the award was established in honor of Rystad’s value of education, especially for women, both as individuals and within the community. “During her tenure at NDSU, Bea always supported her students’ goals,” Lacina said. “Former students and family friends sent us notes telling their stories of how she encouraged the origins of their educational choices. A scholarship became a living memorial by supporting another educational plan in this decade.”

Following the death of her husband, Rystad entered NDSU in 1959 with three goals in mind: mental therapy, a new life for herself and a profession to earn enough money to give her three children a college education. She earned a bachelor’s in home economics education in 1962 and began teaching at Moorhead Junior High School. She earned a master’s in counseling and guidance from NDSU in 1969. She then taught for 13 years at NDSU in what was then the Department of Home Management and Family Economics.

**Fred R. and Hildegarde M. Taylor Memorial Scholarship**

Formerly known as the Fred Taylor Scholarship, this scholarship is a $1,000 annual award to one student and rotates each year between the College of Human Development and Education and the Department of Agribusiness and Applied Economics.

Fred Taylor retired from teaching at NDSU in 1980 after serving as department chair of agricultural economics for 25 years. He established an endowed scholarship, and when his wife, Hildegarde, died in 2011, their children decided to establish the scholarship in both of their names. Fred died in 1982. Hildegarde earned a master’s degree in food and nutrition from NDSU in 1962. “My parents were adamant about a college education and put all four of us through college,” said Patricia Berglund. “We all have four-year degrees and two of us also have advanced degrees.”

Berglund retired as director of the Northern Crops Institute in 2007. After teaching on the NDSU Department of Food and Nutrition faculty, she was associate dean of the NDSU College of Human Development and Education. Berglund earned a master’s degree and doctorate in cereal science at NDSU.

“She was the only one of her sisters to complete a college degree, which was extremely important to her. A scholarship would have helped,” Berglund said. “In order to honor our parents, there was nothing better than to help some students.”

**Helen Sutton Karmgard Endowment**

The NDSU Development Foundation Helen Sutton Karmgard Endowment Fund was established in 2011 with annual distributions directed toward enhancements in the College of Human Development and Education, such as student scholarships, faculty development and stipends, guest lectures, laboratory technology and facility improvements.

The endowment’s namesake died in June 2011 at 88. Sutton Karmgard, BS ’45, home economics education and food nutrition, taught at schools in Arthur, N.D., for 21 years. Her son, Bob Sutton, said she felt that one should put faith in good people making great decisions. “Her ties to NDSU were unique in that she went through old AC back in ’45,” he said. “That was during the war years. She formed a very strong bond with fellow graduates that lasted until the day she passed.”

Sutton Karmgard’s three sons graduated from NDSU after being raised near Hunter, N.D. She continued to follow NDSU and its athletics program until she died. “She remembered her home church, the community and NDSU,” Sutton said.
2012 scholarships and awards

UNDERGRADUATE SCHOLARSHIPS

Outstanding Student Award Human Development and Education
Jessica Hotchkiss, Christine, N.D.

D.B. and Edith Allen Scholarship
Kayla Baker, Coon Rapids, Minn.
Karen Freberg, Menomonie, Wis.

American Society of Interior Designers Student Chapter
Kayla Deschamp, Bismarck, N.D.
Mary Jensen, Forest Lake, Minn.

A Shirley Stokke Anderson Dietetics Scholarship
Taylor Heck, Sauk Rapids, Minn.

Alvin L. and Irene B. Arneson and Barbara Arneson Bielfeldt Memorial Scholarship
Sydney Beckar, Bismarck, N.D.

Alba Bales Scholarship
Quinn Benson, Steele, N.D.

Bancroft Dining Services Scholarship
Celina Poukka, Oakes, N.D.

Grace E. Bayliss Gold Memorial Scholarships
Abby Fenlason, Sartell, Minn.
Emily Knitlans, Lino Lakes, Minn.
Lauren Nash, Fargo, N.D.

