

THE BULLETIN

A Publication for Alumni & Friends of Valley City State University



**Music education
for the 21st century**

VALLEY CITY
STATE UNIVERSITY

Making a Difference ♦ Winter Commencement ♦ 50 Years of Women's Athletics



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Welcome to the *Bulletin!*

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

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The VCSU music program is making a concerted effort to provide “music education for the 21st century.” That includes an infusion of technology, changes to the curriculum, and a push for new and different performance opportunities. There’s also the potential for a new building on campus for the department.



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8 VCSU student Lauren Roscoe making a difference nationally

First-year student Lauren Roscoe from New Rockford, N.D., has been making her mark as the 2018-19 National Student of the Year for SADD (Students Against Destructive Decisions). Read about the good work she’s been doing traveling the country representing this organization with 10,000 chapters throughout the nation.



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14 4th Winter Commencement held Dec. 13

It was a great day to be a Viking in mid-December when VCSU held its fourth Winter Commencement exercises. Margaret Dahlberg, interim president, and Andy Wakeford, staff adviser to the State Board of Higher Education, gave remarks, with Yari Villanueva presenting the student reflection and Hilde van Gijssel speaking as the faculty representative.



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22 50 Years of Women's Intercollegiate Athletics

The 2018-19 season marks the 50th season of continuous intercollegiate women’s athletics on the VCSU campus. Follow that history by perusing the illustrated timeline that portrays the successes of the Viking women’s teams and the outstanding athletes through the decades.



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Cover: Music majors Joseph Munowenyu and William Eagan “at play” in the Music Department’s recording and production studio. (photo: Steve Woit)



Music program serves community, region and state

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

Greetings from the President's Office at Valley City State University!

I officially began my work on campus December 17, and I'm thankful for the opportunity to serve this outstanding institution. When the State Board of Higher Education selected me as VCSU's 14th president last September, I couldn't have been more excited, and the excitement has continued to build since then.

After being on the job for more than four months now, I have much good news and activity to report. I've learned a great deal regarding processes and needs of the university, but most important, the dynamic role VCSU plays in the community, region and state, and the outstanding collaboration that exists among so many entities here.

Elsewhere in *The Bulletin*, you'll read more about the outstanding VCSU music program. I want to call your attention here to the community collaboration and outreach that is such a large part of music at VCSU.

The VCSU music program has been accredited by the National Association of Schools of Music (NASM) since 1997. This content-area accreditation affirms our quality and continued dedication to meeting a variety of standards including, but not limited to, the size and scope of the department, finances, governance and administration, faculty and staff, facilities, equipment, technology, library and learning resources, recruitment, admission, retention, published materials and community involvement.

In regard to community involvement, the music department hosts an impressive number of annual events that impact students and patrons from the community, state and region. In fact, more than 2,300 students from all corners of North Dakota will participate in music events on our campus this year! Those events, and corresponding participant numbers, include:

- James Ployhar Honor Band Festival – 100 students

- Solo Song Symposium Invitational – 12 students
 - Barnes County Music Festival (band/choir) – 150 students
 - North Dakota Federated Music Club Festival – 10 students
 - NDHSAA Eastern Dakota Conference Instrumental Solo Contest – 400-plus students
 - NDHSAA Region II Vocal Solo Contest – 200 students
 - NDHSAA Region V Vocal/Instrumental Solo Contest – 200 students
 - NDHSAA Region II Instrumental Solo Contest – 150 students
 - NDHSAA State Class A Vocal/String Solo Contest – 1,100 students
- Additionally, the VCSU Community School of the Arts serves as an outreach arm of the department, providing applied, private and group instruction to an average of 50 students annually.

These examples illustrate the very important and critical role VCSU plays in the advancement of music in our schools.

As you know, we've been working for several years to gain approval for a new Communication and Fine Arts Building

to replace Foss Hall, our music building now located on the wrong side of the Valley City floodwall. As I write this, approval and funding for the new building is in the hands of the state legislature and the governor.

I firmly believe that our students and those who visit our campus to participate in these outstanding events warrant a safe and modern space for our university music program. I hope you will join me in affirming the importance of the new Communication and Fine Arts Building on the VCSU campus.

In closing, I wish to thank you all for your kindness, hospitality, and welcoming comments you've shared with me. It truly is great to be a Viking, and my confidence in the future of Valley City State University continues to strengthen and grow with each passing day.

I hope you will join me in affirming the importance of the new Communication and Fine Arts Building on the VCSU campus.

Thank you for supporting our students at the Viking Gala!



The 25th Annual Scholarship Auction raised more than \$85,000 for the V-500 and Century Club scholarship programs, with more than 480 loyal VCSU supporters coming out to the Eagles Club for an evening of fun and fundraising. Thank you for your generous support!

leave a *Legacy* for V-500 at VCSU



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

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



Reconnecting on campus and reaching out through travel and calling

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

It's been a very exciting start to 2019!

I have been involved with alumni activities for several years now, and I love meeting alumni and hearing their life and learning experiences firsthand. My mission as alumni director is to engage Viking alumni in a manner that honors the past, present and future of the institution.

Over the last three months we have welcomed back alumni for reunions and celebrations on the campus, as well as hosting our annual events in Arizona.

In January, our Viking men's basketball program invited alumni back, and about 30 individuals returned. Activities included a breakfast, tour of campus, lunch with the team, and postgame social.

We celebrated 50 years of women's athletics in February with a luncheon and a short program. The program featured alumni representing each decade. It was so interesting to hear their stories and to realize how athletics have changed in the last 50 years. It was fun seeing the celebration of friendships over a weekend filled with hugs and reconnections. Thank you to Jill DeVries, our athletic director, and Mark Potts, sports information director, for all their work in putting this event together.

In February, we also traveled to Arizona for our annual events for alumni and friends. Joining Larry Robinson and me from the Foundation Office were Larry Grooters and Alan LaFave, new VCSU president. We hosted successful events in Peoria and Mesa. This year we also invited our young alumni to join us for an evening at a local pub. We had a small group, but it was fun catching up with this group of future leaders.

I urge you to become an active alumnus and share

in the exciting activities and opportunities VCSU has to offer. There are a variety of ways you can play a part in the continued success of Valley City State.

You can help by attending events, staying connected to each other and the college, and of course, donating time and money to help VCSU students. On our website, vcsualumni.org, you can find out about upcoming alumni activities and learn about on-campus events, volunteer and much more. Wherever you are, at whatever stage of life you are in, we want to connect with you.

Finally, during the months of January and February, our women's volleyball team assisted our office with the annual Phone-a-thon. As students at VCSU, they value the quality education and experiences they receive and realize the lifelong advantages the total VCSU education provides.

For this reason, we not only contacted alumni to ask for support, but also called to thank them for the great opportunities our current students enjoy at VCSU!

If we did not reach you during our calling, you may still donate to the annual Phone-a-thon by calling our office at 701-845-7203, using the envelope enclosed in this issue of *The Bulletin* or going to our website and clicking on "Donate Online."

The Phone-a-thon is a very important part of our 2019 Annual Fund drive. We need your help to reach our goal. The success that Valley City State University has realized is no accident. That success has been made possible by private support from alumni and friends like you!

We look forward to seeing you in 2019—stop by campus on your summer travels, the coffee is always on!

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Remembering Travis through an endowed scholarship

Larry Robinson '71, Executive Director of University Advancement

Tragedy struck our family in June 2018. Our son Travis was killed by a falling tree limb. We received the news from an off-duty policeman who came to our home late in the evening. Needless to say, we were in shock then, and we still struggle each and every day with this huge loss.

Travis was the youngest of our two boys; his older brother Jamie lives in Valley City with wife Mandi and our three grandsons, Alex, Max and Jax. Travis was such a big part of our family. Fun-loving and talented, he worked as a diesel technician and excelled in that position. An avid outdoorsman, Travis loved hunting and fishing, and his Chocolate Labradors. He spent countless hours working with the dogs in the field. When he wasn't with his labs, he spent time with his brother and his three nephews. He loved them, and they loved him!

Travis's death left a big emptiness in our lives. We loved him so much and always waited for him to stop by for a visit. We think about him every day. We celebrated his birthday on February 21, complete with a cake, candles, and lots of precious memories. He would have been 32!

In memory of Travis, we established an endowed scholarship at Valley City State University. Because of Travis's love of the outdoors, we chose to earmark the scholarship for a VCSU student majoring in fisheries and

wildlife science, a popular and growing program. Travis would certainly approve of this choice.

This fall we were honored to meet the first recipient of the Travis Robinson Memorial Scholarship, a very personable and impressive young woman. We were touched in a very special way! The scholarship is endowed, meaning that the principal will never be touched. The annual scholarship award is funded by interest earnings alone. Students for years to come will benefit from this scholarship program, and Travis's

name and memory will live on forever.

You, too, can establish a scholarship in memory of a loved one. The VCSU Foundation requires a minimum investment of \$10,500 to establish a memorial scholarship. The principal dollars can be

contributed over a period of time to reach the \$10,500 minimum. Additional contributions can be made later. You, too, may have the opportunity to not only memorialize a loved one, but also to meet the recipient of the scholarship award personally.

If you are interested in more information on our Endowed Scholarship Program, visit us on the web at vcsualumi.org or call the VCSU Foundation Office at 701-845-7203.

This fall we were honored to meet the first recipient of the Travis Robinson Memorial Scholarship, a very personable and impressive young woman.

Join Us for Food and Fun at a Fargo-Moorhead RedHawks Game!

The VCSU Alumni Association invites you to join alumni and friends at Newman Outdoor field for a Fargo-Moorhead RedHawks game on Thursday, August 15. We have reserved the Armadillo Party Deck for our VCSU gathering!

The Armadillo Party Deck, located down the first baseline, features bar stool seating and picnic tables.

COST \$20 per person

INCLUDES THE FOLLOWING

- Game ticket
- All you can eat hot dogs, bratwurst, pulled pork, potato salad, potato chips, snacks, and pop and water
- Buffet starts when the gates open and runs until one hour after first pitch.
- Plus \$2 12 ounce draft beer available exclusively to our guests all game.

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

GAME TIME 7:02 p.m.

PLEASE RSVP TO RESERVE YOUR TICKETS BY AUGUST 1 TO 701-845-7203.

Music education for the

21st century



There's a palpable feeling of excitement and energy in the air in Foss Hall, home to the VCSU music program. Some of that may be ascribed to talented students finding their groove, or new faculty members sharing their passion and vision with their colleagues, or the possibility of a new physical home for the department on the horizon. Most likely, it's a combination of all three and more, building on a foundation of excellence created by former faculty such as Diana Skroch, Beth Klingenstein, Leesa Levy and Sara Hagen, among others.

Music education for the 21st century

According to Christopher Redfearn, associate professor and chair of the department, that feeling of excitement and energy stems directly from efforts to provide “a music education for the 21st century.” That includes incorporating technology into the classroom and changing the curriculum to ensure students avail themselves of “new learning opportunities and challenges,” along with a push to provide students with “more and varied performance opportunities.”

Technology in the department can be found in the form of a keyboard

lab full of digital hybrid pianos and a new state-of-the-art recording and production suite. The suite features four studios outfitted with professional equipment—both analog and digital—and software which allows students to record tracks, edit, mix and master their own music.

New courses in the music and music education curriculums teach students how to use the recording suite. In the fall of 2019, VCSU will begin offering a bachelor's degree in music with a concentration in recording production; currently the program is available as a minor or in a scaled-down certificate version.

A traditional music program may not resonate with the type of student engaged deeply in technology. Recruiting these “new” prospective students — in Redfearn’s words “reaching students who are not attracted to a traditional band or choir class” — is one of the goals set for the department. By the same token, VCSU music education graduates are able to carry their experience with technology integration out into school curriculums to increase student accessibility to music at the K-12 levels.

Faculty and staff

Redfearn, now in his seventh year at VCSU and fifth as department chair, has assembled a team of talented full-time faculty committed to a shared vision in regard to that 21st century music education.



Robin Allebach, voice instructor who leads the opera ensemble, is the veteran of the group, having served VCSU since 2007. After Redfearn in longevity comes John LeTellier, in his fourth year at VCSU, who teaches piano and directs the music education program.

Ken Jimenez, who handles high brass, taught part-time in 2016 and gained a full-time position in 2017. Daniel Becker and Jerold Heide joined the faculty in the fall of 2018, with Becker covering woodwinds and Heide taking care of low brass and percussion.

The full-time faculty are assisted by a valuable group of part-time adjuncts. Christopher Argenziano teaches guitar, Marian Dravecky teaches class piano and piano pedagogy, Victoria Hammel teaches aural skills, and Kyle Vanderberg teaches composition.

Other key personnel include Sara Hagen, professor emerita, who teaches online music theory on a part-time basis, and Farren Rowan, a visiting lecturer who provides piano accompaniment.

Supporting the students and faculty is Paula Larson, administrative assistant, about to begin her 12th year in the department.

The cohesion of the faculty is key: Heide, who also directs the athletic band, sees his colleagues and himself as “vibrant personalities working together in a creative atmosphere; he appreciates the ability “to bounce ideas off each other.” LeTellier, who designed the recording and production suite,

Replacement needed: Foss Hall now behind the floodwall



The floods of 2009 and 2011 brought home the need for permanent flood protection for Valley City and emphasized the perilous perch of Foss Hall on the banks of the Sheyenne River. Situated too close to the river to allow construction of the floodwall between the building and river, Foss now sits on the wrong side of the floodwall constructed in the first phase of Valley City’s permanent flood protection project.

The North Dakota University System (NDUS) has recognized the need to replace Foss Hall for several years, and VCSU’s plan to build a Communication and Fine Arts Building was the No. 1 system capital project priority heading into the 2015 North Dakota legislative session. The need to replace Foss Hall was also recognized in the 64th North Dakota Legislative Assembly in 2015, and in that session, the legislature approved contingency funding of \$25.8 million for the new building, based on state revenues reaching an economic trigger.

Unfortunately, an economic downturn meant that the trigger level was never reached, and the next legislative session in 2017 resulted in cuts to state spending, including higher education, and no capital projects for the system.

In 2019, the fate of Foss Hall once again rests in the hands of North Dakota legislators and the governor. Still the No. 1 NDUS capital project, the Communication and Fine Arts Building now carries a price tag of slightly less than \$32.3 million. As this issue of *The Bulletin* goes to press, VCSU officials are cautiously optimistic that funding will be approved.

The proposed Communication and Fine Arts Building, to be built west of the Student Center, will replace Foss Hall and consolidate the VCSU art and music programs in one facility, along with the communication program. The Art, Music and Communication Arts departments — comprising five majors, five minors and four certificate programs — will share the building, synergistically strengthening an atmosphere of inspiration, collaboration and innovation.

In addition to removing the threat of flooding, the new building will alleviate deficiencies in Foss Hall, providing proper climate control to protect and preserve expensive instruments, ADA accessibility with an elevator running between floors, and appropriate acoustics in performance and practice spaces. Razing Foss Hall will also realize a deferred maintenance savings of \$2.5 million.

