Caring for the Caregivers
Alumna Makes Workplaces Safer

In the Game
Grad Takes Shot at Hockey

A Daily Question
Alum’s Medical Research Affects Women’s Lives
An Incredible Journey. We Salute You!
A Remarkable Year

What a remarkable year this has been! As the Beaver skated onto the national scene in the Frozen Four, the University celebrated with great pride. Their drive, determination, and victory stirred the hearts of people everywhere.

Throughout the year, the University celebrated other extraordinary accomplishments that depict a similar resolve. A few milestones help showcase those achievements.

In August, BSU hired a sustainability coordinator to expand our environmental stewardship. Later in the semester, the President’s Climate Commitment was signed to further work in this area. The University garnered a Tier 1 ranking among Midwest master’s institutions, one of only two Minnesota universities to reach this standing.

In January, the new Clinical Resource Center opened, providing high-tech, hands-on training for our four-year nursing students. BSU also secured a 20-year lease with the city of Bemidji, making the new events center the future home of Beaver hockey.

This spring marked the 100th anniversary of BSU’s Scholarship and Creative Achievement Conference, where 115 student scholars presented their research and creative works. Dr. Kurt Christensen was awarded a Fulbright scholarship as a Fulbright research scholar at the University of Oslo in Norway, he will investigate ways to reduce the effects of air pollution.

BSU earned specialized national and international accreditation for its accounting and business programs from the International Assembly for Collegiate Business Education (IACBE) this spring.

According to Douglas Leff, chair of the business administration department, only two other Minnesota universities have earned specialized national and international accreditation in accounting. Similarly, he reports that Bemidji State is among only six Minnesota institutions with this accreditation status for its accounting programs.

During the accreditation process, a team of external assessors evaluated BSU’s accounting and business programs according to IACBE standards. Overall, the quality of these programs was measured by their success in helping fulfill BSU’s mission and broad-based goals, the effectiveness of student learning, and the operational effectiveness of the business programs.

“Accreditation is recognition that business and accounting programs of Bemidji State University demonstrate academic excellence and a commitment to continuous quality improvement,” noted the assessors. The president of the IACBE, in his report regarding Bemidji State’s accreditation accomplishments, “The IACBE is especially interested in the assessment of student learning outcomes. The accreditation process is one means of making certain that graduating seniors are well-equipped to excel in the business world.”

Bernard State’s Council of Indian Students holds a fry bread taco fundraiser. If Teddy Bears Could Talk, in early April to raise money and donate teddy bears for social agencies to distribute to area children. The fundraiser was held as part of campus events observing National Child Abuse Prevention Month.

Former Interim President Haugo Dies

Dr. Richard Haugo, a former dental technology professor who served as interim president of Bemidji State in 1982, died on January 22.

Haugo retired from the Bemidji State faculty in 1988 after a 25-year career. He joined the University as part of the industrial technology faculty in 1965 and, ten years later, was named placement director. He served as counseling and placement director from 1983-1988 with responsibilities that included Indian student services and Upward Bound. He was also tapped in 1983 to oversee the University’s Educational Development Center.

His seven-month assignment as acting president of the University began in January 1982 following the resignation of President Rebecca Stafford. He held the position until Dr. Lowell R. Cellett was named the University’s 13th president on August 1, 1982.

Haugo held a variety of leadership and advisory positions on campus, including president of the Inter Faculty Organization, vice president of the Faculty Senate, and chair of the industrial technology department. He also served on the University’s strategic planning committee and the deans council.

Haugo was named an Outstanding Alumnus of Bemidji State in 1982 and was a charter member of the BSU Foundation. He received his bachelor’s degree in industrial education and master’s degrees in counseling and education from Bemidji State. He held a doctorate in teaching education from the University of North Dakota.

Business and Accounting Programs Nationally Accredited

Bemidji State University received specialized national and international accreditation for its accounting and business programs from the International Assembly for Collegiate Business Education (IACBE) this spring.


Lund Book Explores Afterlife

Dr. David Lund, professor of philosophy, is author of a new book, Persons, Souls and Death: A Philosophical Investigation of an Afterlife. In the book, Lund explores the difficulty of conceptualizing the afterlife by examining what it means to be a person. He notes that questions of human identity, while often ignored in studies of death, are crucial when trying to determine whether a person’s existence ends with the death of the body.

He also was one of nine coaches from across the country named a finalist for the Spencer Penrose award, a national hockey Coach of the Year honor.

For the second straight season, Bemidji State's historic run to the Frozen Four capped a magical 2008-09 campaign for the Beavers. BSU captured its fourth College Hockey America (CHA) regular-season title in six years and won the 2009 CHA Tournament, sending the team to the NCAA Tournament.

For the fourth consecutive indoor season, the Bemidji State track and field team produced an All-American. Sophomore sprinter Kristel Bourque set school records in the 200-, 400- and 400-meter dash events en route to her first trip to the NCAA Championships and a seventh-place finish in the 400. Junior Zac Preble, a multi-event athlete, also qualified for the championships after breaking his own school and Northern Sun Intercollegiate Conference (NSIC) records in the heptathlon.

Men’s Golf

Mitch Mackedanz and Jesse Nelson earned All-NSIC honors for their performances at the NSIC Golf Championship in Lake City, Minn. Mackedanz led the Beavers with first-place individual honors. Nelson finished 10th.

Among the NSIC’s scholar athletes this spring were Bemidji State’s Mara Johansen and Gu her Zajic. Johansen, who recently wrapped up her collegiate eligibility on the BSU softball team, leaves BSU as its all-time homerun leader after just three seasons. Zajic, a sharp-shooter for the BSU mens baseball team, transferred to Bemidji State from Central Lakes College after his sophomore season. BSU football players Jeremy Geltit, Josh Karch, and Jason Rezn were among 164 players from 268 schools that qualified for membership this spring in the 2009 National Football Foundation Hampshire Honor Society.