B Dean Charlotte Bennett Memorial Scholarship
Allison Ruble, New Ulm, Minn.

Marion C. Benson Memorial Scholarship
Megan Piper, Casselton, N.D.

C Board of Visitor’s Undergraduate Scholarship
Rachel Pederson, Bismarck, N.D.

Jessamine S. Burgum Memorial Scholarship
Emily Knilans, Lino Lakes, Minn.
Marjorie Laney, Fargo, N.D.

D Katherine Burgum Outstanding Student Scholarship
Amy Miller, Roseau, Minn.

Burkholder Dedicated Student Award
Toni Hampton, Benson, Minn.

E Cora Corwin and Charles and Betty Corwin Scholarship
Janet Morken, Colfax, N.D.

F Susan J. Crockett Scholarship
Jaime Raden, Prior Lake, Minn.

Ruth Dawson Memorial Scholarship
Jana Millner, Bismarck, N.D.

Ernest L. DeAlton Memorial Scholarship
Darin Spelhaug, Wyndmere, N.D.

Lenora M. DeAlton Memorial Scholarship
Darin Spelhaug, Wyndmere, N.D.

G Dietetics Alumni Scholarship
Rilee Carufel, Farmington, N.D.
Bethany Johnson, Esko, Minn.

ETs’ Fitness Scholarship
Spencer Uetz, Horace, N.D.
Ariel Waloch, Gwinner, N.D.

Fargo-Moorhead Area Home Economists Award
Megan Dix, Pierre, S.D.

Fargo-Moorhead Convention and Visitor’s Bureau Scholarship
Teresa Werner, McClusky, N.D.

Fashion Apparel and Business Organization Award
Samantha Berard, West Fargo, N.D.

Christine Finlayson Memorial Undergraduate Scholarship
Megan Piper, Casselton, N.D.
Jocelyn Woodward, Bismarck, N.D.

Food and Nutrition Dietetics Scholarship
Alycia Woodard, Rogers, Minn.

H Roger and Nancy Gress Family Scholarship
Kelsey Fercho, Casselton, N.D.

I Hach Scientific Foundation Chemistry Teacher Scholarship
Lucas Dykema, Raymond, Minn.
Nathaniel Grosz, Mandan, N.D.

Agnes M. Hansen Memorial Scholarship
Andrew Beck, Sioux Falls, S.D.
Carly Lenihan, Bismarck, N.D.

J Shirley (nee Waldron-Anderson) Hassebrock Memorial Scholarship
Andrew Churchill, Dexter, Minn.
Virginia L. Hassoun Memorial Scholarship
Jinseon Jeong, South Korea

Beth E. and Rodney C. Hastings Scholarship
Lacey Frank, Rhame, N.D.

James and Sherry Heyer Family Scholarship
Sarah Honzay, Olivia, Minn.

Janecek Scholarship Fund
Samantha Berard, West Fargo, N.D.

Dr. John M. Jenkins Scholarship Fund
Stacie Keller, Tintah, Minn.

Ida B. and Verlin K. Johnson Family Endowment
Heather Aal, Fargo, N.D.

Virginia Clark Johnson and Rick Johnson Scholarship
Kendell Proell, Osakis, Minn.

Viola Larson Jordheim Memorial Scholarship
Kimberly Braulick, Sleepy Eye, Minn.

Erv and Margaret Kaiser Family Scholarship
Kendell Proell, Osakis, Minn.
Carly Kratcha, Fargo, N.D.

Arlene Kalk Memorial Scholarship
Steven Kluver, Willmar, Minn.

Christine Kiloran Memorial Scholarship
Allison Dhuyvetter, Columbus, N.D.

Dr. Evelyn Morrow Lebedeff and James Lebedeff Scholarship
Megan Anderson, Fargo, N.D.
Brianne Anderson, West Fargo, N.D.
Katherine Bartram, Horace, N.D.
Kylie Dale, Fargo, N.D.
Sarah Gress-Winter, Fargo, N.D.
Brittany Schulz, West Fargo, N.D.
Nichole Wendt, West Fargo, N.D.