Every student completing the general education program at VCSU will take at least two courses (six credits) in this building, giving all freshmen on campus access to modern classroom facilities and increased exposure to the arts.

According to President Alan LaFave, “Although there are many benefits to a new facility, the driving force is the threat of flooding to Foss Hall and the health safety issues that might bring. It’s also important to protect the expensive assets such as instruments and equipment.” Having a new building would also “provide a facility commensurate with the needs of our talented students and help attract prospective students who already have top-notch facilities in their high schools,” adds President LaFave.



Student thoughts on music program

Rochelle Van Bruggen,
VCSU senior music major

"I have been a part of the VCSU music program since I was a senior in high school when I began playing in the VCSU Wind Ensemble. Through my participation here, I have met many amazing people who have helped me to grow as a musician, as an educator, and as a person.

"I chose to come here because of the faculty and the family atmosphere. Just walking through the building, it's easy to see how much the students and faculty care about each other.

"Being in the VCSU music department has given me the opportunity to participate in many ensembles, both vocal and instrumental, and I have also had valuable performance opportunities including masterclasses with Minnesota Opera and Robert Spring, as well as a showcase recital performance before the Royal Winnipeg Ballet last fall. There have been many changes since I started here in 2015, but these changes have all been for the better, and I will be proud to call VCSU my alma mater when I graduate in December 2019."



Rochelle Van Bruggen (right) is pictured with Farren Rowan, accompanist, in a photo used to promote Van Bruggen's senior recital, held Feb. 15, 2019, in Froemke Auditorium in Foss Hall

sees the group "all dedicated to a singular mission—recruiting all different levels and types of students" and notes that "the team works well together."

Jimenez chimes in and sums up: "We're all excited about VCSU, and most importantly we enjoy working together and enjoy each other's company, so we spend a lot of time chatting about how to make the department better and how to push things forward into the 21st century."

Student quality

VCSU prides itself on its focus on students, and the music faculty give the students much credit for their own success.

According to Becker, who has doubled the number of students in the woodwind studio, says that "people make the program go — students, faculty and staff" and finds the students "very receptive" to what's happening in the department.

"Students pick up the challenge and run with it," adds Heide, who credits them with an "incredible work ethic." That notion is echoed by Allebach, who says, "We have amazing students." (Allebach recruits many of them herself from her private voice studio in Fargo/Moorhead.)

"Students are always kind and encouraging to each other," says Rowan, the accompanist who's also a graduate student in VCSU's Master of Arts in Teaching program. "The faculty create a wonderful learning atmosphere for the students and inspire them to improve and persevere."



Concert Choir culminated its 2017 international tour with a performance in Christ Church Cathedral in Dublin, Ireland.

Special performance opportunities

One of Redfearn's department goals is to increase the number and type of performance opportunities available to VCSU music students. One way he has personally made that happen is by leading international trips for VCSU singers. In 2014, Redfearn led a group to Austria, Germany and the Czech Republic; in 2017, England, Wales and Ireland were the destinations. In mid-May, VCSU students will have the opportunity to experience 11 days in Italy, traveling to Rome, Florence and Venice, and singing in four concerts (along with several impromptu performances if past tours are any indication).

"For many of our students, this is their first international trip," says Redfearn, "and they're able to connect what they learn in the classroom to what they see and hear on the trips." Among the once-in-a-lifetime highlights for the choir will be singing mass in St. Peter's Basilica at the Vatican and their final concert at San Marco Basilica, where they will perform a 17th-century work by Monteverdi that he composed for performance in that venue.

Other special performance opportunities this year have been led by Allebach. In October, with the help of several colleagues in the department, she took a select group of students to Winnipeg to perform in recital at Centennial Concert Hall at the invitation of the Royal Winnipeg Ballet. The VCSU students attended the ballet's performance of "The Handmaid's Tale" and were able to meet the dancers and tour the ballet school.

In January, Allebach staged two performances of a complete opera, "Amahl and the Night Visitors," at St. Catherine's Catholic Church in Valley City, building on the VCSU Opera Ensemble's recital work over the last few years. In a different tack, she'll direct VCSU vocalists in "Broadway

Bound,” a musical theatre revue, in April, doing her part, she says, to add to “the wonderful energy in the program.”

Students have also been very receptive to the creation of an early music ensemble, spearheaded by Becker, which plays Renaissance music on period instruments such as recorders and crumhorn.

Redfearn credits the work of Becker, Jimenez and Heide in growing band participation, and many throughout the VCSU community have complimented the good work of Heide’s athletic band at VCSU football and basketball games. Redfearn also notes that “expanding the mission of the athletic band” for performances at more events is being explored.

Events and community outreach

Each year, the music department hosts events for North Dakota high school musicians on the VCSU campus. These include sanctioned high school contests and festivals such as the Barnes County Music Festival, the Eastern Dakota Conference Instrumental Solo Contest and North Dakota High School Activities Association regional vocal, instrumental and string solo contests.

Combined with the department’s own events – the James Ployhar Honor Band Festival, Solo Song Symposium, and Composer Competition and Concert, among others – these music gatherings bring more than 2,300 middle school and high school musicians to campus annually.

In addition, the department members support the VCSU Community School of the Arts, providing lessons and support for area musicians and ensembles.

Online program and recognition

The entire music degree program is also offered online, and it attracts students from throughout the United States and even a few beyond our national borders. All of the full-time tenured faculty teach in the online program, recently recognized by TheBestSchools.org as the top-ranked program in its rankings of “Best Online Bachelor’s in Music Programs.”

BestSchools “reviewed all accredited online Bachelor’s in Music programs in the U.S. to select the top programs in the nation” and based its rankings on “quality of program and range of courses provided, as well as school awards, rankings, and reputation.”



Hopes for a new building

Very soon will come word from the North Dakota Legislature regarding funding to replace Foss Hall through the construction of a new Communication and Fine Arts Building.

The home of the music program, Foss Hall, has fallen victim to past floods and now sits on the wrong side of permanent flood protection. In addition, the building has challenges such as the lack of an elevator and adequate climate controls for sensitive instruments and equipment.

The prospect of new facilities, “designed for students, tuned for sound, and built with latest acoustics,” says Redfearn, “would be a boon for recruiting.” Heide notes the benefit to all on campus, saying that “a new building would bring music and art to all students, and fine arts would be more visible and more accessible.”

A bright future

The excellence of the VCSU music program has been recognized for many years; the program has been accredited by the National Association of Schools of Music (NASM) since September 1997. This spring, a NASM team was on campus March 31–April 2 for a site visit for reaccreditation. Although the official report will not be available for some time, initial feedback indicated a positive visit.

President Alan LaFave, an accomplished musician himself, recognizes both the value of the program and its importance to the campus and community. “The VCSU music program is something of a hidden gem, just like VCSU itself,” says LaFave. He has had the opportunity to attend several performances, both ensembles and recitals, and he’s impressed with the quality of the students and the great potential in the program. In his words, “Quality teaching and quality performances lead to growth.”

These are exciting times for the Music Department at VCSU as it strives to provide music education for the 21st century. Let’s all sing its praises!

New music teacher Riemann '18 benefits from VCSU experience

Prior to her graduation from Valley City State University in May 2018, Jenny Riemann knew what her future would be – she had already secured a position as the K-12 music teacher at the Scranton (N.D.) Public School.

A music education major, Riemann credits her minor in helping her land the Scranton position. “When I was applying for teaching jobs, one of the major things that stood out on my résumé was my recording and production minor,” she says. “The administration at the job I’m in now was extremely interested in that as a selling point. I think it’s something really unique that isn’t something that a lot of schools offer or that people have experience with in our area, so it helped me to stand out among other applicants.”

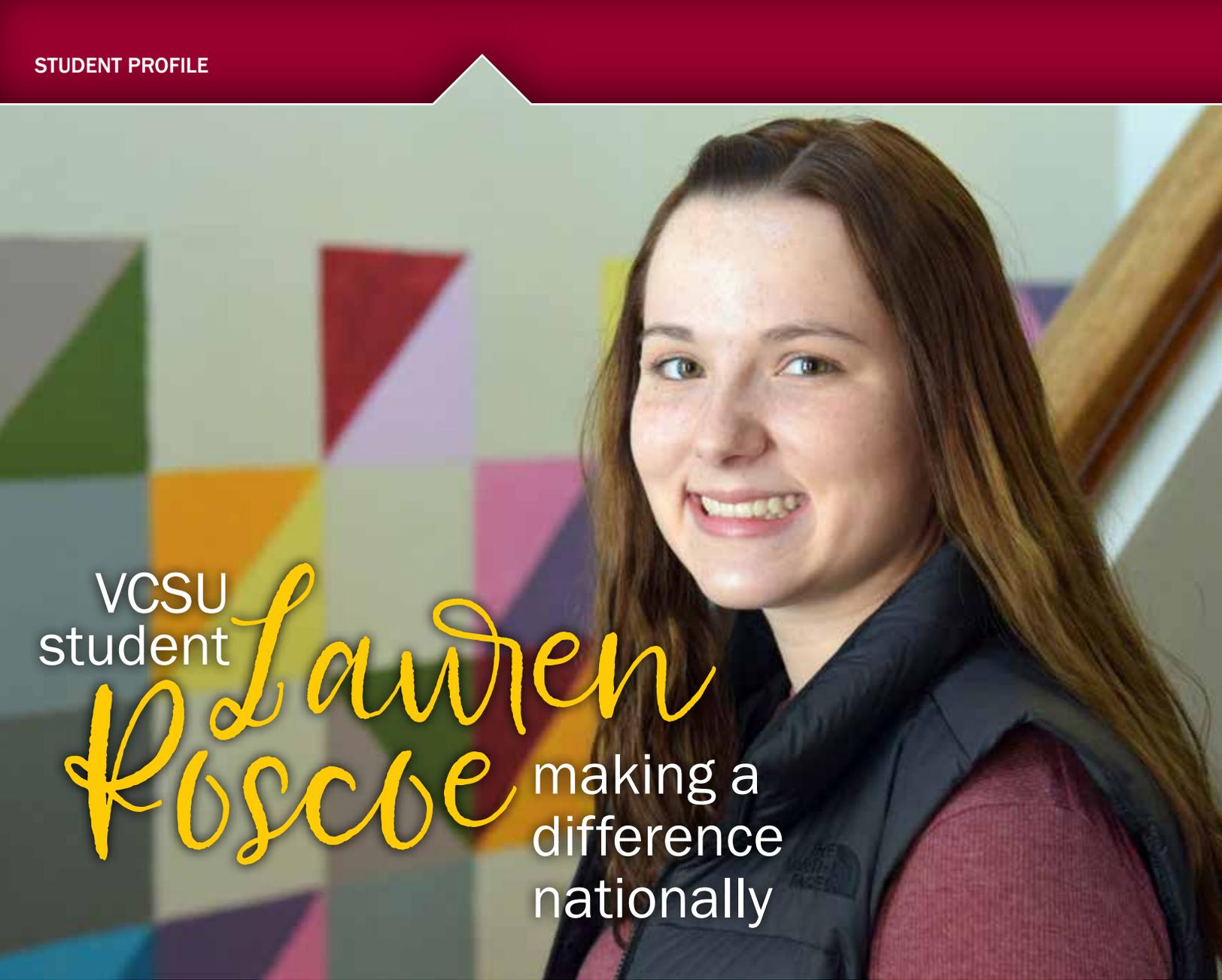
Riemann explains her take on the 21st century music classroom this way: “Technology is becoming more and more a part of our everyday lives, and it’s finding its place more and more in classrooms. I’m actually adding a class to my teaching schedule next year based on the recording and music production, so it is even finding its way into smaller schools.”

It wasn’t just mastering technology, however, that prepared Riemann for her current job directing a music program; she quickly acknowledges the role that her music activities and other pursuits on campus played as well. “I was involved in so many things in college from Opera Ensemble, Concert Band and Choir, VCAB and L2L, all aside from my other Music Ed classes,” she says.

And it was also the hands-on experience that is a hallmark of VCSU teacher preparation: “I think that the practicum and field experiences that I had in the Music Ed program especially prepared me to teach. The time spent in actual classrooms working with real students allowed me to put the information I had received in my classes into practice and learn from those experiences.”

Sums up Riemann: “I learned so much at VCSU about my art and myself that has prepared me for my profession and helps me learn and grow right along with my students in my classroom every day.”



A portrait of Lauren Roscoe, a young woman with long brown hair, smiling. She is wearing a dark blue vest over a maroon top. The background is a colorful geometric pattern of triangles in shades of green, red, yellow, and purple.

VCSU
student
**Lauren
Roscoe** making a
difference
nationally

Lauren Roscoe is not your typical Valley City State University first-year student. Sure, she's an elementary education major, like many others at VCSU, but Lauren also serves as the 2018-19 National Student of the Year for SADD—Students Against Destructive Decisions—a national organization with 10,000 chapters across all 50 states (and several U.S. territories) headquartered in Washington, D.C.

SADD aims to help “young people make positive decisions that advance their health and safety” by empowering them “to successfully confront the risks and pressures that challenge them throughout their daily lives.” SADD tackles this mission through peer-to-peer education on issues such as traffic safety, mental health, suicide, violence, and tobacco, alcohol and drug use.

As National Student of the Year, Lauren serves as president of SADD's National Student Leadership Council and as the organization's national spokesperson, carrying SADD's advocacy message across the country. She has traveled to Arizona, Georgia, Tennessee, Pennsylvania, New York and Washington, D.C., among others, and attended events such as the national conference of the Governors Highway Safety Organization held in Atlanta in August 2018. Lauren also serves on SADD's board of directors and attends that group's quarterly meetings.

All of that travel makes her a frequent flyer—usually once a month—out of Hector International Airport in Fargo, but otherwise Lauren claims she's “still a normal student” who enjoys “just hanging out with friends, sitting

and talking, or watching movies.”

The SADD staff helps her arrange the many travel logistics, and the organization pays her expenses, but Lauren volunteers her time to the organization she's served since joining in seventh grade at New Rockford-Sheyenne School in New Rockford, N.D. She did receive a \$1,000 scholarship when chosen as National Student of the Year, but for Lauren, “the real benefit comes in knowing that the work I do is helping save lives,” she says.

Lauren came to VCSU because of the strong reputation of its elementary education program; “I always wanted to be a teacher,” she says. In addition to her coursework in that program, she's also running sprints and middle distance on the VCSU Viking track team.

Her work with SADD is certainly helping hone Lauren's leadership skills, including advocacy (“standing up for yourself” in her words), professionalism (“how to carry yourself in a specific setting”) and time management (“how to balance everything”). She'll have an opportunity to put them to use this coming summer in an internship at the National Highway Traffic Safety Administration in Washington, D.C.

Until then, she'll have plenty to do in class and on the track at VCSU while simultaneously carrying out her SADD duties.