For Louise Mengelkoch, education is clearly more than classrooms, textbooks, and tests. It’s a boundless opportunity to help students expand their horizons, take chances, and learn through involvement— even if that means plunging into distant, unknown waters.

“I like to get students out of their comfort zone,” says the Bemidji State University journalism professor and mass communication department chair.

One of the ways Mengelkoch stirs students from the comfort of Bemidji’s lakeside campus is through her relationship with The Washington Center for Internships and Academic Seminars, a non-profit organization that gives college students opportunities to work and learn in Washington, DC’s political environment.

The center’s mission is to give students opportunities to work in the nation’s capital for academic credit while encouraging them to become informed, public-spirited, and engaged citizens.

Being engaged and active is an important part of Mengelkoch’s teaching approach at Bemidji State. “There is an expectation of involvement,” Mengelkoch says, considering what she tries to incorporate in BSU mass communication curriculum and students’ educational experiences.

Because its philosophy values involvement, The Washington Center is an ideal organization for internships and experiential learning.

“To see students experience and be affected by something in a short period of time— because it’s so intense— is very gratifying,” she says. “It’s the transformational aspect of education that I love.”

Over the past 15 years, Mengelkoch has helped some 25 Bemidji State students obtain internships in media relations and related areas for government agencies and advocacy groups. Likewise, she has worked with hundreds of other students in providing them opportunities to attend national political conventions and various Washington Center seminars.

Last fall Mengelkoch took Bemidji State students to the National Democratic Convention in Denver and in January took students to the inaugration of President Obama — a powerful experience not only for her students, but also for Mengelkoch herself.
A culture of caring defines the nursing profession. Yet, when Bemidji State University alumna Julie Flathers began working in employee health at North Country Health Services (NCHS) in 2000, she saw a profession in pain. And so began a lengthy organizational journey to reduce that pain by creating a safer working environment where nurses could more easily direct care to their patients without injuring themselves.

“We knew there was a problem,” she recalls about her early days on the job. “Injuries were occurring frequently when transferring patients. Of the 30 back injuries in 2001, 29 were on one medical-surgical floor. Initially, we didn’t know how to prevent these injuries.”

That floor had one portable device to assist with patient lifting – the leading cause of back injuries among nurses – but it was underutilized.

The nursing mindset was another part of the problem.

“Nurses work at a hospital to care for people who are sick and haven’t always been aware of their own risk for injury,” Flathers says. “Many nurses were taught in school that good body mechanics would prevent injury. Recent research shows that body mechanics alone don’t prevent injuries.”

Flathers took the first steps toward safety by listening to workers on nursing floors. They told her that convenience for lifts was as essential as having oxygen in every room. One suggestion proposed a ceiling system with tracks for hoisting and moving patients. The image of using that system prompted laughter among the co-workers. Most of them had never heard of it before.

Once information and research were gathered, recommendations were brought to the NCHS leadership team, which operates the hospital and other medical-related services in Bemidji.

“We needed equipment, needed it available, and needed training,” Flathers says. “I mentioned someone thought we should have ceiling lifts, and people laughed.”

But not everyone found it funny. Gary Johnson, the manager of Bemidji Medical Equipment, a subsidiary of NCHS, later told her they did have ceiling lifts that could be installed in hospital and nursing home settings.

The laughter then turned into a serious effort to address the problem. Using safety grant funds to defray costs, they

(continued on page 8)
Julie Flathers

“The solution wasn’t just lifts. The solution was multifaceted. Once tasks that put people at risk were identified, the next step was to see if we could engineer the danger away.”

installed the system on the troublesome second floor. Staff received training, and the injuries began to drop.

At about the same time, the hospital began an expansion and remodeling project. Bolstered by results from the second floor, NCHS leaders agreed to install ceiling lifts during the construction of the hospital and nursing home.

Positive results continued, and change started permeating the facilities. Injury rates decreased, fewer nurses missed work due to injury, and workers’ compensation losses fell.

In thinking about the results, Flathers, who came to NCHS from a community health background, quickly notes a change in culture is not an event, but an ongoing process with many dimensions.

“The solution wasn’t just lifts,” Flathers comments. “The solution was multifaceted. Once tasks that put people at risk were identified, the next step was to see if we could engineer the danger away.”

Flathers uses carpeting in the new building as an example. Back problems cropped up among workers who pushed wheeled carts or beds on carpet. Research showed that carpet-pushed wheeled carts or beds on a carpet. Research showed that carpet-pushed wheeled carts or beds on a carpet. Research showed that carpet-pushed wheeled carts or beds on a carpet. Research showed that carpet-pushed wheeled carts or beds on a carpet.

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“Initially, I didn’t have the answers, but I knew how to find them. I had learned to observe a population, study data, look at nursing research, and apply evidence-based solutions. My education at BSU allowed me to develop the skills needed to work through these problems.”

Flathers will have more opportunities to use these abilities in her new role as a nurse consultant in safe patient handling for Bemidji Medical Equipment. Her responsibilities will include training and assisting organizations in creating a safer environment for nurses and the patients they serve.

As part of the commitment to workplace safety, the firm is offering patient lift motors to Minnesota nursing schools at no charge. They have already donated six lifts to Bemidji State’s nursing program.

Overseeing nursing care safety is a role well suited for Flathers who has served as a change agent within a culture of caregiving.

Horizons

Partnerships Shape Clinical Resource Center

In today’s economic and political climate, it still takes a village to raise children, but it takes partnerships to educate them.