Harriet Light Scholarship
Amy Miller, Roseau, N.D.

Majore Lovering Memorial Scholarship/North Dakota Association of Family and Consumer Sciences
Megan Piper, Casselton, N.D.
Alicia Woodard, Rogers, Minn.

Helen Arneson Lunde and Virginia Arneson Pryne Endowed Memorial Scholarship
Kate Hilfer, Audubon, Minn.

Mel and Sharyl Maier Scholarship
jenessa Fritel, Rugby, N.D.

Vernon Markey Memorial Scholarship Fund
Heidi Horstmann, New Ulm, Minn.

Elsie Stark Martin Scholarship
Brianna Black, Centennial, Colo.
Jessica Hotchkiss, Christine, N.D.
Kate Hilfer, Audubon, Minn.
Zoe Houle, Baxter, Minn.
Samantha Jacobsen, Moorhead, Minn.
Alycia Woodard, Rogers, Minn.
Matthew Zimmerman, Minnetonka, Minn.

Beatrice Rystad Memorial Scholarship
Jessie Battest, Beulah, N.D.

North Dakota Interior Designers
Kayla Deschamp, Bismarck, N.D.
Emily Remminger, Litchfield, Minn.

NDSU Outstanding Senior Dietetic Student Award
Stephanie Bechtie, Wishek, N.D.

Letitia Olson Memorial Scholarship
Justin Wagner, Fargo, N.D.

Margo Paulsen Chapter AH P.E.O. Memorial Scholarship
Megan Dix, Pierre, S.D.

Jean and Lisa Pederson Memorial Scholarship
Jessica Hotchkiss, Christine, N.D.

Jeannine Knott Peterson Scholarship
jenessa Fritel, Rugby, N.D.

Roger and Elsie Pitsenbarger Scholarship
Amanda Ellingson, Spicer, Minn.
Elyssa Grimmby, Plymouth, Minn.
Alissa Heinze, Hannahford, N.D.
Samantha Jacobsen, Moorhead, Minn.
Ashley Lund, Alexandria, Minn.
Shelby Novak, Grand Forks, N.D.

Emily P. Reynolds Memorial Scholarship
Chandra Beehler, Mandan, N.D.

Beatrice Rystad Memorial Scholarship
Jessie Battest, Beulah, N.D.

John T. Schneider Peace Memorial Scholarship
Megan Tiede, Fergus Falls, Minn.

Harry and Lillie Seidel Human Development and Education Scholarship
Meghan Aadland, Fargo, N.D.
Joshua Frueh, Minot, N.D.

Sandy Shelton Memorial Scholarship
Janet Morken, Colfax, N.D.
SCHOLARSHIPS

Garda Kyllo Siversen Memorial Scholarship
Jocelyn Woodward, Bismarck, N.D.

Keith Smette Memorial Scholarship
Michael Benson, Harwood, N.D.

John J., Charles B., and Anne L. Stegner Scholarship
Rachel Gellerman, Grand Forks, N.D.
Erica Kale, West Fargo, N.D.
Megan Tiede, Fergus Falls, Minn.

Frances Swenson Memorial Scholarship
Brooke Neil, Oakes, N.D.
Leah Haak, Valley City, N.D.
Sara Kinzl, Fargo, N.D.
Abby Papenfuss, St. Thomas, N.D.

Fred R. and Hildegarde M. Taylor Memorial Scholarship
Alyssa Wiegnandt, Larimore, N.D.

Anna J. Thorfinnson Memorial Scholarship
Amanda Crockett, Minot, N.D.

Ernie and Jo Erickson Wheeler Scholarship
Heather Fahlst, Clear Lake, Minn.

Mabell Whelan Memorial Scholarship
Sierra Murphy, Minot, N.D.
Lillian Nicols, Lakeville, Minn.