Lauren Roscoe is clearly making a difference in the world with her good work on behalf of SADD; we're proud to have difference makers like Lauren at VCSU.



Pollert '77 serves as N.D. House majority leader

VCSU alumnus Chet Pollert '77, representative for District 29 in the North Dakota House of Representatives, is serving as the House majority leader during the 66th Legislative Assembly. Pollert was elected House majority leader by the North Dakota House Republicans on Nov. 13, 2018. He has served in the House since 1999.

Pollert, who lives in Carrington, owns and operates G & R Grain & Feed in New Rockford.

Originally from Pingree, Pollert is part of a VCSU family — his brother, David Pollert '83, and two sisters, Linda (Pollert) McIlonie '76 and LeAnn Pollert '90 — all attended the university.

Chet majored in business administration and minored in economics and political science. He was also a charter member of Sigma Nu fraternity.

Pollert and his wife, Jo, have three adult children. Their daughter, Erica Pollert '11, earned a VCSU degree in elementary education through its cooperative program at NDSU.

Alumni Gjovik and Hatt win ACTE national awards

Peder Gjovik '77 and Katie Hatt M.Ed. '16 won national awards at the Association for Career and Technical Education (ACTE) national conference, CareerTech VISION 2018, in San Antonio, Texas, on Nov. 28, 2018.

Gjovik, associate professor and chair of the VCSU Department of Technology, was named ACTE 2019 Teacher Educator of the Year. Hatt, health careers instructor in the Grand Forks (N.D.) Public Schools and the Grand Forks Area Career and Technology Center, was named ACTE 2019 New Teacher of the Year.

The Teacher Educator of the Year award recognizes teacher educators who have demonstrated innovation in teacher education, leadership in improving Career and Technical Education (CTE) and commitment to preparing teachers to deliver high-quality CTE programs.

The New Teacher of the Year award recognizes new CTE teachers who have made significant contributions toward innovative and unique career and technical education programs and shown a professional commitment early in their careers.

Gjovik's recent work includes helping establish accelerated pathways to bachelor's degrees and teaching credentials for graduates of North Dakota two-year colleges who hold technical-specialty degrees. He is currently involved in development of an online course to fulfill student-teaching requirements for distance technical-education candidates.

Gjovik joined VCSU as an adjunct instructor in 2006 and began his full-time teaching career at the university in 2008. He was named department chair in 2014. His previous experience includes teaching in a two-year college graphics program for 21 years, teaching industrial technology for grades 7–12, and owning and operating several printing and graphics businesses.

He holds a doctorate in occupational and adult education from North Dakota State University, a master's degree in industrial technology from the University of North Dakota, a bachelor's degree in industrial education from VCSU, and an associate degree in liberal arts from Lake Region State College. Gjovik serves on the North Dakota Technology and Engineering Educators Association Board of Directors.

Hatt holds a VCSU master of education degree with a technology education concentration. Gjovik served as her advisor in the master's program. Hatt, who also holds a nursing degree from the University of North Dakota, obtained her initial teaching credentials through VCSU's Transition to Teaching program.

A release from the Grand Forks Public Schools (Nov. 20, 2018) notes that "Hatt teaches her courses through a virtual center, but makes it possible to meet face-to-face with each school weekly to complete hands-on skill labs. Hatt has also developed partnerships with the health care providers within each community to provide students with a clinical experience as part of the course. ...Hatt currently provides instruction to students in Grand Forks, Central Valley, Hatton, Hillsboro, May-Port CG, Northwood, Thompson, Carrington, and New Rockford-Sheyenne."



Katie Hatt M.Ed. '16 and Peder Gjovik '77

Roelfsema named to *Prairie Business* '40 Under 40' list



Stephanie Roelfsema '07, M.Ed. '14, director for residence life at Valley City State University, was named to *Prairie Business* magazine's 2018 "40 Under 40" list, which recognizes 40 of the top business professionals under the age of 40 in the Northern Plains.

Roelfsema was featured in the December 2018 issue of *Prairie Business* magazine along with 39 other young professionals who are making "significant impacts in their chosen professions, industries and communities."

As VCSU director for residence life, a position she has held since 2012, Roelfsema supervises 3 hall directors

and 16 resident assistants (RAs). Roelfsema also serves as the university's primary conduct officer, upholding the Student Code of Conduct for all students, both on and off campus, and she directs the Learning to Live, Living to Learn (L2L) program, a 12-week common course for VCSU freshmen.

Roelfsema holds a bachelor's degree in elementary education and a master's degree in education with an emphasis in teaching technology, both from VCSU. During her undergraduate years at VCSU, she was an RA (resident assistant), and she became assistant director of housing at VCSU in 2007. Roelfsema is a member of the North Dakota Housing

Officers organization, which she previously served as president and vice president.

She puts her professional responsibilities in residence life to work helping shape VCSU students into good citizens living in community. As part of the L2L program, VCSU students harvest squash and other produce annually on a farm northwest of Valley City. Last fall, in the activity's eighth year, the group picked more than 77,000 lbs. of squash for distribution to those in need throughout the state via the Great Plains Food Bank in Fargo.

Also an advocate for social justice, especially in regard to issues involving women and marginalized populations, Roelfsema founded and organized a committee which created the campus Shatter the Silence walk against sexual assault last fall. The Oct. 1 event brought together more than 70 students, faculty, staff and community members in a walk through campus and part of Valley City in an educational and supportive crusade.

Roelfsema also serves on the CHI Mercy Health Violence Prevention Committee in Valley City, and she teaches Within My Reach courses as part of Barnes County's violence prevention efforts.

The *Prairie Business* "40 Under 40" list can be found online at www.prairiebusinessmagazine.com/business/announcements/4537509-prairie-business-announces-2018-40-under-40-list. Roelfsema's entry can be found on p. 38 of the December issue of *Prairie Business* magazine, available online at www.mydigitalpublication.com/publication/?i=548495.



The Valley City State University men's basketball program hosted an Alumni Reunion Weekend on Jan. 26 in Valley City. Men's basketball alumni from several different generations attended, enjoying a VCSU game and a social gathering with current and former players and coaches.

Alumni, friends gather in Arizona

VCSU alumni and friends gathered at the annual Arizona alumni events this winter, meeting on Feb. 1 in Peoria and Feb. 2 in Mesa. This year a Young Alumni Event was also added in Mesa.

VCSU personnel who traveled to Arizona from North Dakota for the gatherings included President Alan LaFave; Larry Robinson '71, executive director of university advancement; Kim Svenningsen-Hesch '91, assistant director of university advancement and alumni relations; and Larry Grooters '57, professor emeritus of education, psychology and technology.

1. Mesa Young Alumni Gathering

(front, l to r) Bekah DePesa '13, Mychael '17 and Mackenzie Bruce '18, (back) Larry Robinson '71, Larry Grooters '57, Al LaFave, Thomas Cortez '15, Sierra Even '15, Kim Svenningsen-Hesch '91



2. Peoria Gathering

(front, l to r) Coke (Erickson) Aafedt '52, Mary (Kruschwitz) Schroeder '65, Pat (Sheldon) Parrish '67, David Koschney '71, Marie (Vining) Topp '74, Carole (Jenson) Richman '74

(back) Larry Grooters '57, Carol and Bill Schaller '74, Judy (Thompson) Koppelman '60, Dan Parrish '65, Al LaFave, Loren Koppelman '60, Glen Engle '61, Mark Richman '74, Jerry Topp '74



3. Mesa Gathering

(front, l to r) Mryon Sommerfeld '62, Curt '62 and Lorna Olson, Larry Grooters '57, Janet (Anderson) Carvell '57, Janice (Anderson) Persinger '57, Jim Vandrovec '74, Deanne (Roseth) Horne '60, Rod Olin '71, Joe Welder '67, RaeAnn (Rolshoven) Vandrovec '75, Beth Walth, Gary Thompson

(back) Dan O'Connor '61, Dale Hillstrom '69, Pat (Hafner) Thomas '59, Dee (Isensee) Hillstrom '69, Bob '61 and Marge (Nutz) Sogn '61, Don '58 and Jane Lemnus, Jerry '60 and Meg Pederson, Judy Mathias, Nancy King, Janelle Rietz-Kamenar, Al LaFave, Bob Horne '59, Jerry Pederson '82, Ed Pung '75, Bill Thomas '59, Terry Anderson '74, Dan Janisch '69



VCSU online programs nationally ranked by U.S. News

The online bachelor's and master's degree programs at Valley City State University have been recognized by *U.S. News and World Report* in its Best Online Programs rankings.

In the national rankings of degree-granting online programs, Valley City State's online master's programs in education were ranked 115th of 311 schools, and the online bachelor's programs at VCSU were ranked 173rd of 367 schools.

The rankings are based on program attributes including student engagement, faculty credentials and training in online teaching, and support from institutional services and technology, along with survey data from higher education experts.

"Our students benefit from the flexibility of

Valley City State's online offerings," said Alan LaFave, VCSU president, "and the *U.S. News* rankings present well-deserved recognition of the exceptional opportunity and value these programs provide."

Online bachelor's degree programs at VCSU include business education, business process integration management, career and technical education, communication, English education, history, history education, music, social science, social science education, and technology education.

VCSU offers two online graduate programs: the Master of Education (M.Ed.) and the Master of Arts in Teaching (M.A.T.).

The M.A.T. program allows those with non-teaching bachelor's degrees a means to earn

teaching credentials.

The M.Ed. program—designed for practicing teachers with undergraduate education degrees who wish to augment their teaching credentials—offers six concentrations: elementary education, English education, library and information technologies, teaching English language learners, teaching and technology, and technology education.

Both graduate programs are taught entirely online to allow working professionals opportunities to earn graduate degrees at their convenience.

The *U.S. News* online programs rankings can be found at www.usnews.com/education/online-education.

Spring enrollment at VCSU reaches record count

For the fourth consecutive year, Valley City State University has achieved a record spring enrollment according to official census figures released Tuesday, Feb. 5. The VCSU numbers show a record spring headcount of 1,517 students.

The 1,517 figure surpasses the previous spring record of 1,500 set in February 2018. The numbers correspond to record fall enrollment numbers; in September 2018 VCSU set its all-time headcount record with 1,547 students.

"Enrollment numbers serve as a measure of our value and vitality," said President Alan LaFave, "so the growth trend we've enjoyed is a sign of a robust institution. Growth also helps us maintain our financial foundation and provides a solid footing for innovation."

VCSU has been ranked among the top three "Public Regional Colleges in the Midwest" by *U.S. News and World Report* each year since 2010 and has earned *U.S. News* "Best College" recognition for 21 consecutive years. In 2018, VCSU was also recognized as one of 25 colleges and universities on the "Hidden Gems of the Midwest" list by the Online Schools Center.

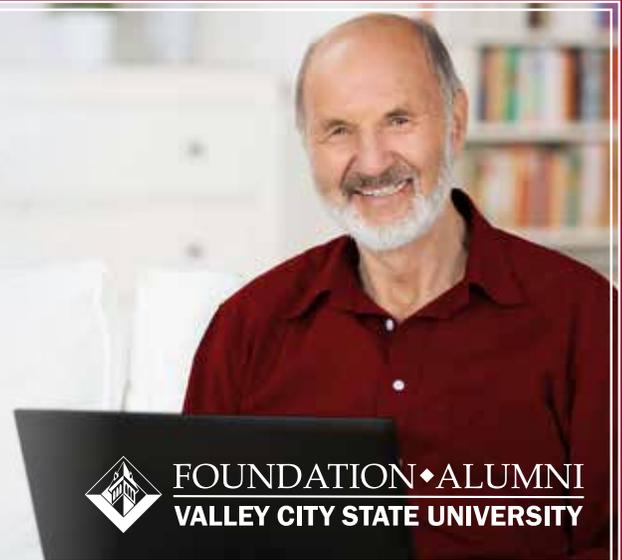


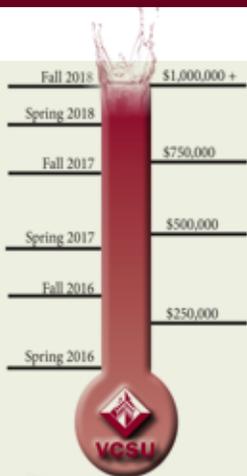
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OER usage saves VCSU students more than \$1 million in textbook costs over 6 semesters

Many VCSU faculty now utilize OER (Open Educational Resources) in their courses. Through fall semester 2018, the use of the free resources in place of textbooks has collectively saved VCSU students more than \$1 million since their implementation in spring 2016.

VCSU has been a leader in the North Dakota University System in the implementation of OER. A state audit of OER usage in NDUS through fall 2017 noted: “The cumulative total...at VCSU was 251 OER courses, by far the highest number of courses of all NDUS institutions...”

The cost savings is significant, but perhaps more important is the equal access to learning resources at any time provided to those previously unable to afford their own textbook.

In addition, the use of multimedia in OER meets a variety of learning styles, heightening both student and faculty engagement.

Tennis club competes at national championships

The VCSU Viking Club Tennis team finished second at the USTA Northern Section Tennis On Campus Championships held at the Eau Claire (Wis.) YMCA over the weekend of Feb. 23-24.

VCSU’s second-place finish secured the team entry into the USTA Tennis On Campus National Championships held April 11-13 in Surprise, Ariz.

The team for the championships included seniors Dustin Miller and Clarissa Olson, junior Dalton Ondracek, and sophomore Caitlyn Hunter, coached by Erik Kringlie ’92.

The Vikings entered the 14-team Northern Section tournament as the No. 3 seed overall. With victories over Winona State University (24-10) and Carleton College B squad (30-6) in

pool play on Saturday, VCSU earned the No. 2 seed for championship bracket play.

Sunday’s play brought a victory over the Gustavus Adolphus College A squad (27-10), which put VCSU into the semifinals against the University of Minnesota B squad. The Vikings won that match 26-21, putting them into the section championship match and securing a bid to the national tournament along with their best finish ever at sectionals. VCSU dropped the finals match to the No. 1 seed University of Minnesota A squad 26-12.

Clarissa Olson was voted Northern Section Co-Leader of the Year along with Emily Logan of Gustavus.

At the 64-team national championships at the Surprise Tennis and Racquet Complex in Arizona, the Vikings ran into stiff competition in pool play on April 11, losing a close match to Iowa State 21-19, falling to Ohio State (the 2018 national champions) 30-9 and losing to Wesleyan in another hard-fought battle, 22-16.

On April 12, the team squared off in Copper Bracket competition. There the Vikings lost to Rochester 22-17, defeated Kansas State 24-21, and lost to Michigan State 22-14. In their final match on April 13, the Viking defeated Iowa 21-17 to secure 59th place in the tournament.



1. At the USTA Northern Section Tennis On Campus Championships in February, VCSU’s Clarissa Olson (right) was voted Northern Section Co-Leader of the Year along with Emily Logan of Gustavus.



2. The VCSU Viking Club Tennis team for the sectional and national championships included (left to right) seniors Dustin Miller and Clarissa Olson, sophomore Caitlyn Hunter and junior Dalton Ondracek.