That cooperative spirit is evident in the newly opened Clinical Resource Center (CRC), a 6,400 square-foot area in Memorial Hall that serves as the educational backbone for Bemidji State University’s new four-year nursing track. In the state-of-the-art facility, students gain care laboratory experiences using technology that simulates real life.

None of it would have been possible without public and private partnerships. Federal legislation and a Health Resources and Services Administration grant paid for equipment. The Minnesota State Colleges and Universities system allocated money for renovation and programming. The Bemidji medical community stepped forward to supply staffing assistance, safe patient handling systems, and other resources. Individual donations helped purchase furniture and supplies.

University expenditures rounded out the funding and created the CRC, which will be coordinated by a full-time staff member and consists of:

- four health-assessment rooms to prepare students for work in rural health care settings;
- four high-fidelity simulation rooms to prepare students for work in rural health care settings;
- four classrooms and seminar rooms;
- a computer lab with access to electronic medical record systems and specialty software; and
- a simulator and performance room where computer-driven mannequins replicate nursing scenarios.

“Students will learn that being at the cutting edge of information and technology will give them and their patients the best possible outcomes,” says Dr. Jeanine Gangeness, chair of the nursing program. “They are learning that each action is based on evidence, and this is what continues to build a strong nursing profession.”

The most complex technology is Sim-Man, according to Gangeness. The mannequin can be programmed to display a heartbeat, pulse, and swelling tongue. It also can simulate breathing, talking, and hand movements. These features can be programmed to be within normal limits or simulate a health abnormality.

An observation classroom allows students to watch the scenarios, which can also be recorded and replayed on television monitors throughout the center. The results are opportunities for immediate debriefing or critical thinking exercises.

Gangeness remembers her own nursing education as having set rules, static information, and a well-defined scope of practice. Nurses today must access updated information from the bedside.

“Students in the CRC can practice physical and interpersonal skills prior to interactions with patients,” she says while acknowledging that one part of the profession hasn’t changed. “Their first semester involves lessons on working with people, and they learn bedside manners from day one.”
S

ince graduating from Bemidji State in 1971, Dr. Benjamin Tsang, Ph.D., has been asking the same question nearly every day: “Why?” This seemingly simple question, with rarely a simple answer, has led Tsang – on the leading edge of oncology and reproductive health research – to shape the world as BSU once shaped him.

“It is such an important principle,” Tsang explains. “It challenges your thinking. Don’t accept things at face value. Ask ‘why?’”

Touching Lives

As a senior scientist in the Chronic Disease Program at the Ottawa Health Research Institute and as a professor in the obstetrics and gynecology department as well as the cellular and molecular medicine department at the University of Ottawa, Tsang finds personal satisfaction in touching people’s lives through both medical research and mentorship of the next generation of researchers. Directing his 14-member research team, he challenges up-and-coming scientists to find the “why” in some of medicine’s most vexing enigmas.

The probing question influencing Tsang’s highly successful career as an internationally renowned scientist in the field of women’s health was first asked him at Bemidji State. Prior to this experience, Tsang attended high school in Hong Kong where he found a very different educational philosophy.

“In Hong Kong, the education system is very much based on what we call a ‘stuffed duck,’” he recalls. “They force feed facts rather than train the brain to think.”

At BSU, Tsang developed a foundation for critical thinking and his openness to unlimited learning. Arriving on campus with his brother Moses in 1967, he knew he wanted to pursue a degree in science, but he didn’t know which field to study. After taking both chemistry and biology courses, he focused on chemistry because of the analytical thinking required in its applications.

Besides the challenging learning environment, Tsang also was impressed with Bemidji State’s faculty, such as Dr. Tom Boates, now a professor emeritus of chemistry.

“People like Tom got me going on my studies in chemistry,” Tsang notes. “The way he taught was amazing. He engaged us – didn’t look down on us – and tried to develop us as individuals, maximizing our capacity to learn and ultimately our potential.”

Persistent Inquiry

Using his potential to its fullest, Tsang now enjoys life in Ottawa with his wife, Janet; two children, Christopher and Jacqueline; and a career conducting innovative research. But his path didn’t come without some difficult decisions. While at Bemidji State, Tsang was accepted into medical school for a combined M.D. and Ph.D. program. Although it offered an excellent opportunity, Tsang felt the duplicity might compromise his ability to do significant work.

“It’s very difficult to be an outstanding scientist and physician at the same time,” he says.

Tsang decided to pursue research, studying biochemistry and pharmacology with an emphasis on human reproduction. After finishing the program, Tsang continued pursuing his interest in reproduction through a post-doctoral fellowship in women’s health.

Searching for Causes

Today, one focus of Tsang’s research relates to fertility and its decline in Canada and other developed countries. Through work in his lab, he is exploring various conditions that inhibit ovulation to better understand the biological, molecular, and genetic basis of infertility. From there, through a network of international partnerships, Tsang hopes to create awareness and a far-reaching impact.

Tsang also is conducting groundbreaking research on ovarian cancer. Because there is no screening available for this...
For Rachel Becker, politics is a passion that she can trace to family ties. And it was politics that drew her to Washington, DC. But a second passion, incubated from an unexpected source at Bemidji State University, currently powers the interests of this 2006 graduate who holds a front office job with the National Hockey League’s Washington Capitals.

"I want to do things that have an impact," he notes. "For me, when someone who worked in my lab finds success, it is very gratifying. When they do better than I do, that's the most exciting part I can then say I made a small contribution."

Tsang’s philosophies on making a difference and mentorship were, in part, formed at Bemidji State where he found the people to be genuine and the environment stimulating and supportive. "Bemidji State looks at the student as a person, not a number," he says. "So you can develop relationships with professors and staff. They want to bring the best out of each individual. Those are the characteristics of Bemidji. They are a breath of fresh air."