Ruth Lavon Nye Williams Scholarship
Janessa Fritel, Rugby, N.D.
Janet Morken, Colfax, N.D.
Jocelyn Woodward, Bismarck, N.D.

U Doris Mae Holzman Wischow Scholarship
Emily Harris, West Fargo, N.D.
Shelby Heimbuch, Cogswell, N.D.
Cierra Holm, West Fargo, N.D.
Kelly Nelson, Bismarck, N.D.

Teacher Excellence Scholarship
Jessica Deichert, Belfield, N.D.
Daniel Luecke, Horace, N.D.
Rachel Herme, Farmington, Minn.
Maddie McClellan, Fargo, N.D.
Calena Todorov, Circle Pines, Minn.

GRADUATE SCHOLARSHIPS

Jennifer Bates Memorial Graduate Scholarship
Jennifer Lambrecht, Grand Forks, N.D.
Brent Vail, Fargo, N.D.

Grace E. Bayliss Gold Graduate Memorial Scholarship
Brenda Holm, Williston, N.D.

BBN and MH Scholarship
Alexa Hanson, St. Cloud, Minn.

Board of Visitor’s Graduate Annual Scholarship
Sarah McDougall, Guelph, Ontario, Canada

Ruth E. Hanson Memorial Graduate Education Scholarship
Christine Okurut-Ibore, Kampala, Uganda

Buck (Francis) and Honey (Dorothy) Isrow Family Graduate Scholarship
Ashley Palmer, Floodwood, Minn.

Dr. Evelyn Morrow Lebedeff and James Lebedeff Never Stop Learning Scholarship
Kendra Erickson-Dockter, Sparks, Nev.

Midwest Dairy Council Scholarship
Kerrie Hert, Fargo, N.D.

Mavis Nymon Food and Nutrition Graduate Study Scholarship
Kerrie Hert, Fargo, N.D.

2011-2012 Graduate Research Award
Meredith Wagner, Dickinson, N.D.

2011-2012 Graduate Teaching Award
Wendi Stachler, Kindred, N.D.

INCOMING FRESHMEN

Jennifer Bates Memorial Graduate Scholarship
Emily Karkoska, Mankato, Minn.

Fargo Moorhead Convention and Visitor’s Bureau Scholarship
Danielle Kirchner, Sauk Rapids, Minn.

Lylal and RoAnn Hanson Scholarship
Rochelle Bitz, Napoleon, N.D.

Alice Flaten Olson Scholarship
Benjamin Andre, Rochester, Minn.
Breanna Bailey, Makoti, N.D.
Isaiah Dorendorf, Lakeville, Minn.
Scott Ronvig, McVille, N.D.
Amy Peick, Woodbury, Minn.

Roger and Elsie Pitsenbarger Scholarship
Samantha Baglovio, Bismarck, N.D.
Erik Eide, Fargo, N.D.
Kaylynn Malmskog, Moorhead, Minn.

Lavonne Langbell Severson
Molly McGinty, Minneapolis, Minn.

Beverly Kurtz Slotten Scholarship
Erica Volk, Fargo, N.D.
Bidder’s Bowl supports academic excellence

The Board of Visitors continues its ongoing project to support academic excellence with its annual donation for auction at the Bison Bidder’s Bowl. Held Oct. 6, the Bison Bidder’s Bowl has been part of NDSU’s Homecoming since 1982 and has raised more than $4.8 million for scholarships and student programs.

This year’s donation sold for $2,600 and included a copper sculpture and planter created by Minnesota artist, Patrick Shannon. Living in the hardwood forest of northern Minnesota for most of his adult life, Shannon takes inspiration and direction from nature, art and the legacy of indigenous people. His career began with clay, including hand-built pottery and sculpture, and has recently shifted to metals, primarily copper and steel. Visit www.forestedgeartgallery.com to view Shannon’s work.