3. Vocal fan support for the Viking squad in Arizona came from family members of the players and Coach Kringlie. Pictured are Susan and Hale Kringlie, Bobbie (Schell) ’95 and Randy Miller, Karolee and Steve Ondracek ’92, and Trisa and Al Olson ’84.

4th Winter Commencement held Dec. 13

VCSU's fourth Winter Commencement exercises were held Thursday afternoon, Dec. 13, 2018, in Vangstad Auditorium. The ceremony began with the traditional academic procession to the sounds of "Pomp and Circumstance" performed by the VCSU Chamber Wind Ensemble, directed by Jerrold Heide, instructor in music.

Interim President Margaret Dahlberg led the exercises, greeting the graduating class and their family and friends. She acknowledged the work of the VCSU faculty and staff, asking the soon-to-be graduates to join her in thanking "the faculty and staff who inspired your dreams, helped you discover your talents, and fueled your passion to help you complete this segment of your life's journey." In her remarks, Dahlberg referenced Janus, the Roman god of beginnings, transitions and dualities, citing the ceremony as a Janus-like moment, in which the students are both graduating from one experience at VCSU and commencing an entirely new experience. Her farewell to the graduates was simple yet heartfelt: "We are proud of you, and we wish you well as you begin creating the next steps of your future."

Andy Wakeford, staff adviser for the North Dakota State Board of Higher Education (SBHE) and online coordinator and adviser at Lake Region State College in Devils Lake,



Yari Villanueva shakes the hand of Interim President Dahlberg after receiving her diploma.

brought greetings from the SBHE and thanked the graduates for placing their trust in VCSU and the North Dakota University System. He encouraged the graduates to "continue to learn and continue to grow, continue to seek knowledge and information for years to come." Wakeford used the metaphor of a postage stamp on mail and its "stick-to-itiveness" throughout its passage to its destination in advising the graduates that success comes from perseverance, tenacity, steadfastness and endurance in pursuit of goals.

The undergraduate student reflection was

presented by Yaritza "Yari" Villanueva of Minto, N.D., graduating with a triple major in biology, environmental science, and fisheries and wildlife science (fisheries concentration). Villanueva noted the "scary" nature of the day — "We've suddenly become true adults" — but countered that by recalling parts of her personal journey. Calling it "a miracle" that she was standing before the assembly this day, Villanueva noted that because of economic adversity, "no one from my family has ever finished elementary school or high school, let alone college." Because of that, she went on to say, "Before starting college, there were people who told me I would not succeed, that I would fail. They were wrong, like definitely wrong."

Acknowledging that she had some regrets and missed opportunities during her college career, Villanueva nevertheless said she had enjoyed and valued her VCSU education: "I wouldn't trade these experiences for anything else." She encouraged her classmates to "Do what's best for you. ...Difference makes change happen, and we need change."

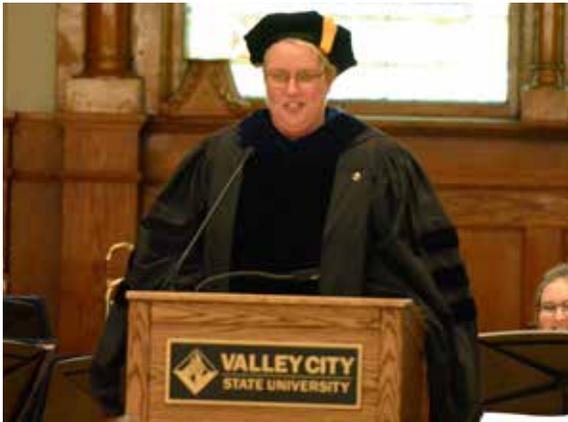
Faculty speaker was Hilde van Gijssel, professor of science. Born and raised in the Netherlands, van Gijssel has taught at VCSU since 2002. In spring 2018, she received the Faculty Excellence Award for senior faculty. Van Gijssel began her remarks by telling the

15 three-year graduates recognized at Winter Commencement



Fifteen graduates who earned their first bachelor's degree in less than four years were recognized with cardinal-colored stoles in honor of their special accomplishment at Winter Commencement Dec. 13. The three-year honorees (not all are pictured) included Jenna Bergman, Brooke Breckheimer, Kelsey Brummund, Larissa Herman, Lexie Jacobson, Hailey Kallenbach, Alexis Kohler, Alyssa Meyer, Gina Oretta, Katherine Pautz, Melissa Port, Jenna Sloan, Mikayla Smith, Hannah Wittenburg and Elyssa Zimmer.





Faculty speaker Hilde van Gijssel brings smiles and laughter to the occasion with her good humor.

graduates that “You earned the right to walk across this stage, and you should be proud, but most of all, enjoy the moment.”

Noting that she was not a native speaker, she spoke of proverbs and expressions, among the hardest things to learn in a foreign language because they don’t translate well. As an example, van Gijssel shared that “raining like cats and dogs” has a Dutch equivalent, “raining like pipe stems,” which might seem nonsensical to English speakers.

She drew laughter when she talked about two of her favorite Dutch sayings: “I’m going to paste you behind wallpaper” and “Throw the children out the window,” admitting that neither were particularly appropriate for her use at VCSU.

Van Gijssel’s favorite that she has used frequently at VCSU, and especially in regard to advising is this: “No is what you have; yes is what you can get.” She tells her advisees to try, to explore opportunities, to ask. “What’s the worst that can happen, and can you handle that?” she asks them.

Her final advice to the graduating class: “Create your own opportunities by giving it a try, and do not be afraid to fail.”

Video of Winter Commencement 2018 is available for viewing online at www.vcsu.edu/news/winter-commencement-2018-video.

(left) It’s all smiles for members of the winter 2018 graduating class.

(below) Poinsettias at the front of the stage add a holiday touch to Vangstad Auditorium, the venue for Winter Commencement 2018.



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VCSU to increase merit scholarships, create new Viking Grant program

The Valley City State University Foundation has allocated an additional \$100,000 toward first-year student scholarships and grants in 2019-20. The \$100,000 allocation comes on top of the record-setting \$1.623 million the foundation allocated for 2018-19 student scholarships at VCSU.

Approximately 75 percent of the \$100,000 increase will be used to add additional funds to merit scholarships, moving the renewable VCSU Leadership Scholarship from \$3,000 to \$3,500 annually (\$14,000 over four years) and the non-renewable Clocktower Scholarship from \$2,500 to \$3,000 for the first year.

VCSU will establish the Viking Grant program with the remaining \$25,000 of the allocation increase. This \$1,000 need-based grant will be distributed to students who do not qualify for Pell Grants and whose

estimated family contribution falls between \$5,800 and \$10,000. Students' eligibility for this grant is based on admission to VCSU and a completed FAFSA (Free Application for Federal Student Aid, VCSU school code: 003008).

"VCSU already offers a tremendous value for an outstanding education," said Charlene Stenson, director for enrollment services, "and by increasing several of our scholarship levels and offering the new Viking Grant program to help students and families who often fall into an aid gap, we're investing even more in our students to increase affordability and access to our university."

In 2017-18, 92 percent of VCSU's new freshmen received grants and/or scholarships.

In 2019-20, VCSU will award scholarships to first-years students at the levels below, based on cumulative high school grade point average

(GPA) and ACT/SAT composite score:

- McCready Scholarship, renewable, all tuition, fees and books annually (approximately \$8,500 for a North Dakota student in 2018-19, and more than \$34,000 over four years)
- Presidential Scholarship, renewable, \$4,000 annually (\$16,000 over four years)
- Leadership Scholarship, renewable, \$3,500 annually (\$14,000 over four years)
- Clocktower Scholarship, non-renewable, \$3,000 for first year
- Footbridge Scholarship, non-renewable, \$1,500 for first year

Scholarships for transfer students, at \$2,500 and \$1,500 levels, are awarded based on cumulative GPA.

For more information, contact the VCSU Enrollment Services Office at 701-845-7101 or enrollment.services@vcsu.edu.

McGillis '97 starts scholarship endowment for softball and volleyball

The VCSU Foundation and VCSU Athletic Department announced that Tracy and Corey McGillis have started a scholarship endowment to fund annual scholarships for VCSU softball and volleyball student-athletes.

Tracy (Baily) McGillis, a native of Oak River, Manitoba, is a 1997 graduate of Valley City State University, where she competed in both softball and volleyball while obtaining her degree. McGillis was inducted into the Viking Hall of Fame in 2018. Tracy says her experience at VCSU prompted her and her husband to fund a scholarship endowment for other female student-athletes.

"It is our hope that this endowment will provide the same opportunities that I had to fulfill my dream of playing college sports and earning a degree," she said. "My time at VCSU was the time of my life. I believe in VCSU and the quality of their athletic programs and education. We are looking forward to seeing what the future will bring, not only for some deserving athletes but VCSU as well."

The Tracy and Corey McGillis Scholarship is intended for female student-athletes at VCSU who are leaders and mentors on and off the field or court. Recipients must be a member of the Viking softball or volleyball teams and have a 3.25 grade point average. Recipients must be a student of good character who is demonstrating strong academic promise. Preference will be given to student-athletes from Canada. If there

are no eligible Canadian athletes, then second preference will be given to a North Dakota athlete.

"We are extremely grateful to Tracy and Corey for their tremendous generosity and decision to leave a lasting impact on VCSU

and our women's athletic programs," said Jill DeVries, VCSU athletic director. "This gift is an investment in future VCSU students that will provide support toward their goal of competing in intercollegiate athletics while attaining a degree from VCSU."



Tracy (Baily) McGillis '97 (right) and Jill DeVries, athletic director



Logan Nelson

Young men's basketball squad finishes strong



Michael Cornelious

A young Valley City State's men's basketball team hit its stride towards the end of the season, offering a glimpse of a bright future.

The Vikings won four of their final five regular season games as they finished with a 9-19 overall record and were the No. 5 seed for the North Star Athletic Association Tournament. VCSU's season came to an end in the quarterfinals of the tournament, losing 75-66 to No. 4 seed Dickinson State.

With only one senior on the roster and just a handful of returners from the previous season, the Vikings struggled at times to finish games in the early season. The Vikings lost six conference games by three points or fewer, including two losses on last-second shots by Bellevue University.

The Vikings turned the corner in February, winning their final three regular season conference games, including an overtime victory over eventual NSAA Tournament champion Mayville State in the regular-season finale. Other highlights included road wins at Viterbo University and Dickinson State.

Sophomore guard Logan Nelson was named 1st Team All-Conference after leading the team in scoring at 17.5 points per game. A native of Hunter, N.D., Nelson shot 50 percent from the field and 43 percent from 3-point range. Junior guard Michael Cornelious was named Honorable Mention All-Conference after averaging 12.5 points, 7.2 rebounds and 2 assists per game. Junior Denzel Kennedy was named a Daktronics-NAIA Scholar-Athlete, which recognizes student-athletes for consistent success in the classroom.

The Vikings will graduate one senior, starting forward Christian Kvilvang, from this year's roster.

Women's basketball finishes with .500 season



Mackenzie Huber

The VCSU women's basketball team finished with a 14-14 overall record as the 2018-19 season came to a close in the semifinals of the North Star Athletic Association conference tournament.

The Vikings earned the No. 3 seed for the NSAA Tournament and advanced to the NSAA Final Four in Watertown, S.D., before losing to Bellevue University in the semifinals, 57-54.

Valley City State entered the final game of the regular season in a three-way tie for first place in the conference. The Vikings led most of that game against Mayville State before falling to a late Comet rally and dropping a 72-70 contest. The Vikings finished with a 10-4 record in conference play, placing third in the NSAA standings.

Junior center Mackenzie Huber was named First Team All-Conference and Honorable Mention All-American after averaging 13.8 points and 7.1 rebounds while shooting 57 percent overall. Senior forward Alli Vandal and senior guard Hannah Schlecht were both named Honorable Mention All-Conference. Vandal scored her 1,000th career point during the season; she averaged 11.3 points and 5.3 rebounds. Schlecht played a team-high 29 minutes per game and posted averages of 9.0 points, 5.0 rebounds and 2.3 assists.

Senior center Kaitlin Connor broke three different school records for blocks this year. Connor set new records for career blocks (122), single-season blocks (46) and single-game blocks (6).

Connor, Vandal and Schlecht were all named Daktronics-NAIA Scholar-Athletes for the second consecutive year, and Connor was named to the Google Cloud Academic All-District Team. Along with those three, the Vikings will also graduate senior Dierra Diegel, who averaged 7.0 points this season after transferring in from MSU-Moorhead, and senior Kate Williams, who missed the second half of the season after suffering a knee injury in December.

Some highlights from the season included a 67-55 victory at then No. 16-ranked University of Jamestown in November, a 67-61 exhibition win against Bemidji State, and a 67-54 win against then No. 24-ranked Bellevue University in January.



Hannah Schlecht

Alli Vandal

Kaitlin Connor



Alyssa Weitkum



Daniel Machado



Grace Miller

Viking indoor track athletes enjoy success

VCSU athletes won six conference titles during the 2019 Indoor Track and Field season. Valley City State's men won four events and took third place overall at the North Star Athletic Association Indoor Championships in Brookings, S.D., scoring 108 team points. The Viking women won two events and placed fifth with 74 team points. Dickinson State won the women's title, while Dakota State won the men's team title.

VCSU had 17 total All-Conference honors, which went to the top three finishers in each individual event and the top two relay teams. The conference championships capped VCSU's indoor season, which featured eight different meets during the winter months.

"I'm really proud of each one of our athletes on how hard they competed at the conference championships," said VCSU head coach Daniel Scheff. "They showed a lot of heart and pride and left every ounce of energy they had on the track and in the field. Every one of them was able to make a difference and meaningful impact within the meet for our family, and I'm so proud of each one of them."

Menkeh Mendin took home the men's 600 meter title in one of the most exciting races at the NSAA Championships. Mendin crossed the line in a personal-best time of 1:21.61, narrowly edging the second-place finisher by just .14 seconds.

VCSU finished first and second in the men's mile as Dylan Olson took home the conference title in a time of 4:32.20, edging teammate Dennis Gonzalez by six seconds.

The Viking men also won the 4x800 relay, defeating Dakota State by 3.5 seconds. The VCSU team of Orin Rambow, Spencer Mattheis, Harley Knodel and Daniel Machado completed the race in time of 8:23.91 to win the conference title.

In the men's weight throw, Viking junior Garret Roemmich entered the championships seeded fourth but came away with the title after recording a personal-best throw by more than two feet. Roemmich won the title with his last throw in finals, unleashing a toss of 15.38 meters (50 feet, 5.5 inches) to pass three throwers from Dakota State University.

On the women's side, Vikings Allyssa Weitkum and Grace Miller both won conference titles in the distance events. Weitkum took first in the mile run with a time of 5:34.96, edging Dickinson State's Emily Kuehn by less than a second. Miller beat the field in the women's 5,000 meter run, recording a time of 19:09.58. Her time was almost a minute better than her season-best time.