In a word, Tsang sums up the experiences he had at Bemidji as "precious," influencing him to live benevolently in many ways. Ask him why, and the answer is simple: "Because that is what life is all about."
Rachel Becker

(Continued from page 13)

A political science major who served as an intergovernmental relations assistant for the Minnesota Secretary of State, Becker moved to the nation’s capital to work as an events coordinator for the National Association of Secretaries of State.

“My grandmother introduced me to politics and, in high school, I realized it was something I really enjoyed,” Becker says. “I enjoy trying to make a difference in people’s lives, and one way you can do that is with legislation.”

Not one to sit on the sidelines, Becker was very involved in politics at BSU, serving as a student senator and legislatively affairs chair, as well as co-founding the Political Science Club. She even spent a spring break as an intergovernmental relations assistant for the Minnesota Secretary of State with a plan to leave after two years, the engaging, interactive environment convinced her to stay. “BSU has a way; once you’re there, you’re hooked,” she recalls. “I decided there was nowhere else I’d rather be.”

Specifically, Becker was impressed by her professors’ personal approach of knowing her by name and the entire University community’s interest in helping her succeed. “Even the president was readily accessible to students,” she recalls. “You don’t hear that about too many colleges.”

Looking ahead, Becker intends to pursue a career in professional sports, preferably hockey, but will always partake in politics. “Politics is a part of everyone’s lives, so I will always pay attention to what’s going on and be physically engaged,” she predicts. “But for a while at least, it’s not the career path I’m on. Someday I may return to it – producing large-scale events or even running for office.”

The essence of Becker’s passion is her desire to make things happen. She seems to relish the challenge that new, less-than-perfect situations present to her. “I really enjoy production, making something out of nothing. I love it,” she acknowledges.

The DC environment is ideal for her to view every day as an adventure as she broadens her experiences in professional sports and politics. “I love to sit down at lunch and talk about hockey trades or how the players are performing on the ice,” she says. “And living in DC is an amazing experience politically. You can’t help but think of all that has happened before us. It is sobering and inspiring.”

“When you take that attitude of living your life passionately, it doesn’t matter where you are or what you’re doing, you’re going to enjoy what’s around you.”

Becker’s energetic spirit and passion for being involved are apparent in her accomplishments in both the political and professional sports arenas. She possesses a life philosophy of living every day to its fullest. “Life is about finding passions and pursuing them,” she says.

Some of that perspective stems from her time at Bemidji State. Whatever interests she pursued – politics, hockey, Swing Dance Club, Frisbee Club, and more – she found herself surrounded by people encouraging her to try, to do, and to live.

Although Becker started at Bemidji State with a plan to leave after two years, the engaging, interactive environment convinced her to stay. “BSU has a way; once you’re there, you’re hooked,” she recalls. “I decided there was nowhere else I’d rather be.”

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During a spring internship at Bemidji State University, Isaiah Hahn experienced a life-affirming resolution in an adaptive physical education class. "Students with Down syndrome may know they’re different, but they live life as it comes to them," he says. "They love life every day."

That zest for life is something Hahn takes to heart. He remembers the day in 2001 when a doctor said he had Crohn's disease, an incurable inflammatory condition of the digestive system. An active freshman at Gibson-Fairfax-Winthrop High School, he still wanted to experience everything, including playing football, basketball, and baseball.

"Crohn's provided some obstacles, but hasn't deterred me from doing anything I want to accomplish," says Hahn, now a senior at Bemidji State majoring in physical education and health education. "I learned to take nothing for granted. I watch what I eat, manage my stress, stay active, and cherish good health."

That approach enabled Hahn to compete throughout high school and enroll at BSU, the only school he considered because of its outdoor opportunities. Initially an aquatic biology major, he shifted to physical education and health, and sport department. "He is relentless in his pursuit of whatever needs to get the job done by his standards, which he sets high."

This pursuit found him enrolling in a yearlong student-teaching option, where he taught middle school kids for half a year before splitting the remaining time between elementary and high school students.

"It was my best decision and gave me broader experience that hopefully will help me get my dream job," Hahn admits. "I'll be certified in K-12, but would really like to work with elementary grades. I love their energy and activity levels."

His dream job would land him in a northern Minnesota school district, where he could continue experiencing life to the fullest.

Stephanie Peterson has spent time at BSU balancing lessons she's learned in and out of the classroom. A chemistry major, with aspirations of a doctorate, and a leader on the women's basketball team, Peterson's pursuit of equilibrium is a necessity, not an option.

Fortunately for the fifth-year senior from Bismarck, ND, knowing what she has wanted has kept her focused. Although recruited to play center on the basketball team, she placed her priority on her studies.

"I wanted to get into chemistry and continue playing basketball," Peterson says of choosing BSU over seven schools in three states. "I liked BSU's chemistry and basketball programs, the smaller size, and the outdoors. School has always come before basketball, but I wanted to excel in both."

Her game plan is working.

A four-year basketball standout, she became the second woman in Beaver history to score over 1,100 points and snare more than 500 rebounds. During her last season in 2007-08, she was team captain, led the squad with seven double-doubles, and earned an All-NSIC Honorable Mention award.

She graduated this spring as a member of the Honors Program. Along the way, she earned a spot in Who's Who Among Students in American Universities and Colleges, served as Chemistry Club president, presented research at the Student Scholarship and Creative Achievement Conference, and participated in a National Science Foundation Research Experiences for Undergraduates program at the University of South Dakota.

"I learned a lot about life from basketball," Peterson says. "Life is a roller coaster with good times and bad times. Chemistry has taught me what I need to know and do in the discipline and research. My biggest lesson of all was confidence."