The Board of Visitors consists of successful professionals who graduated with pride in NDSU and the College of Human Development and Education. They have enthusiastically committed to sharing their career experience with the students, faculty and leadership of the college. Their mission is expand enrollment, enhance opportunities for career success and promote ongoing relationships in the college.
### A sampling of how alumni dollars could help …

<table>
<thead>
<tr>
<th>Amount</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>$50</strong></td>
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+ Student registration for a professional meeting  
+ Educational DVDs |
| **$100** |  
+ Reference books  
+ Journal subscription |
| **$150** |  
+ Microscopes to examine fiber slides in the textiles lab |
| **$250** |  
+ Annual Survey Monkey subscription for research |
| **$500** |  
+ pH meter for athletic training research  
+ Crockmeter to test for colorfastness of fabrics in the textiles lab |
| **$1,000** |  
+ Faculty member attendance at a professional development conference  
+ Support for undergraduate research  
+ Online survey sites for student research  
+ Recruiting materials for undergraduate and graduate students |
| **$1,500** |  
+ Recumbent bikes for research making it easier to measure body fluid movement  
+ H-flex equipment to measure the number of neurons that bodies can “turn on” voluntarily for exercise physiology and athletic training classes  
+ Taber abraser to test for abrasion resistance of fabrics in the textiles lab  
+ Computer workstation in research laboratory |
| **$4,000** |  
+ Replace freshman interior design studio workstation desktops with “green” surfaces |
| **$5,000** |  
+ Visiting professor  
+ Research assistant  
+ Teaching assistant  
+ Heart rate monitor technology for teaching/research  
+ Smart board for teacher preparation |
| **$8,000** |  
+ Fashion Snoops trend service software renewal |
| **$10,000** |  
+ Support for a doctoral research assistant |
| **$35,000** |  
+ Finapres to measure beat-by-beat blood pressure and other cardiovascular variables for exercise physiology and athletic training labs |
Alumni and friends

The College of Human Development and Education is seeing tremendous progress on many fronts. We continue to establish records and set new benchmarks of success. This year, 2012-2013, has shown increased student numbers in both undergraduate and graduate enrollments. As our numbers grow, so do our needs. We continue to need additional scholarships that will enable us to compete successfully for outstanding students at all levels. Thanks to all of you who have turned the dreams of our students into the reality of being able to attend school and change the world.

Also, this year we are focusing on a laboratory complex renovation. The details of the renovation are in the article beginning on page 4. For our college this is an extremely exciting adventure. Ultimately, we will transform the current laboratory and classroom on the third floor of Family Life Center (FLC) to be a cutting-edge food production laboratory complex with state-of-the-art equipment. There are students who are learning in a laboratory complex that was designed for graduates in the mid 1970s, not for the nutrition, dietetics and hospitality degrees of the 21st century. Please read the article and consider a pledge to our project. Just as our past graduates laid the foundations for us when we attended NDSU, we need to help current students become competitive.

And always remember, our students, faculty and staff greatly appreciate your generosity. I encourage you to send us your updates, notes and emails. If you have an opportunity, come to campus. It would be great to give you an update and tour.

Nancy Gress
Director of Student Services and Advancement
nancy.gress@ndsu.edu
Dean’s Circle

Dean’s Circle, the College of Human Development and Education’s honor club, allows alumni and friends to support the college and be recognized for their contributions that help strengthen faculty, teaching and research. The college depends on alumni contributions to provide a wide variety of services to supply the best education possible.

This year’s membership was between July 1, 2011, and June 30, 2012. Contributors gain membership into the Dean’s Circle by their annual contribution. An annual contribution of $250 is required for the Annual Level membership. A contribution of $1,000 or more, throughout the year designates the Sustaining Level membership.

Go to www.ndsu.edu/hde/alumni_friends/give to make your contribution online. Check or credit cards also are payable to the NDSU Development Foundation at 1241 N. University Dr., Fargo, ND 58102. Please specify that your contribution is for the College of Human Development and Education, including specifics for a scholarship or department of your choice.

For more information, contact Nancy Gress, director of student services and advancement, at 701-231-8216 or nancy.gress@ndsu.edu.