Other All-Conference performances by the Viking women included Weitkum placing second in the 800 meters, Selina Brown and Marilyn Quintero finishing second and third in the weight throw, and the 4x800 relay team of Tanya Campos, Lauren Roscoe, Kristina Fricke and Julianne Wilson placing second.

On the men's side, Mendin added a second-place finish in the 800 meters, and Dylan Olson placed second in the 3,000 meters. Dennis Gonzalez had three All-Conference showings as he placed second in the mile run and third in both the 3,000 and 5,000 meter runs.

In the men's field events, Casey Engelhard placed second in the triple jump, and Zachary Co took third in the shot put to earn All-Conference.



Garret Roemmich

Quick hits: A brief look at the 2019 spring season

Valley City State to host NSAA baseball, softball championships

Valley City State University has been named the host for the 2019 North Star Athletic Association baseball and softball championships, to be played in Valley City in early May.

The NSAA Softball Championship, scheduled for May 2-5, is an eight-team double-elimination tournament. The NSAA Baseball Championship will run May 3-6 as a six-team double elimination tournament. The winner of each tournament secures the conference's automatic bid to the NAIA National Championship Opening Round.

VCSU has hosted the NSAA Baseball Championship for the past three seasons, but this is the first time in several years that the Vikings are hosting the Softball Championship.

VCSU softball ranked No. 8 in national poll

A record start has led to a record national ranking for the Valley City State University softball team.

The Vikings were ranked No. 8 in the nation with the release of the NAIA Softball Top 25 Coaches' Poll on April 9. It is the highest national ranking in program history.

VCSU started the season with a school-record 15 straight wins and had a 34-3 overall record — and at .918, the fourth-best winning percentage in the nation — through April 15.

Through those 37 games, the Vikings outscored their opponents 260-79, averaging seven runs per game while allowing two.

VCSU baseball off to 13-14 start

The Viking baseball team has posted a 13-14 overall record through April 15. Like most area baseball teams, the Vikings have seen numerous schedule changes as they worked to find playable field conditions during a challenging spring. A long week of snow removal at Charlie Brown Field allowed VCSU to host home games on April 6-7. A highlight of that weekend included a 2-1 victory over conference leader Bellevue University. VCSU followed that up with a four-game sweep of Viterbo a week later.

Viking track with five national qualifiers

Through the first month of the outdoor track and field season, the Vikings already have five qualifiers for the NAIA National Championships May 23-25 in Gulf Shores, Ala. Kyle Odegard and Garret Roemmich both qualified for nationals in men's javelin, while Dennis Gonzalez, Dylan Olson and Grace Miller have all qualified in the marathon.

Spring schedules in flux

With record snow in February, two big winter storms in early March, and another in early April, the spring schedule for all sports has been in constant flux. VCSU coaches and administration are making changes wherever



Emily Smith

possible to move regular season games and events to playable locations. The VCSU softball team has played several home games on the football turf, while the Viking baseball team put in a long week of snow removal in order to host games on their field in early April.

Postseason dates will likely not be affected by the harsh winter and spring. VCSU golf is scheduled to play the NSAA Championship April 29-30 in Bellevue, Neb., while VCSU track and field's postseason starts with the NSAA Championship on May 9-10 in Dickinson, N.D. Valley City State will host the NSAA Softball Championship from May 2-5 and will also host the NSAA Baseball Championship from May 3-6.

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2019 Viking Athletic Hall of Fame inductees announced

Valley City State University will induct five individuals and six teams into the Viking Athletic Hall of Fame this year.

This year's individual inductees are Donna Bader '83, Mike Jewett, Mark Nordeen '76, Dave Olson '79, and Amy Ottinger '83. Teams to be inducted include the 1971-72 and 1972-73 women's basketball teams, the 1974-75 and 1975-76 men's basketball teams, and the 1980-81 and 1981-82 gymnastics teams.

All individuals, coaches and team members are invited back for the Hall of Fame Induction Ceremony, to be held Friday, Sept. 27, during VCSU's Homecoming Weekend.

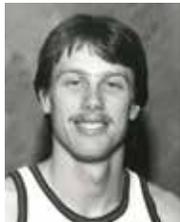


Donna Bader

DONNA BADER '83
Emerado, N.D.
Gymnastics • 1979-83

Donna Bader won two individual state championships and competed at the NAIA National Meet three times during her gymnastics career at Valley City State. Bader helped the

Vikings to sixth-place team finishes at nationals in 1981 and 1982 — the first two times the program had qualified for nationals — and then qualified to compete in the NAIA individual all-around during her senior season in 1983. Bader's best individual national finish came in 1982 when she placed 10th in balance beam. As a senior in 1983, Bader won state titles in both the balance beam and uneven bars. She was named Team Most Valuable in both 1982 and 1983.

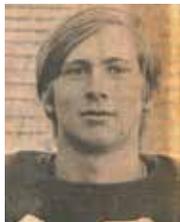


Mike Jewett

MIKE JEWETT
Valley City, N.D.
Men's Basketball
1982-86

Jewett was a three-time All-Conference selection for the Valley City State men's basketball team in the mid-1980s. Jewett averaged double figure

points each of his four seasons and is currently ranked 14th all-time with 1,206 career points and seventh all-time with 687 career rebounds. Jewett helped the 1983-84 team to the NDCAC Championship while being named 1st Team All-Conference, All-District 12 and Team MVP. He was also named All-Conference in 1984-85 and 1985-86.

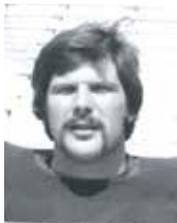


Mark Nordeen

MARK NORDEEN '76
Valley City, N.D.
Football/Baseball
1971-75

A native of Valley City, Mark Nordeen was a two-sport standout at Valley City State, earning All-Conference as a football

quarterback and baseball pitcher. As the Vikings' starting quarterback, Nordeen was named All-Conference in 1972, 1973 and 1974. During his sophomore season in 1972, Nordeen was also named All-District 12 as he helped the Vikings to a NDCAC Championship. On the baseball diamond, Nordeen played three seasons and was named All-Conference as a sophomore in 1973. During the 1974 baseball season, Nordeen posted a 3.09 ERA in 43 innings pitched.



Dave Olson

DAVE OLSON '79
Valley City, N.D.
Football • 1974-77

Valley City native Dave Olson was a force on VCSU's offensive line as he helped the Vikings win back-to-back conference championships in 1976 and 1977.

Olson was named Honorable Mention All-Conference during his junior season in 1976, helping the Vikings go 6-0 in conference play and advance to the four-team NAIA Playoffs for the first time in program history. As a senior in 1977, Olson and the Vikings went 9-0 overall and 6-0 in conference play. He was named All-Conference, All-District and Honorable Mention All-American. The 1977 team averaged 312 rushing yards per game and 5.6 yards per carry behind Olson and the offensive line.



Amy Ottinger

AMY OTTINGER '83
Jamestown, N.D.
Gymnastics • 1979-83

Amy Ottinger won an individual state championship and qualified for the NAIA National Meet three times as a Valley City State gymnast. Ottinger is the only gymnast in school

history to twice make the national finals. She helped the VCSU team to sixth-place finishes at nationals in 1981 and 1982, and then qualified to compete in the NAIA individual all-around during her senior season in 1983. Her best national finish came in 1982 when she made the finals and placed eighth in vault. She also qualified for the finals of floor routine in 1981, placing 13th in the nation. Ottinger won a state championship in floor exercise as a senior in 1983.

1971-72 AND 1972-73
WOMEN'S BASKETBALL TEAMS

The 1971-72 and 1972-73 women's basketball teams — coached by Marie Dunlop — helped pioneer the success of women's intercollegiate athletics at Valley City State as they won back-to-back state championships and advanced to the Region VI Tournament in Missouri both seasons.

The 1971-72 team was 6-1 during the regular season, suffering its only loss to North Dakota State. Valley City State avenged that loss with a 50-25 win over NDSU at the State Tournament, and then defeated Mayville State 42-39 in the state title game. The team advanced to the Region VI Tournament in Springfield, Mo., where they faced much larger schools, losing games to Midland College (Neb.), Kansas State and Wayne State. Valley City State finished with an 8-4 record. Ann Grooters led the V-Queens that season by averaging 23.4 points per game.



The 1972-73 women's basketball team won state and conference championships before advancing to the Region VI Tournament for the second straight season. Valley City State defeated Minot State to win the State Tournament, and then beat UND, Minnesota-Morris and Moorhead State to win the Minn-Kota Conference Tournament. It was Valley City's first year as a member of the Minn-Kota Conference. The team finished with an 8-6 overall record. Ann Grooters led the V-Queens in scoring at 19.8 points per game.



1974-75 AND 1975-76
MEN'S BASKETBALL TEAMS

The 1974-75 and 1975-76 men's basketball teams won back-to-back conference championships under head coach Gerry Kringlie, dominating play in the NDCAC with a 19-5 conference record over the two-year stretch.

The 1974-75 team started the season slow in non-conference play, but stormed through the NDCAC with a 10-2 conference record, including two wins over rival Jamestown College. The Vikings ended their season with a 13-11 record after losing to Northern State in the NAIA District 12 Playoffs. Doyle Plecity and Tim Jacobson were named All-Conference, and Plecity was also named All-District 12. Valley City State senior Rich Rogers was named the NDCAC Most Valuable Senior.



The 1975-76 team picked up where they left off the year before, rolling to a 19-6 overall record and a 9-3 mark in the NDCAC. The Vikings were NDCAC Co-Champions with Jamestown College, but defeated the Jimmies 76-74 in a playoff game to advance to the NAIA District 12 Tournament. The Vikings defeated Mary College in the first round at District 12 before losing in the title game against Eastern Montana. Doyle Plecity was named All-Conference and All-District, and Tim Jacobson and Jay Buhr were both named All-Conference.



1980-81 AND 1981-82 GYMNASTICS TEAMS

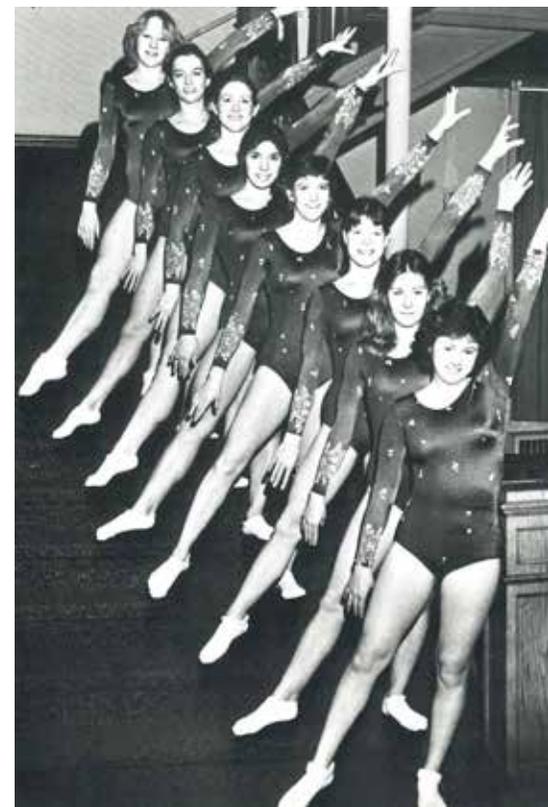
The 1980-81 and 1981-82 Valley City State gymnastics teams were the first national qualifying teams in program history and both placed sixth at the NAIA National Meet under the direction of head coach Terry (Anderson) Corwin.

The 1980-81 team won five different meets during the season, including the NDSU Invitational against four other schools. Valley City State placed second at the NDAIAW Championships and qualified for nationals. The team placed sixth at nationals and both General Reed and Amy Ottingers qualified for the floor routine finals, placing 12th and 13th respectively. Ann Rehak was named Team Most Valuable.



The 1981-82 team won four meets during the season and had a season-high score of 119.45 to place second at the North Dakota State Championships. The team placed sixth at nationals and three members qualified for event

finals at nationals. Laurice Royer placed fourth in vault at nationals; Amy Ottinger was eighth in vault; and Donna Bader placed 10th in balance beam. Donna Bader was named Team Most Valuable.



2019

VIKING SCRAMBLE Golf Tournament

SATURDAY, JUNE 8

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4-PERSON SCRAMBLE

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\$90/person, \$360/team (includes golf, meal,
mulligans and participation gift, door prizes and hole prizes)



TO REGISTER:
vcsuvikings.com/scramble

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Jill DeVries 701-845-7160



Although the history of Valley City State women's athletics dates back to the early 1900s, the 2018-19 season marks the 50th season of continuous intercollegiate women's athletics on the VCSU campus. Valley City fielded intercollegiate teams in women's basketball and softball during the 1969-70 school year and has been doing so ever since.

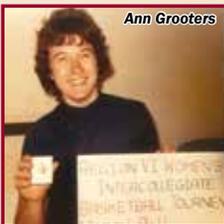
Today, VCSU competes in women's basketball, softball, volleyball, cross country, track and field, and golf. VCSU also fielded teams in gymnastics and tennis during the 1970s and '80s. Currently, 29 former female athletes and coaches have been inducted into the Viking Hall of Fame, along with 10 female teams.

1969-1974



1969-70 Basketball

- In the 1969-70 school year, the women's basketball team becomes the first women's intercollegiate team at VCSC in the modern era. The team, coached by Marie Dunlop, finishes with an 0-4 record. Just one year later the team posts a 9-1 record, led by freshman Ann Grooters who averages 22 points per game.
- In the spring of 1970, the first Valley City intercollegiate softball team plays three games, finishing with a 2-1 record. The team is coached by Marie Dunlop.
- In 1970, the first women's volleyball team at Valley City State – coached by Alice Allmaras – competes and finishes with a record of 6-4.
- Valley City State College joins the Minn-Kota Conference in April of 1972. Other member schools include UND, NDSU, Concordia-Moorhead, Moorhead State, Bemidji State, Mayville State and Minnesota-Morris.
- Led by the play of Ann Grooters, the Valley City State women's basketball team wins back-to-back



Ann Grooters

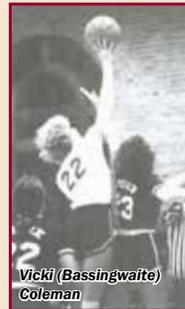
state championships in 1972 and 1973 and advances to regional tournaments both years.



Charlene Streyle, Alice Benkendorf, Ann Grooters, Joleen Haugen, DiAnne Love

1975-1978

- The track and field team coached by Professor Terry Anderson has four athletes place in the 1976 regional meet: Vicki Bassingwaite, Lou Ann Claymore, Lucy Challey and Pam Nagel.
- Terry (Anderson) Corwin coaches the school's first competitive varsity gymnastics team in 1976. VCSC fields a gymnastics team through 1988-89, when the sport is dropped by the NAAI.
- Professor Linda Roberts takes over the women's basketball team in 1978-79. The team goes 15-8 and wins the Minn-Kota Conference. Senior Vicki (Bassingwaite) Coleman is named All-Conference for the fourth consecutive year and becomes the school's all-time leading scorer with 1,444 points.