Her rising confidence is evident to Dr. Keith Marek, her chemistry advisor, who saw almost all her home games as the public address announcer for basketball.

"Her confidence has definitely grown during her years at BSU," he notes. "She is currently applying to graduate schools that she would not have considered five years ago."

Marek also feels that her basketball experience will benefit her in her advanced studies, which she hopes will lead to a career as a pharmaceutical researcher.

"Another attribute she learned from basketball that will help her in graduate school is resiliency," he says. "A research project, much like a broken play in basketball, does not always work as planned, and you need to be able to adapt to the situation."

That's a lesson Peterson will gladly apply to her academic future.

Growing up in northern Minnesota, Jacob Moore knows it is important when traveling on snow-packed roads to have an alternative route planned, just in case road conditions deteriorate. He used that same sort of practicality when lack of funds blocked his way to college.

The McGregor native hoped to study science after graduating from high school in 2001. Unable to get financing together, he joined the Air Force to experience the world and eventually pay for his college education.

While this path to a bachelor's degree isn't unusual, his next destination is uncommon. He hopes to return to the Air Force as an officer.

"It's not a normal career progression, this in-out-and-in again path," he says. "Most would stay in, get their degree, and then go for a commission."

What happened in the Air Force and at BSU propelled him to take this alternative route.

In the service, he worked in aircraft structural maintenance. On one assignment, a B-52 needed a repair and he implemented a repair plan for an F-15 damaged by a canopy that had mistakenly ejected prior to takeoff.

"It landed just above the engine compartment, and a repair wasn't in the manual," he recalls. "It was actually a lot of fun to come up with a good strategy to fix something in the allotted space and time."

Once the manufacturer's engineers approved the plan, the group fixed the plane and eventually got it flying again. For Moore, the process confirmed the strong connection he saw between structural maintenance and physics.

He resumed testing that connection when he enrolled at Bemidji State after his Air Force service.

"His real world engineering experience before coming to college has given him a perspective most students don't have yet," says Dr. Stevens John- son, a physics faculty member who is Moore's advisor.

"For the most part, you can apply engineering physics to a problem you see in your day-to-day life," Moore explains. "I'm studying how you can use math as a tool and use physics to design or build things."

Moore, who served one tour in Iraq, credits his BSU professors for engaging him in the subject. "They have an enthusiasm for physics that involves students and keeps classes interesting," he says.

Moore has maintained his military ties while at BSU by serving with the Minnesota Air National Guard unit in Duluth, which means he still often faces troubled travels during the winter as he heads east from Bemi- dji once a month. But wintry roads don't worry Moore, who has few qualms about taking alternate routes.

"It works. It's worth the cost."
Tyler Smith arrived on campus last fall as a freshman on academic probation, in part because he struggles with math and test anxieties. Since his arrival, he’s barely had time to worry about his academic status, thanks to his willingness to take advantage of a Bemidji State support system focused on student achievement.

On his second day at BSU, Smith met with an Advising Success Center adviser, and they outlined strategies for achievement. He followed through with the plan, and his efforts paid off.

A Ramsey native, Smith finished his first semester with 18 credits and a B average. He’s now aiming to make the Dean's List.

Smith is part of the first freshman class entering BSU under the Learning Journey Plan, an effort guided by Bemidji State’s Division of Student Development and Enrollment. The plan provides a variety of learning experiences in and outside the classroom to help students achieve their educational goals.

“Learning is a central function of our stellar academic programs, but there’s also a broader opportunity to think intentionally about learning outside the classroom,” says Dr. Lisa Erwin, vice president of student development and enrollment.

The student development offices at BSU respond to mounting evidence that the activities students pursue in college – from athletics and the arts to clubs and community service – are as significant as what they learn from the classroom, says Dr. Lisa Erwin, vice president of student development and enrollment.

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The initiative involves 16 service areas within the division, including the Advising Success Center, First Year Residential Experience (FYRE) program, Postsecondary Readiness Experiential Program (PREP) School, and the federally funded TRIO programs. These four programs are uniquely positioned to help students transition to college life while mastering academic challenges.

Smith, along with Krysta Ryant, Ben Eng, and Teresa Steinhach, typify how students use such services to enrich their BSU learning experiences. Although their stories vary, all found that getting involved and building relationships influenced their accomplishments.

For Smith, investing heavily in academics became a key priority in reaching his goals. In his first semester, he met with an algebra tutor three times a week and regularly with his Advising Success Center adviser, Mary Ward, who also directs the center.

“She gave me her input on how to fix things when I needed help,” says Smith. “And she was interested in other aspects of my life that might affect academics, so I felt real confident talking with her.”

The center provides supplemental advising, academic planning related to career choices, and peer tutoring. Center staff also coordinate orientation and the First Year Experience (FYRE) program.

Following the career path of his father and older brother, Smith plans to become a police officer. A criminal justice major with a minor in psychology, he is already emerging as a leader. His academic diligence and involvement in FYRE made him a strong candidate as a resident assistant, a position he’ll assume next year to mentor a new freshman class.

“It makes me so proud,” says Ward, who enjoys watching students like Smith discover their potential. “You just open the circle of possibilities for them, and pretty soon they become their own advocates.”

Building Relationships

In high school, Krysta Ryant's signature creations were her designer duct tape handbags. “People were always amazed by them,” says Ryant, who is considering a design technology degree as a professional outlet for her creativity.

As a FYRE resident, she lives on one of nine floors in Oak Hall devoted to the program. Each floor has two residential assistants and two peer academic assistants who, as upper-level students, mentor freshmen. FYRE offers orientation programs, social events, academic support, individual or group study space, and a first-year seminar class.