<table>
<thead>
<tr>
<th>CHARTER MEMBERS ($2,500)</th>
<th>Individuals</th>
<th>ANNUAL MEMBERS ($250 - $999)</th>
<th>Organizations</th>
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<tr>
<td></td>
<td>Shirley J. Anderson, Frances S. Clark, Virginia L. Clark Johnson and Rick D. Johnson, Patricia S. Crary, Dick and Suzie Crockett, Carol Gagnon, Wayne and Mary Gregoire, Roger and Nancy Gress, Mary Hadley, Izzy and Gerry Isrow, Roger and Betty Kerns, Bradford Kimler and Lisa Hlebechuk Kimler, Joe and Norma Peltier, Harris and Kathryn Seidel, Robert and Claudette Sutton, Donna Terbizon, Lavoy and Heidi Wilcox, Ralph A. Williams</td>
<td></td>
<td>Fine Arts Club – Drama Section, PEO Chapter AH</td>
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<td></td>
<td>Matching Gifts</td>
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<tr>
<td></td>
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<td>Midwest Dairy Association</td>
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<th>SUSTAINING MEMBERS ($1,000 or more)</th>
<th>Organizations</th>
<th>Individuals</th>
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<td>General Mills Foundation, Fidelity Investments, Fargo-Moorhead Convention &amp; Visitors Bureau, Midwest Dairy Association</td>
<td></td>
<td>Dean and Pamela Aakre, Barbara Benton and Ken Hiller, Nita and Roy Cantrell, Jim and Julie Deal, Stacy Duffield, Hugh Veit and Margaret Fitzgerald, Dave and Renee Gauslow, Troy and Sonya Goergen, David Gordon, Jean C. Heibult, Keith and Mary Herbold, Jocelyn and Virgil Iszler, Greg Wentz and Christie Iverson, Nancy Kaiser Dawson, Alan and Angela Kallmeyer, James and Mary Kieley, Joyce and Robert Knodell, Raymond and Nancy Lacina, Arthur and Diana Lillevig, Ann Ludwig and Tom Dezelsky, Darnell and Judith Lundstrom, Burt and Gretchen Mason, Shirley E. McAllister, Sandra A. McCalla, Helen L. Merkle, Esther Myers, Lisa and Wayne Nordick, Cheri and Steven Olerud, William and Marilyn Parker, Jean Paulsen, Earl and Rosie Peterson, Jeannine Peterson, Tim and Claudette Peterson, Vicki and Paul Peterson, Dennis and Anita Rohde, Greg Sanders, Donald P. Schwert, Thomas and Micheline Sheehy, Sherri and John Stern, Sandra M. Strand, Henrietta Strandjord, Mary Upton, Margaret and Sid Viebrock, JaniRae and Edward Wern, Nancy J. Wolff</td>
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Happy Holidays

We wish you and your families a wonderful holiday season and a very happy new year.

from the faculty, staff and students in the College of Human Development and Education

Contribute online at www.ndsu.edu/hde/alumni-friends/give
Donations to the College of Human Development and Education are administered by the NDSU Development Foundation.

TARTAN PROJECT CONTINUES

Support student scholarships and faculty research in the apparel, design and hospitality management department (ADHM) by purchasing tartan products. Products feature a student-designed tartan, recognized as the official tartan of NDSU.

To order products, please complete the following. Tax and shipping included in price.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Polysatin necktie @ $54.50</td>
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</tr>
<tr>
<td>Lambswool 82” scarf @ $74.50</td>
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</tr>
<tr>
<td>NDSU notecard, blank, 10 count @ $21.50</td>
<td></td>
</tr>
<tr>
<td>Tote, 15 ½” (h) x 16 ½” (w) x 6” (d) at base @ $100</td>
<td></td>
</tr>
</tbody>
</table>

**Total cost**

Customer name
Mailing address
Phone number
Email address

For further information, please call 701-231-7351 or email linda.wiedmann@ndsu.edu.