Vicki (Bassingwaite) Coleman

1979-1983

- Professor Ann Koller's volleyball team compiles a 21-12 record in 1979, wins the program's first Minn-Kota Conference



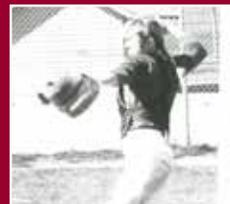
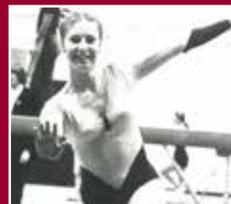
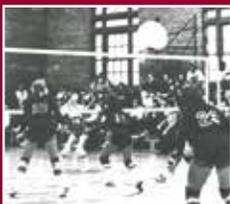
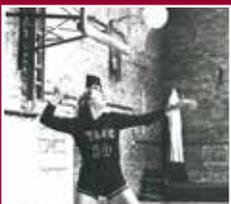
1979 Volleyball

Championship and places second in the state. It is the first of four straight conference championships by the volleyball team.

- The Women's Athletic Conference of North Dakota (WACND) is established in 1979. Charter members are Valley City State College, Mayville State College, Mary College, Jamestown College and Dickinson State College.
- Also in 1979, Koller organizes and coaches the first women's golf team at VCSC.
- Basketball wins the WACND title in 1979-80 by going 9-1 in conference play. The team finishes with a 16-9 overall record, setting the school record for most wins in a season.
- The Viking tennis team wins the only conference championship in program history, taking home the NDAIAW State Title in 1980.

VCSU Softball Pitching History

Perfect Game	
Rhonda Denbow	1988
Karalea Morris	2006
Krystal Hathaway	2007
No-Hitter	
Sue Nielsen	1980
Charlene Griffin	1981
Charlene Griffin	1983
Rhonda Denbow	1988
Alana Purvis	2005
Karalea Morris	2006
Karalea Morris	2006
Alana Purvis	2006
Alana Purvis	2006
Krystal Hathaway	2008
Karissa Etter	2008
Emma Nelson	2012
Kathleen Gallais	2017



OF WOMEN'S INTERCOLLEGIATE ATHLETICS AT VALLEY CITY STATE UNIVERSITY



- In 1980, Sue Nielsen pitches the softball team's first no-hitter in school history. The team, coached by Linda Roberts, wins the state title and conference championship, starting a run of 10 conference titles in 11 seasons.
- In 1980, the NAIA adds national championships in women's sports.
- Volleyball repeats as conference champions in 1980 and also wins NAIA District 12 title.
- The 1981 basketball team wins its third straight conference championship.
- The 1981 softball team wins its second straight conference championship and advances to regional tournament in Waverly, Iowa.
- The 1981 volleyball team, coached by Diane Burr, posts a 20-13 overall record and wins WACND and NAIA District 12 titles.
- The 1981-82 gymnastics team has individual places in every event at state. The team placed sixth at the NAIA National Meet in both 1981 and 1982. During the 1982-83 season, both Donna Bader and Amy Ottinger win individual state championships for VCSC.



1982 Gymnastics



1982 Softball

- The 1982 softball team puts together the best finish in program history, placing seventh at the NAIA National Tournament in Kearney, Neb. The team finishes with a 20-10 record and wins the NAIA State and District 12 championships.
- The 1982 volleyball team completes a run of four straight conference championships, posting a 16-11 record and winning the WACND Championship.



Brenda Hubrig

- The 1983 softball team posts its second consecutive 20-win season, finishing with a 20-6 record. The six losses is still the fewest in program history. The team wins conference, state and District 12 titles. Linda Roberts

repeats as Coach of the Year. Brenda Hubrig was named the first NAIA All-American in team history.

- In 1983, Charlene Griffin finishes one of the most successful careers in Viking history. The multi-sport athlete was named All-Conference and All-District multiple times in both softball and volleyball. She pitched every game during the 1983 softball season, finishing with 20 wins and a 1.34 ERA. Griffin still holds VCSU career records for wins (50) and ERA (est. 1.73), and won six total conference titles at Valley City.



Charlene Griffin



Linda Roberts

- In 1983, Linda Roberts is named coordinator of women's athletics at VCSC, a position she would hold until resigning in 1990. As a coach at VCSC from 1978-90, Roberts' teams won 13 conference championships, including three in basketball (158-126 record) and 10 in softball (164-113 record). Her softball teams also won four NAIA District 12 titles.

- In 1983, Melissa Hagel earns the first ever All-American honor for the women's track and field program, placing sixth in javelin at the NAIA National Championships. The team places third of 11 teams at the District 12 meet hosted at Lokken Field in Valley City.



Melissa Hagel

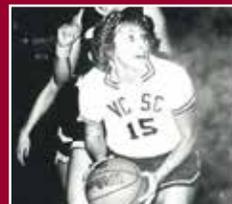
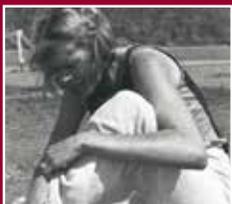
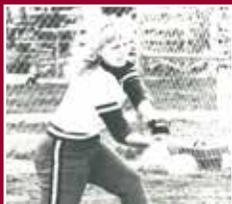
VCSU Hall of Fame

Individuals

- Ann (Grooters) Peterson
- Barb (Woken) Kraft
- Brenda (Hubrig) Radloff
- Charlene (Stromsodt) Stenson
- Charlene Griffin
- Charlotte Graichen
- Danielle (Olson) Perich
- Diane Burr
- Elinor (Lovaas) Olson
- Jackie (Bisson) Lusk
- Jennifer (Bennett) Conlon
- Jody (Schwab) Johnson
- Kathy (Mans) Nielsen
- Kelley Utt
- Kelli (Geurtz) Heiser
- Kelly (Hagerty) Keidel
- Laurie Zacher
- Linda Roberts
- Lori (Johnson) Pederson
- Melissa Hagel
- Rhonda (Harvala) Fode
- Rhonda Denbow
- Sally Tillema
- Scheryl (Kottsick) Bjorndahl
- Shauna (Cochrane) Thompson
- Shelley Cockerill
- Terry Corwin
- Tracy (Baily) McGillis
- Vicki (Bassingwaite) Coleman
- Wanda Schwab

Teams

- 1980 Volleyball Team
- 1981 Volleyball Team
- 1982 Softball Team
- 1984-85 Gymnastics Team
- 1988 Volleyball Team
- 1988 Softball Team
- 1989 Softball Team
- 1990-91 Basketball Team
- 1993 Volleyball Team
- 1996 Volleyball Team



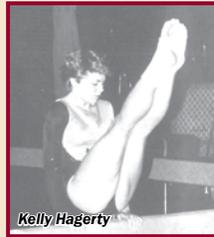
1984-1989



- The 1984 and 1985 tennis teams both place second in the District 12 Tournament. The Vikings are coached by Sharon McCarriar.
- The 1984 softball team wins the first WACND-sponsored conference championship. It is the fifth straight conference title for the Viking softball program.
- The 1984-85 gymnastics team places 10th at the NAIA National Meet and sets a new school record with a score of 125.35.
- The 1986 and 1987 cross country teams, coached by Dave Bass, both place third at the WACND Championships. The 1986 team takes sixth at the NAIA District 12 Meet before the 1987 team improves to a fourth-place finish at District 12.
- In track and field, the Vikings break five different school records at the WACND Meet. Rhonda Harvala sets a new school record in the triple jump and all four relay teams set new school records.
- The 1986 softball teams win the WACND Championship and the District 12 Championship. It is the start of another run of five consecutive conference championships for Viking Softball. Five players are named All-District, including the third straight All-District honor for Melissa Hagel.



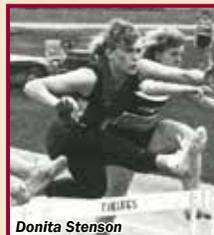
- The 1986-87 gymnastics team places 11th at nationals. One year later, the 1987-88 gymnastics team places ninth at the final NAIA National Meet. The sport was discontinued as an NAIA-sponsored sport in 1988.



- Linda Roberts coaches her 100th victory in softball during the 1987 season as the Vikings win their second straight conference title and the seventh in eight seasons.
- The 1987 volleyball team wins the conference and sub-district championships, finishing with a record of 20-15. Head coach Diane Burr is named WACND Coach of the Year.



- Rhonda Denbow leads the 1988 softball team to a school-record 21 wins, a conference title and a district title. Denbow posts a 20-5 record as a pitcher during the season and sets the current school record with a 1.145 ERA. She throws a no-hitter and the school's first perfect game. The team goes 10-0 in conference play and also wins an international contest, traveling to Strathclaira, Manitoba, to play and defeat the Shoal Lake Stars by a score of 10-1.
- The track and field team sets several school records during the 1988 season, including three that still stand today. Donita Stenson's record time of



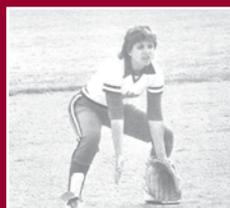
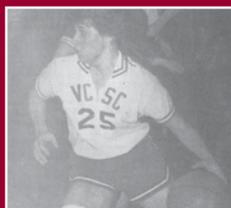
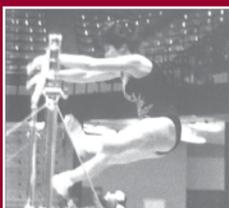
26.19 in the 200 meters has stood for 30 years, as well as the 4x400 relay record of 4:12.76 and the 4x800 record of 10:06.90, also set in 1988. The 4x400 team consisted of Kristi Winkels, Chris O'Connor, Julie Laite and Jodie Laite. The 4x800 team was made up of Winkels, O'Connor, Lori Gray and Laurie Zacher.



- The 1988 volleyball team, coached by Diane Burr, puts together one of the top seasons in school history, winning a school-record 33 matches en route to a 33-7 overall record and their second straight conference and sub-district championships. Rhonda Denbow is named the conference's Most Valuable Graduating Senior.
- The Viking basketball team wins a school-record 19 games during the 1988-89 season, finishing with a 19-7 overall record. Freshman Wanda Schwab scores in double figures for 24 straight games and finishes with 461 points in the season.



- Valley City State's gymnastics program competes in its final season in 1988-89 after the sport was dropped by the NAIA. Valley City competes against NCAA schools as an independent during its last year. Shantell Schuler sets school records in all-around and floor exercise, and the team has the highest season average in history with a 127.19.



OF WOMEN'S INTERCOLLEGIATE ATHLETICS AT VALLEY CITY STATE UNIVERSITY



- Kelley Utt and Laura Wagner both earn All-American honors in track and field during the 1989 season. Utt places third in the nation in javelin, while Wagner places fifth in the marathon at nationals. They are the second and third All-Americans in track and field history.
- The 1989 softball team begins its season with six games in Hawaii before going on to win conference and district titles.

1990-93

- Wanda Schwab and Kelley Utt both earn All-American honors in javelin during the 1990 track and field season. Schwab earns her first All-American honor with a fourth-place finish at nationals, while Utt is named All-American for the second straight season after placing sixth. Utt would go on to compete in Europe for the NAIA International Track and Field Team.



• At the end of the 1989-90 season, coach and professor Linda Roberts resigns after 12 years and 13 conference championships in basketball and softball. She finishes her career with coaching records of 164-113 in softball and 158-126 in basketball. Roberts goes out on top as her softball team wins the WACND

title for the 10th time in 11 years.

- In 1990, the WACND merges with the NDCAC to form one conference for both men's and women's sports.
- The 1991 tennis team, coached by Kay Kringlie, posts a 4-5 record and finishes second in the conference. The program would later be discontinued in 1993.
- Alan Olson takes over as coach of the women's basketball program in 1990. The Vikings go on to win back-to-back conference championships in 1990-91 and 1991-92. The 1990-91 team is the first women's basketball team inducted into the Viking Hall of Fame.



1991 Basketball

- Wanda Schwab completes her Viking career by earning All-American honors in both women's basketball and track and field during the 1991-92 season. Schwab becomes the school's all-time leading scorer (1,860 points) and rebounder (853) during her senior season, earning 2nd Team All-American, All-District 12 and the North Dakota College Female Athlete of the Year award. Schwab was a three-time All-American in the javelin, placing sixth in the nation in 1990, third in 1991 and fifth in 1992. She was also an All-Conference softball player for the Vikings.



Wanda Schwab

- Shauna Cochrane is named the conference's Most Valuable Graduating Senior after the 1993 softball season. A three-time All-Conference selection, Shauna had the unique opportunity to be teammates with both her sister, Dana, and mother, Judy, while on the Viking Softball team.



VCSU's Cochrane playing softball with daughters

- Viking volleyball wins the 1993 conference championship, posting an 8-2 record in conference play and a 19-16 overall record. It was the freshman season for Jackie Bisson, who was named All-Conference and would go on to post the most career kills in Viking history.

VCSU Volleyball Conference Most Valuable Seniors

Shelley Stevens	1986
Rhonda Denbow	1989
Kathy Mans	1991
Lori Wang	1992
Shelley Cockerill	1994
Jackie Bisson	1996
Scheryl Kottsick	2002
Heidi Larson	2009
Aurissa Martens	2013

VCSU All-Americans

Outdoor Track & Field

Melissa Hagel	1983
Kelley Utt	1989
Laura Wagner	1989
Wanda Schwab	1990
Kelley Utt	1990
Wanda Schwab	1991
Wanda Schwab	1992
Maureen Polischuk	1994
Danielle Olson	1998
Danielle Olson	1999
Seri Geisler	2016
Seri Geisler	2017
Megan Johnson	2018

Indoor Track & Field

Danielle Olson	1996
Danielle Olson	1997
Danielle Olson	1998
Danielle Olson	1999

Cross Country

Maureen Polischuk	1993
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Basketball

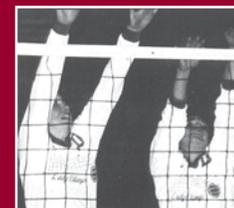
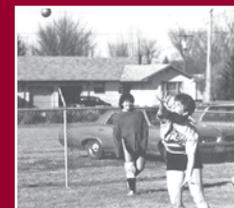
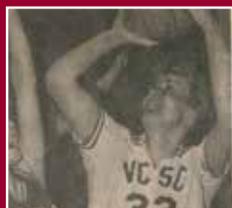
Wanda Schwab	91-92
Danielle Olson	97-98
Loni Hall	04-05
Mallory Undlin	06-07
Abby Rittenhouse	08-09
Amanda Brown	10-11
Brittany Lehner	13-14
Georgia Williams	14-15
Lexi Lennon	16-17
Lexi Lennon	17-18

Softball

Brenda Hubrig	1983
Karalea Morris	2006
Katie Cameron	2016
Cejay Hilhorst	2016

Volleyball

Jackie Bisson	1996
Heidi Larson	2008
Clarissa Olson	2017
Clarissa Olson	2018



1993-1996

- Maureen Polischuk earns All-American honors in both cross country and track and field during the 1993-94 season. Polischuk is the only All-American in VCSU women's cross country history.