The program quickly engages freshmen, which is why Ryant signed up.

“It just sounded like fun,” reflects Ryant, who grew up in Mahnomen and graduating with 58 students in a high school where everyone knew her. FYRE helped her ease the butterflies of the first days on campus and start building a new network of friends and familiar faces.

Because FYRE students are kept active, they have little time to be homesick, observes Loralyn Kuechle, residence hall director. The program, while fostering social engagement, also encourages students to join study groups and work with peer academic assistants, so their studies remain at the forefront.

“The more involved and connected students are with the University, the more likely they are to stay and be successful. Students need to know that someone cares.”

Loralyn Kuechle

Slated to be a FYRE resident assistant next year, Ryan is busy this year with Varsity Singers and just about everything FYRE has to offer.

(Continued on page 20)
Soaring above Disabilities

Eagan native Ben Eng has always been adventurous: sailing the Florida Keys, canoeing the Boundary Waters, and performing with his high school theater group in Scotland. He also has been civic-minded, earning distinction as an Eagle Scout, serving on his hometown teen advisory board, holding summer jobs with the city, and organizing a city park tree-planting project.

Most would assume he is an ideal candidate for college, but Eng notes that not everyone believed he was. In third grade, he was diagnosed with Tourette’s, a neurological disorder that causes him to have mild, non-verbal, facial and hand tics when he is under stress. Even more challenging has been his dysgraphia, a learning disability that affects Eng’s fine motor skills and his handwriting, which he describes as chicken scratch.

Yet, Eng always planned to attend college, working a little harder than most to make sure that he could.文字

“As a high school junior, he enrolled in Bemidji State’s PREP School for prospective students with disabilities. Immersed in the weeklong college experience, Eng lived in a residence hall and took simulated college courses. Last summer, he returned to campus as a PREP School mentor and plans to do so again.

“lt’s a great thing for students with learning disabilities to see if they can handle college,” explains Eng, who says knowing that services are available makes higher education seem more attainable. He’d like to see the innovative BSU program expanded to other institutions so more students would have access.

“Ben has been a real advocate,” says Kathi Hagen, disabilities services coordinator and PREP co-director. “Students with disabilities are often discouraged from attending college. We need to show these kids that they can do it.”

Eng is proof of that. He plans to pursue a degree in theater or business in hopes of becoming a theater business manager. At BSU, he’s already joined Bemidji Choir Men’s Chorus, Swing Club, and theater where he was the master electrician for the spring production. Next year, he’ll also be a peer academic adviser with FYRE.

Providing a Roadmap

Teresa Steinbach is an academic achiever. She graduated from BSU in 2007 with a 4.0 GPA and a double major in psychology and applied psychology. She graduated from International Falls High School as class salutatorian. Both she and her sister were the first in their family to earn four-year scholarships, support services, and tutorials with professors, TRIO to her interactions with students also matters, which is why BSU emphasizes the importance of the Learning Journey early in students’ college careers. They know right away that their academic success is important.

“We want our students to stay in contact with TRIO. Students need to feel like someone cares about their success.”

Teresa Steinbach

Challenged to Excel

In implementing the Learning Journey, BSU draws on a national study of planned success in higher education. The findings demonstrate that those colleges most effectively engaging students in diverse experiences have the highest success rates in key achievement areas, including retention and graduation. Starting early with students also matters, which is why BSU emphasizes the importance of the Learning Journey early in students’ college careers. They know right away that their academic success is important.

“We want our students to stay in contact with TRIO. Students need to feel like someone cares about their success.”

Teresa Steinbach

Steinbach felt challenged to excel. “Having that support, especially in the first two years, can really make a difference,” she recalls.

Erwin believes BSU is well positioned to support students, in part, because faculty and staff understand how to motivate and engage students. Also, BSU’s size offers advantages. “We’re small enough that students aren’t just a number,” says Erwin. “Yet, we’re large enough that students have a wonderful array of opportunities.”

While selecting a major, Steinbach gained insights about her values and priorities from the career-planning course. She also discovered that she was more knowledgeable about scholarships, support services, and other opportunities at BSU than some of her non-TRIO friends.

That doesn’t surprise Phil Dahl, Steinbach’s TRIO adviser. He works with approximately 200 students every year. Like Steinbach, many have tremendous potential, but need some guidance to navigate their college experience.

“We need to empower students,” says Dahl, noting that he initially dropped out of BSU in 1968, largely because, after graduation from a high school class of 14, he was overwhelmed by the Bemidji State campus. “I didn’t want to play the fool or ask questions. I still see students today leaving for the same reason I did. My job is to help them understand the system and give them a roadmap.”

Steinbach followed her roadmap well. She sang with the Varsity Singers and worked as a lifestyle educator. As a member of the Alpha Phi Sigma National Scholastic Society, she traveled to California, Pennsylvania, and New York. She also completed an internship with TRIO where she assisted with teaching, advising, and research.

Now employed as a claims representative with the Social Security Administration in Bemidji, Steinbach remains a TRIO advocate. “Students need to feel like someone cares about their success.”

I still stay in contact with TRIO. Students need to feel like someone cares about their success.”

Teresa Steinbach
Rosenbrock inducted into hall of fame

As a child, Rosenbrock thought little of her mother’s actions, but later came to appreciate her commitment to the well being of women. In her own way, Rosenbrock, professor emerita of physical education, health and sport at Bemidji State University, followed her mother’s lead.

“She taught me that if you truly want to change something, it’s not enough to talk the talk,” says Rosenbrock. “You must walk the walk.”

Rosenbrock heeded her mother’s lesson well. In February, she was inducted into the Northwest Minnesota Women’s Hall of Fame for helping women excel in academics and athletics. Throughout her career, Rosenbrock has worked tirelessly to assure that women have the same kind of opportunities that are extended to men.