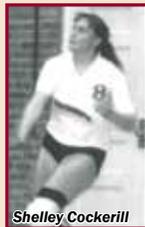


Maureen Polischuk

In track and field, she places third at the national meet in the 3,000 meters to earn All-American honors, and also adds a seventh-place finish in the 1,500.

- Viking basketball sets five new school records during the 1993-94 season, and the team finishes 17-9 overall and 8-2 in conference play. Ranelle Leier sets the school record for most assists in a season (156) – a record that still stands today. Leier and Lori Johnson are named All-Conference. It is the first of three straight All-Conference seasons for Johnson.

- Shelley Cockerill finishes her Viking volleyball career by being named the NDCAC Player of the Year and Most Valuable Graduating Senior in 1994. Cockerill earns All-Conference honors each of her four seasons on the court and ends her career as the school's all-time leader in kills and digs. Cockerill was also a four-time All-Conference selection on the softball diamond from 1992-95.



Shelley Cockerill



1996 Volleyball

- The 1996 Viking Volleyball team ties a school record with 33 wins as they capture the NDCAC championship for the second time in four years. Senior Jackie



Jackie Bisson

Bisson caps her Viking career by being named the NDCAC Most Valuable Graduating Senior and Honorable Mention All-American. Bisson was a four-time All-Conference selection from 1993-96. She still holds school records for career kills (1,965) and aces (251). Bisson is the sixth Viking to be named Conference Most Valuable Senior in 11 years.

1997-2002

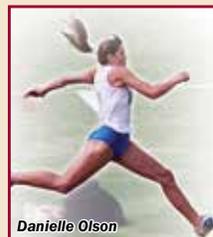
- Tracy Baily is named the NDCAC Softball Most Valuable Graduating Senior for the 1997 season. A three-time All-Conference pitcher, Baily helped the Vikings to a second-place finish in the NDCAC as a senior.



Tracy Baily

- The 1998 volleyball team goes 25-14 overall, led by seniors and repeat All-Conference selections Kathy Remillard, Marnie Anderson and Carisa Ewanyshyn. It is the fourth straight season that the Vikings won 20 or more matches as they compiled a 101-53 record (36-12 in conference) from 1995-1998. Marnie Anderson finishes her career with the current school record of 475 blocks.

- Danielle (Olson) Perich completes the most decorated career in VCSU women's athletic history in 1999. Danielle earns seven total All-American honors at VCSU, including six in triple jump and one in basketball. Her most successful season comes in 1998 when she is named a basketball All-American, places fourth in the nation in indoor triple jump, second in outdoor triple jump and seventh in the heptathlon. Danielle still holds six different school



Danielle Olson

records to this day, including the top triple jump (40-8) and high jump (5-6) marks. In basketball, she scored more than 1,136 career points and ranks 7th all-time with 577 career rebounds.

- Jill DeVries is hired as head women's basketball coach for the 1999-00 season. She would coach the Vikings for all but one season from 1999-2017, stepping away after the 2016-17 season to become the Valley City State athletic director.
- The NDCAC conference is dissolved in 2000. Valley City State joins the DAC-10 starting with the 2001 season.
- Molly Anderson breaks several school records during her two-year basketball career at VCSU from 2000-2002. Anderson finishes with 1,029 points in two seasons. She still holds school records for most 3-pointers made in a season (91), and most points scored in a season (536).
- In 2002, Erin Maitland becomes one of only a few Vikings to earn four straight All-Conference selections on the softball diamond. Maitland helps the Vikings to winning records in each of her last three seasons, including a 44-31 record as a junior and senior.
- Scheryl Kottsick is named the NDCAC Most Valuable Graduating Senior during the 2002 volleyball season. Kottsick, a four-time All-Conference selection for the Vikings, ranks fourth all-time with 1,421 kills and second all-time with 1,795 digs.



Molly Anderson



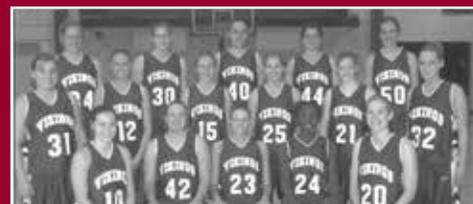
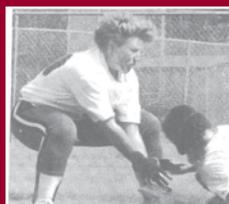
Scheryl Kottsick

2003-2009



Diane Burr

- Volleyball coach Diane Burr retires after the 2003 season. Burr finishes her 22-year career as the all-time winningest coach in program history, compiling a 372-335 record and six conference



OF WOMEN'S INTERCOLLEGIATE ATHLETICS AT VALLEY CITY STATE UNIVERSITY



championships. Burr also coached softball for several seasons.

- The Valley City State University basketball team defeats the nation's top-ranked team, University of Mary, on Feb. 6, 2004. Janae Larson scores a basket in the final seconds for the 62-60 upset victory. The Vikings would defeat four nationally ranked teams that year and finished with a 13-16 record. Freshman Loni Hall was named the DAC10 Freshman of the Year, while Jessica James was named All-Conference for the second straight year.
- The track and field programs at Valley City State University are discontinued in 2004. The programs would later be reinstated in 2010.



Janae Larson

and a spot at the national tournament. The Vikings go 1-3 at the national tournament in Decatur, Ala. Jackie O'Neill finishes the season with a school-record 49 stolen bases, and Kelli Unrein hits a record 15 home runs. Pitcher Karalea Morris sets school records for wins (22) and strikeouts (340). Morris is named All-American, All-Region and Region III Tournament MVP.

- The 2006-07 basketball team goes 18-11, winning the second-most games in program history. The team wins nine straight games early in the season and finishes second in the DAC standings with an 8-6 conference record. The Vikings set eight team records and 11 individual records. Jessica Tykwinski is named DAC Freshman of the Year, while Loni Hall and Mallory Undlin are named All-Conference.



Loni Hall

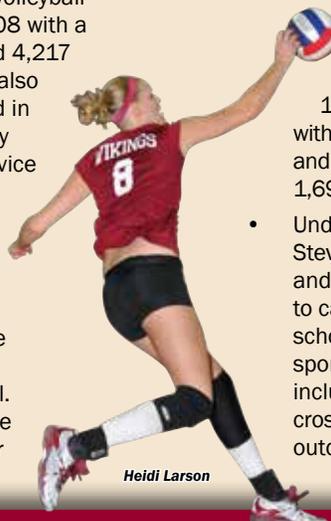
- Loni Hall finishes her basketball career in 2007 with 1,626 career points and breaks Wanda Schwab's school record for career rebounds (855). Hall still holds the school record for rebounds and is second in career scoring. She was named an All-American in 2005 and was selected All-Conference in each of her four seasons.



Megan Floerke

- Setter Megan Floerke finishes her volleyball career in 2008 with a school-record 4,217 assists. She also ranks second in school history with 245 service aces in her career.

- Viking volleyball senior hitter Heidi Larson is named 1st Team All-American in 2009, becoming just the second Viking to earn All-American in volleyball. Larson is also named the Northwest Region Player



Heidi Larson

VCSU Conference Champions

Basketball	1972-73
Basketball	1978-79
Basketball	1979-80
Basketball	1980-81
Basketball	1990-91
Basketball	1991-92
Softball	1980
Softball	1981
Softball	1982
Softball	1983
Softball	1984
Softball	1986
Softball	1987
Softball	1988
Softball	1989
Softball	1990
Softball	2014
Tennis	1980
Volleyball	1979
Volleyball	1980
Volleyball	1981
Volleyball	1982
Volleyball	1987
Volleyball	1988
Volleyball	1993
Volleyball	1996



2006 Softball

- The 2006 Viking softball team qualifies for the national tournament for just the second time in program history. The Vikings finish with a 36-19 overall record, setting the school record for wins and numerous other school records. After starting the season 15-2, the Vikings struggle in conference play with a 4-12 record. VCSU advances to the conference tournament championship, losing to Dickinson State but qualifying for the Region III Tournament. VCSU wins all four games at the Region III Tournament and defeats Dickinson State twice to earn the region title



Karalea Morris

of the Year, 1st Team All-Conference, and Conference Most Valuable Senior after helping the Vikings to a 13-16 record. Larson finishes her career with four 1st Team All-Conference selections and ranks second all-time at VCSU with 1,698 career kills.

- Under the direction of VCSU President Steve Shirley, the sports of golf, track and field, and cross country all return to campus during the 2009 and 2010 school years. VCSU goes from fielding six sports teams to the 14 current teams, including women's sports of volleyball, cross country, golf, basketball, indoor and outdoor track and field, and softball.





VALLEY CITY
STATE UNIVERSITY

50 YEARS



2011 Basketball

- The Viking basketball team qualifies for the first national tournament in program history after winning the DAC Tournament during the 2010-11 season. VCSU defeats rival Jamestown in the tournament championship in Valley City, 74-69. Valley City State finishes the season with a school record 23 wins and goes 23-9 overall. The Vikings lose to Sterling (Kan.) in the first round of the national tournament. Amanda Brown and Caitlyn Wojahn are named All-Conference, and Brown is named All-American.



Amanda Brown

2010-2014

- The Viking softball team goes 21-19 overall and 12-5 in conference play during the 2011 season, finishing third in the final year of the Dakota Athletic Conference. Paige Smith is named the DAC Player of the Year, and Chad Slyter is named DAC Coach of the Year.
- The DAC conference dissolves after the 2010-11 season. The Vikings will compete as an independent institution for two years before becoming a charter member of their current conference, the North Star Athletic Association, for the 2013-14 season.
- The Viking track and field programs are reinstated for the 2010-11 season. In the second year back, Amber Volanti qualifies for nationals in javelin and places eighth at the 2012 national championships.
- Playing as an independent institution, the Viking basketball team qualifies for its second and third straight national



Paige Smith

tournaments in 2011-12 and 2012-13. The latter team sets a school record with 24 wins, going 24-8 overall. Brittany Lehner and Katie Ralston are named All-Conference (A.I.I.). Lehner will finish her career in the 2013-14 season with 1,390 career points, ranking fifth in Viking history.



Katie Ralston

- In 2013, VCSU volleyball middle Aurissa Martens is named the North Star Athletic Association Most Valuable Graduating Senior. She is the ninth Viking to earn that honor in VCSU volleyball program history.



Aurissa Martens

- Elle Fracker takes over as head coach and guides the 2014 softball team to its first conference championship since 1990. The Vikings go 22-21 overall and 10-2 in conference play to win the first North Star Athletic Association title. Brittany Lehner is named the Conference's Player of the Year, wrapping up a decorated multi-sport career in basketball and softball.



Brittany Lehner

2015-2019

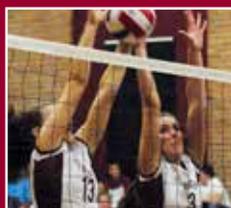


Alexandra Cardenas and Jenna Coghlan

- Runners Jenna Coghlan and Alexandra Cardenas both qualify for the NAIA Cross Country National Championships in 2015, becoming the first Vikings to do so since Christine Munn in 1994.
- Michael Mook is named head softball coach prior to the 2016 season. The Vikings win a school-record 40 games in 2016, and place second in the conference with a 17-5 record. The team sets 13 different school records, including season hits (82) by Katie Cameron and season RBIs (58) by Cejay Hilhorst. Both Cameron and Hilhorst are named 2nd Team All-Americans.
- Track and field athlete Seri Geisler becomes the first female national champion in school history as she wins the NAIA javelin title



Cejay Hilhorst



OF WOMEN'S INTERCOLLEGIATE ATHLETICS AT VALLEY CITY STATE UNIVERSITY



Seri Geisler

in 2016. Geisler makes it back-to-back national championships, winning the 2017 national title with a school-record throw of 52.68 meters (172 feet, 10.25 inches). Under head coach Chris Johnson, the Viking track and field program grows its rosters and finds strong success from 2016-18. Along with Geisler's two national titles, the Vikings have several other national qualifiers and set numerous school records. Megan Johnson places 7th and is named All-American in triple jump in 2018.



- Golfer Nicole Heinritz is named All-Conference in 2017, becoming the first Viking to earn that honor since the program was reinstated in 2009.
- Head coach Adam Longmore and the Viking volleyball team post a 15-13 record in 2017, the program's first winning record since 2006. Middle Clarissa Olson becomes a two-time All-American in 2017 and 2018, and finishes her career with school records for career hitting percentage (.320) and single-season hitting percentage (.346).
- The 2016-17 basketball season is Jill DeVries's final season as head coach. The team goes 24-9 and qualifies for its fourth national tournament in seven years. Lexi Lennon and Georgia Williams are named All-Conference, and Lennon earns



Clarissa Olson

All-American honors. DeVries finishes her career as the all-time winningest coach in program history, guiding the Vikings to a 283-258 record. The Vikings post winning records in each of her last eight seasons, going 164-85 over that stretch and advancing to four national tournaments.



Jill DeVries

- Grace Miller is a back-to-back national qualifier



Grace Miller

in cross country in 2017 and 2018, and is joined by teammate Allyssa Weitkum at nationals in 2018. The 2018 cross country team takes second in the North Star Athletic Association, the highest finish since the program was reinstated.

- Vanessa Keeler-Johnson is named head basketball coach for the 2017-18 season. The Vikings start the season 10-0 and go on to win a school-record 25 games, finishing 25-5 overall and 13-3 in conference play. Valley City State defeats rival Jamestown in the NSAA Tournament Championship, 63-57, to advance to the NAIA National Tournament for the second straight season. VCSU loses to the University of St. Francis in the first round of nationals.



Lexi Lennon

Senior guard Lexi Lennon is named All-American for the second straight season and finishes her career with 1,519 career points – third-best in school history.

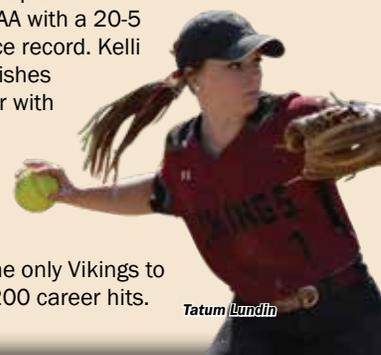


2017-18 Basketball



Kelli Moore

- The 2018 softball team is ranked No. 25 in the nation in the final regular season Top 25 Coaches' Poll. It is the first time the team has been nationally ranked since the current poll format started in 2000. VCSU finishes the season 39-12 overall and places second in the NSAA with a 20-5 conference record. Kelli Moore finishes her career with 217 hits, joining Cydni Figol (237 hits) as the only Vikings to surpass 200 career hits.



Tatum Lundin



Vikings On The Move

Evelyn (Johnson) McCracken, Standard '45, B.S. '69, age 95, lives in Washington. She is enjoying life and feels so blessed and thankful for good health and family.

Donald Frost '50 celebrated his 90th birthday in November 2018. He and his wife, Joanne, celebrated their 61st wedding anniversary in June 2018. In March 2019, Don was introduced as a past president of ASCD (Association for Supervision and Curriculum Development) at the annual conference in Chicago; he served as president 40 years ago (1978-79). Don still golfs and participates in league bowling.

Howard Opegard '50 celebrated his 92nd birthday in December, 68 years after graduating from VCSU.

Ruth (Saar) McMillan '52 is still a farmer at heart so she returns to North Dakota each spring and summer. She was looking forward to attending the alumni social in Arizona and was disappointed when she had to miss it.

Joan (Ertelt) Olson '56 lives in Webster City, Iowa, and spends her winters in Naples, Fla.

Marilyn (Lunneborg) Wornor '65 and her husband, Mike, moved to Fargo two years ago after living in Mayville, N.D., for 30 years. They enjoy meeting other VCSU graduates at Retired Teachers, AARP and other functions. Go Vikings!



Samantha Logan '06 and Tate Johnston were married September 29, 2018. The couple resides in Jamestown, N.D.

Tom McCarty '66 and his wife, Connie, each taught for 40 years. Tom taught science in grades 7-12 and coached track and cross country. Connie died in March 2018 due to complication of ALS.

Robert Powell '68 moved back to Fargo after living for over 30 years in Wyoming. He is working part-time at Sanford Medical Center Fargo and substitute teaching.

Linda (Sowden) '67 and **Luther Skogen '68** have been retired for 10 years. They spend their summers in Valley City and winters in Mesa, Ariz. They greatly enjoy watching their twin granddaughters, age 12, play tennis and basketball. Luther and Linda are excited to see Valley City State doing well!

Jay Morgan '69 attended the 55th Annual North Dakota Suncoast Luncheon at the beautiful River Wilderness Golf & Country Club in Parrish, Fla., on February 16. The 75-degree temperature was a great bonus. Everyone attending received a bag of door prizes donated from VCSU, UND, NDSU and Bank Forward. Due to a massive traffic jam, the accordion music was cut short. Mert Johnsrud provided an update on the Bakken Oil Field. Please join us at the luncheon next year on February 15, 2020.

Craig Sturlaugson '70 resides in Coon Rapids, MN. His wife, Pamela (Stockland) '69, died in October 2018. They enjoyed 49 years of marriage.

Connie (Schmidt) '72 and **Dave Challey '71**, both retired, live on Lake Elsie near Hankinson, N.D. They live near fellow VCSU alumni **Cyndi (Levi) '77** and **Bruce Stein '76**, and **Gisela (Kohn) '71** and **Al Cruchet '71**. Dave says he has finally taught Al how to fish, but Bruce, not so much. They are great neighbors from their college days.

Jan (Hins) '72 and **Bill Mimnaugh '72** are both recently retired. Jan retired after 45 years of teaching in Breckenridge, Minn., while Bill retired as the coordinator of Migrant Summer School after 45 summers. They contribute their longevity to the training they received at VCSU from 1968-72.

Sue (Holmes) German '73 and her husband, Chuck, are enjoying their retirement spending time with their large extended family, volunteering and touring around the United States in the fall and winter. Sue is a retired band director from Oakes, N.D., and enjoys substitute teaching and judging contests. Flower gardening at home and the lake are fun hobbies of hers. Sue and Chuck spend lots of time in the summer at their lake home at Elm Lake.

Verna Moos '73 retired in 2014 and moved from Texas to North Dakota. She has since gone back to work for Alpha Opportunities of Jamestown.

Jean Piper-Burton '73 retired and moved to Texas.

Kaye (Haugen) Omdahl '77 and her husband, Neil, are still living in Rogers, N.D. Neil works at Central Business Systems, Inc., in Jamestown, and Kaye babysits their 3-year old granddaughter. Kaye says they have been so blessed and are excited to welcome grandchild No. 6, a boy, in April!

Janis (Paulson) Wallender '77 and her husband, Brent, continue to enjoy retirement which brings opportunities to spend time with their daughters: Kelcey in Alaska, Karlee in Oregon and Kylie in North Dakota. They also enjoy two months in Arizona and their summers at their lake home in Beulah.

David Katzenmeyer '78 is going on his third year of retirement and still hasn't found anything he doesn't like about it. He and his wife, Laurie, have two boys still in high school. Their oldest, Nick, graduates in spring 2019, while Daniel will follow in 2020.

Diane (Winter) Graff '82 is continuing to enjoy and grow her wedding business. She had been anxiously awaiting the birth of her first grandchild, and the baby has now arrived.

Coleen (Ellefson) Asche '86 retired in 2018 after 32 years with the Grand Forks Public Schools. She taught math for 30 years and GED her last 2 years. Coleen said it was hard to say goodbye to her students, but she enjoys having the flexibility to travel to see her daughters, Holly (with Jake) in the Minneapolis area and Heidi in Kansas City, Mo., as well as other family members. Coleen stays busy with her Tupperware business, rentals and Airbnb.

Ellen (Musgrave) Berge '91 and her husband, Don, are happily retired and so glad that they haven't had to go out in the blizzards this past winter. They have two great-grandchildren and are expecting two more in May and August. Their family keeps growing, and Ellen and Don really love that. Ellen broke three bones in her foot while on her way to a friend's home to play cards New Year's Eve day. She is getting used to limping around in her boot and trying not to react when Don calls her Chester (from "Gunsmoke").

Brenda (Griffin) Matteson '93 moved back to the farm she grew up on in Tower City. Brenda works as a nurse at the Sheyenne Care Center in Valley City. She is married to Jay and has two girls, Lindsey and Ashlyn. Brenda is excited to be back in the area and close to family and friends again.

Jodi Renner '95 is still employed as a firefighter in the city of Alexandria, Va., and recently obtained National Registry Paramedic certification. Jodi married Laura McCarthy on Oct. 24, 2015, prior to her deployment in 2016. Currently a command sergeant major in the U.S. Army Reserve, she is preparing for another deployment in 2020.

Terra (Wagner) Engelhart '96 and her husband, James, celebrated 20 years of marriage in July 2018. Their oldest daughter, Tiffany, graduated from Ashley High School with honors. Their other two daughters, Allison and Jillian, are busy with school activities at Ashley Public School.

Tom Milbrandt '05 is in his second year teaching mathematics at Valley City Junior/Senior High and coaching junior high football. He had spent the previous 12 years at Maple Valley High School in Tower City, N.D. His wife, Amy, runs an at-home daycare. Their two girls are growing "way too fast" with Annabelle, age 9, in third grade, and Brynleigh, 5, ready for kindergarten next fall! Their home is even busier as they begin their 10th year of providing foster care for kids in need in both Cass and Barnes counties.



Eileen (Grieger) '09 and **Kyle Stewart '08** live in Fargo with their two children, Greyson, age 3, and Gage, 1. Eileen teaches special education at L.E. Berger Elementary in West Fargo, and Kyle works at Discovery Benefits in Fargo.

In Remembrance

Jean (Kirkoff) Carpenter '42, Jamestown, N.D.

Marie (Perius) Flynn '47, West Fargo, N.D.

Alice (Murie) Torgeson '47, Fargo, N.D.

Dolores (Furhman) Bullis '49, Fargo, N.D.

Helen (Brown) Ryder '50, Oak Harbor, Wash.

Barbara Ayala '52, McMinnville, Ore.

Donald Wright '57, Valley City

Virginia (Wittmeier) Dockter '59, Bismarck, N.D.

John Ostlie '60, Sun City, Ariz.

Kenneth Herman '64, Fargo, N.D.

Robert Messner '66, Binford, N.D.

Carol (Sondag) Tharaldson '67, Detroit Lakes, Minn.

Larry Stockmoe '69, Castle Rock, Colo.

Pamela (Stockeland) Sturlaugson '69, Coon Rapids, Minn.

Joyce (Nordahl) Poykko '71, Grand Forks, N.D.

Larry Spilde '71, Minot, N.D.

Donald Long '73, Heaton, N.D.

Larry Aberle '74, West Fargo, N.D.

James Juelke '74, Sauk Centre, Minn.

Arlene (Hustoft) Triebold '76, Devils Lake, N.D.

Eloise (Hoggarth) Klose '95, Bismarck, N.D.

Rachel (Koehn) Miller, M. Ed. '10, Raleigh, N.D.

Jewell Colville, Valley City

Charles Henley, Valley City

Peter Richman, Valley City

Riley Rogers, West Fargo, N.D.

Former Faculty & Staff

Hulda Pearce, Valley City

Loren Law '42 of Edina, Minn., died Dec. 30, 2018, at age 101. Born in Bordulac, N.D., in 1917, he earned his standard teaching degree in 1936 from Valley City State Teachers College and taught for several years before earning a bachelor's degree in business and instrumental music from VCSTC in 1942. That same year Law joined Northwest Airlines as a training director and worked with Northwest until 1953, with a two-year interruption for service in the Army Air Corps. He went on to leadership roles at Northwestern Refinery, serving as vice president of human resources from 1959-70. He and his wife, Arlene, formed Loren Law and Associates, a management consulting firm in 1970. Law served on the Richfield, Minn., city council from 1969-71 and as Richfield mayor from 1972-79. Law also served as president of the Valley City State University Alumni Association for two years. He retired in the late 1990s, and he and Arlene spent winters in West Palm Beach, Fla., and summers at their cabin in Annandale, Minn. Arlene died in 2010. Law is survived by four sons — Lanny, Larry, Loren and Greg Law — and their families.



HELP US LOCATE THESE LOST ALUMNI

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

2004

Tina Azure
Candie (Schroeder)
Hellwig
Harold Lang
Martina Miteva
Diana (Filler) Vetsch
Jamie Wutzke

2005

Terrance Allen
Amanda Hanson
Nicolle James
Natalie Koch
Taylor Lutzwick
Ivie Matthews
Bryce McLean
Jodi Renschler
Christina Richter
Sheila Sutherland
Tyrone Terry
Shaun Williams
Hilary Woods
Jessica (Dikoff) Young
Lisa (Christianson)
Zuther

2006

Man Chu
Michael Dietz
Stephanie Elhard
Ashley (Mann) Fliflet
Jonathan Hanson
Melie Ilogu
Deric Ingram
Marcy Overby
Jenifer (Wollman)
Peterson
Jacquelin (Zimmerman)
Shekore
Rebecca Skrypek
Sarah (Fehr) Stewart
Brooke Tangen-Huus
Angela (Mayo)
Trenbeath
Dena (Muri) Wells

2007

Heather (Docktor)
Beaudoin
Skye Braun
Danielle Buggert
Michelle Castillo
Jamie Flath
Joseph Foertsch

Jessica (Peterson)
Hanson
Jenna (Poeppel) Jewett
Audra Karlin
Ashley Kunz
Dawn (Sandbeck)
Ransom

2008

Tammy Cromwell
Michael Fox
Benjamin Gasal
Kali Henke
Carl Hintzman
Cody Johnson
Andrew Kuester
Andrea Smith
Monica Townsend
Alexander Wheel

2009

Brandon Boehm
Jenny Colby
Grace Daugherty
Kelly Harrington
Rachel (Wilson) Hill
Daniel Hill
Raymond King
Kristine Krall

Patrick Langehaug
Erin (Ottinger) Low
Christina Moreno
Yusuke Oikawa
Karissa (Fahlman)
Peterson

2010

Eva Dusolier
Luke Jones
Stephanie Kosman
Nicole Nelson
Heath Rensink
Cody Schulz
Megan (Wolbaum)
Schulz
Marineo Toslluku
Lisa (Paillé) Wheel
Becca Wolff

2011

Jesse Barlow
Caitlin Bonnstetter
Matthew Borgford
Andy Derilus
Brice George
Tara Hartje
Dustin Krueger
Bethany Myles

Philip Russell
Katherine Swanson
Cara Tonnell

2012

Hantao Bian
Stephanie Conley
Greg Di Stefano
Amber Eichhorn
Brittini Heiser
Karissa (Keever)
Koehler
Amanda Norris
Di Wu
Jing Yang

2013

Bridget Berger
Luis Betancur
Melody (Kirkland) Bohn
Kelly Jo (Campbell)
Dickmann
Lyle Hager
Megan Herges
Jordan Hoots
Devon Lura
Shauna Nissen
Jacob Olsen
Benjamin Snyder

Jennifer Soland
Robert Sorensen
Colin Waldner

2014

Damchaabadgar
Batchuluun
Susan Brown
Taylor Carvalho
Amanda Lindgren
Sasha Miller
Jenna Miller
Priscilla Schneider
Sam Vigessa
Shuyang Zhang

2015

Britainy Cox
Heidi Crane
Hannah Flowers
Margaret Hohenstein-
Moore
Tao Tao Le
Tatianna Podhradsky
Nicholas Sponsel
Yi Wang



Lil' Vikings

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



Macklin Long
January 3, 2019
9 pounds 1 ounce, 22 inches
Grandson of Kelly (Hagerty) '88 and Paul Keidel '87



Cooper Travis Knudson
August 28, 2018
8 pounds 1 ounce, 20 1/2 inches
Alesha (Grenz) '10 and Jarvis Knudson '15

Nora Marie Klemisch
May 31, 2018
6 pounds 2 ounces, 18 inches

Ember Rae Klemisch
May 31, 2018
5 pounds 11 ounces, 19 inches
Join sister Josie Lauren Lynae (Ronningen) '10 and Clint Klemisch '09



Cal Michael Peschel
August 18, 2018
7 pounds 3 ounces, 20 1/2 inches
Brittany (Olson) '09 and Mike Peschel



Declan Robert Joersz
May 14, 2018
7 pounds 10 ounces, 20 3/4 inches
Elise (Murphy) '10 and Stephen Joersz '09



Sunden Krinke
July 23, 2018
8 ounces, 21 inches
Joins sister Emery Ashley (Smette) '09 and Shawn Krinke



Olivia Jean Johnson
July 2, 2018
8 pounds 11 ounces, 21 inches
Joins brother Owen (3) Krista (Sorensen) '10 and Mark Johnson



Josiah Wade Kirsch
August 4, 2018
7 pounds 13 ounces, 19 1/2 inches
Joins sister Madison Eileen Ali (Jenson) '11 and Cy Kirsch '12



Liam James Zinke
November 11, 2018
6 pounds 3 ounces, 20 1/2 inches
Steph Pedersen '15 and Mark Zinke '16

RECOMMEND A FUTURE VIKING!

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

Student Name _____
First Middle Last

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Graduation Year _____ School _____

Your Information: Name _____

VCSU Class Year _____ Relationship to Student _____

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



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PERMIT NO. 1159

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

ADDRESS SERVICE REQUESTED

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