“I am a fortunate person who was inspired by strong women who walked both ahead of me and next to me,” Rosenbrock told supporters in her acceptance speech. “When you honor me, you honor all the women on whose shoulders I stand: my mother, my mentors, those who fought to give me the right to vote, those who marched for workers’ rights, those who demanded the opportunity to participate in sport.”

The sting of injustice struck Rosenbrock at an early age. She grew up in the 1950s playing baseball with the boys on the playgrounds in Carson Valley, NV. When she was about 10, the boys invited her to the Little League baseball tryouts. She went, only to be stunned when the coach informed her that Little League did not include girls.

“That incident is one I could never forget,” says Rosenbrock, who grew up too soon to reap the benefits of the women’s athletic revolution that she would eventually help lead.

In 1969, Rosenbrock completed her master’s degree in physical education and landed a teaching position at Bemidji State University. The timing was perfect. Title IX legislation banning gender discrimination in academics and athletics took effect in 1972, and BSU had just joined a women’s athletic conference.

“I got in on the ground floor when all these exciting things were happening for women,” says Rosenbrock, who coached 11 teams in three different sports in the first 20 years of her career. She was also among the first group of women officials, refereeing games and chairing the women’s athletic conferences.

Leaving BSU to earn her doctorate at the University of Iowa, she returned in 1987 to teach women’s studies, a program implemented as a minor in 1990. Rosenbrock immersed herself in women’s history, gaining a deeper appreciation for the tenacity of women who worked to gain rights that women today often take for granted.

Rosenbrock also served as director of the Women’s Center, a co-curricular program to support women and create dialogue on issues such as domestic abuse, date rape, and breast cancer. Under her leadership, the Women’s Center coordinated Women’s History Month activities, published the annual Dust & Fire: Anthology of Women’s Writing and Art, and co-sponsored the Northwest Minnesota Women’s Hall of Fame with the Northwest Minnesota Women’s Fund.

In a fitting tribute, Rosenbrock was inducted into the Hall of Fame before an audience of colleagues, former students and athletes, and many friends.

Her nominator, Dr. Christina Kippenhan, BSU professor of physical education, health and sport, credits Rosenbrock for heightening her own awareness about the importance of gender equity.

“She’s an inspiration to all of us,” says Kippenhan. “It’s not only what she accomplished, but also what the people who followed after her have accomplished. Pat has influenced so many people. Her life is proof that with passion, you can do amazing things.”

In the last 11 years, 23 women have been inducted into the Northwest Minnesota Women’s Hall of Fame. Their portraits and histories are displayed at the A.C. Clark Library on the BSU campus.
To have your information included in Mortewicz, contact the Alumni Association Office (701-284-5000 or 1-877-BSU-ALUM); toll free: 1-877-BSU-ALUM.

Please note: Towns are located in Minnesota unless otherwise noted. Alumni names appear in bold.

Natural history in the New Voices series, an online compilation of works from Graita magazine (www.graita.com). McMillan resides in Ndul, ND, and is currently an intern. His Writing Program at Rutgers, the State Un-

2006 Heather Crabtree has received a mas-

Sandy Nelson was married on March 15 at the Lakeside Inn. She and her husband, Michael, have two children. She was employed by the executive director of the Army Corps of Engineers.

2005 Britta Lundborg had her jewelry and pho-
tography businesses. Mostad to return to her hometown ... science at Menahga High School. He also is currently teaching grades 7-12 life

30

Class Notes

2007 Robert Stott of Sauk Centre is a graduate assistant at Bemidji State for the 2007-08 academic year. Stott is working with the Department of Technical Studies while studying for a master’s in technical illustration and graphic design. Canny and Jessica (Krosch) Fishy (90) welcomed a second daughter to their family in July. They recently moved to Hindley, where she is an administrative assistant at the superintendent’s office and board of education for a nearby school district, and he is the director of golf operations for a local course.

2006 Matthew Tift has relocated to St. Michael, MN. He is a graduate assistant in educational policy at UND in January after spending the past three years working as a research analyst at Lifeworks, Inc., in Eagan, while he works at Wisconsin Public Radio. He holds a doctorate in musicology from the University of Wisconsin-Madison. He and his wife, Amanda, keep their home in the Excel Centre.

2009 Matt Kustol and his husband, Jason, are the owners of Uluru Tours, a service available throughout Minnesota and North Dakota. He teaches preschool assistant in the Win-E-Mac school system for eight years, and he works as an electrician. The couple lives in Red Lake Falls with their three children ... Laura Brown is a co-owner of First Realty Rankings in Hibbing. Browns joined the real estate company after working at Firefly Taconite for 10 years, owning a small business, teaching, and selling lumber and office supplies. He acquired his real estate license in 2004 and broker’s license last fall ... Melissa Anderson has opened a psychic

2004 Tony Crabtree and Robyn Rose were mar-
ned on January 21. They reside in Roseau, MN. They were married in Bemidji, MN, and were employed by Marvin Windows and Doors. She is in the sales support technology depart-
nment, and he works as an electrical engineer.

2005 Brian Kroeger is the new farm bill biologist

2004 Steve Schreiber is teaching elementary science and high school math in the Menahga school system. He, his wife, and young son live in Bemidji ... Lindsey Indahl coached junior varsity softball this spring and taught fifth grade at Menahga East in Aurora. She is currently teaching third grade at Menahga Community School.

2002 Brittany McKean and Jason Koster were mar-
ned on September 13. They reside in Park Rapids. She is a sales representative for the 100-year-old company.

2003 Mexico. She is the assistant director of the Army Corps of Engineers.

2002 Dan Kalvoda and Katina Mand政府 were married last May in Bemidji. She is a principal and art director of Pink Tie Design, a graphic design and advertising studio, and he is a safety representative for Hibbing Taconite Company. They reside in Hibbing ... Becky Zanous wore a rose-clad veil. The hook, worn ... with the_rose__flower__of_roseau where she lives ... Tweed_. It is the wedding ceremony in Roseau where he lives.

2003 Melissa Anderson has relocated from Red Wing, MN, to St. Paul, where she educates farm-
ers and landowners about the benefits and implementation of conservation programs. He worked previously for the Wisconsin Depart-

2003 Kathy Chamberlain has been awarded the statewide award. A gradu-
at of UND in January after spending the past three years working as a research analyst at Lifeworks, Inc., in Eagan, while he works at Wisconsin Public Radio. He holds a doctorate in musicology from the University of Wisconsin-Madison. He and his wife, Amanda, keep their home in the Excel Centre.

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IN MEMORIAM

M. Fern (Ramsey) Birnstihl '30, Bemidji, MN
Elda J. Burtner '33, Bonners Ferry, ID
Michael Bostic '68, Buffalo, NY
Karen ('85)
Joan (Lundquist) Brinkworth '71, Brandon, Manitoba
Delores (Barstad) Gordon '59, Anoka, MN
Steven J. "Andy" Nelson '78, Eagan, MN
Wayne L. Halvorson '70, Fosston, MN
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Interested in reading the rest of the document? Please note, the document contains information about alumni and includes a list of alumni who have passed away. Would you like to read further?
1980. The hearing dog provides assistance to students for postsecondary education. Contact Julie Stroopp: jstroopp@bemidjistate.edu

Postsecondary Readiness

Experimental Program
June 21-27. High school students with disabilities focuses on academic skills, management skills, and life skills. Contact Kathy Hagens: khagens@bemidjistate.edu

Instrumental Music Camp
July 12-19. Music students grades 7-12 provides individual instruction in piano and instrumental music, as well as experience in ensemble music making. Contact Del Lynen: dlynen@bemidjistate.edu

Wellness Adventure Camp for Kids (WACK)
Aug. 5-6, Grades 2-4. Aims to get kids off the couch and living a healthy active lifestyle. This camp includes nutrition education, environmental stewardship, stress management, and participating in a variety of physical activities. Register by July 24. Contact Jim White: jwhite@bemidjistate.edu

Xtream Tech Gateway
June 7-July 16. Grades 9-12. A sports camp designed for individuals with other drills, contests, and games throughout the week. $115, Overnight; $215 Day Camper. Contact Mark Brand: mbrand@bemidjistate.edu

Girls Basketball Camp
July 9-12. Girls basketball grades 7-12 Works on individual and team skills, along with knowledge of skills, contacts, and games throughout the week. $115 Overnight; $215 Day Camper. Contact Jeremy Tiers: jtiers@bemidjistate.edu

Boys Basketball Summer Camps
June 8, July 15, Boys Grades 6-12 Focuses on fundamentals of basketball and conditioning. 9 a.m. m., $25 each camp. Contact Jeremy Tiers: jtiers@bemidjistate.edu

Aug. 5–Boys Grades 1-6

Bemidji Youth Developmental Camp Builds social skills in a 3-day camp. 9 a.m. m., $30. Contact Jeremy Tiers: jtiers@bemidjistate.edu

Aug. 5–Boys Grades 7-12

Develops advanced skills. 1 p.m. m., $30. Contact Jeremy Tiers: jtiers@bemidjistate.edu

*10% discount to players who attended one of the shooting and scoring camps.

Upward Bound

June 7-July 16. Grades 9-12. Encourages success in high school and prepares students for postsecondary education. Contact Kelly Stroup: kstroup@bemidjistate.edu

Volleyball Skills Camp
June 24-27. Grades 7-12. Focuses on skills and training. $125 Overnight; $125 Day Camper. Contact Laura Bohn: lbohn@bemidjistate.edu

Volleyball Elite Camp
June 20-July 2. Grades 9-12. Focuses on elite varsity and JV athletes. $125 Overnight; $125 Day Camper. Contact Laura Bohn: lbohn@bemidjistate.edu

Northern Plains Vision of Sport Camp
July 14-18. A sports camp designed for individuals with visual impairments. Contact James Martin: jmartin@bemidjistate.edu

Team Rock Star Clinic
June 26-29. High school boys and girls builds individual and team skills. Contact Matt Brown: mbrown@bemidjistate.edu

-End-
### Campus Calendar

**Summer Session I**  
Begins June 1  
Start August 24  
October 1-3  
Beaver Block Party Street Dance  
October 3, Downtown Bemidji  
Cost: $5 per person/includes a 2009 Homecoming mug

**Summer Session II**  
Begins July 6

**Fall semester classes**

**Homecoming**

**JUNE**  
**Summer Sampler** - A taste of BSU Campus Life, Friday, June 12  
**Transfer AAR**, Friday, June 19  
**Freshman AAR**, Friday, June 26  
**Summer Sampler**, Monday June 29

**JULY**  
**Freshman AAR**, Friday July 10  
**Transfer Program**, Friday, July 24  
**Summer Sampler**, Monday, July 27  
**Summer Sampler**, Friday, July 31

**AUGUST**  
**Summer Sampler**, Friday, August 14  
**Open Registration**, Friday, August 21

*Academic Advising and Registration (AAR)*

**ADMISSIONS TOURS**

Monday-Friday  
10:00 a.m. and 1:00 p.m.  
First Saturday of every month  
11:00 a.m.

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Keep updated on BSU events. Go to “Events Calendar” at www.bemidjistate.edu