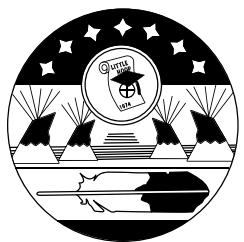


Collegiate Congratulations

Spring Semester 2022 achievements





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Spirit Lake Tribe

Congratulations 2022 Graduates



Degrees

Mackenzie Arens*

AA Early Childhood
Education

Dakota Language
Certificate

Julianne

Beaudin-Herney*
AAS Fine Arts

Suzy Begay**

AA Early Childhood
Education

Nicholas Bittner*

AS Pre-Engineering

Calista Black*

AA Business
Administration

Derik Bull*

AAS Fine Arts
AA Liberal Arts

Chelsey Carpenter

AA Social Work

Alyssa Cavanaugh

AA Social Work

Erica Cavanaugh**

AA Liberal Arts

Angela Cross**

AS Pre-Nursing

Noelle Dauphinais

AA Liberal Arts

Sara Dauphinais

AA Social Work

Nateisha Delorme

AA Business
Administration

Shaylynn DeMarrias

AA Liberal Arts

Willanette DuBois*

AA Social Work

Lilly Hinton

AA Liberal Arts

Lorinda Leben*

AA Social Work

Kaylean Lohnes

AA Liberal Arts

Cassandra McDonald

AA Liberal Arts

Selena OldRock

AA Business
Administration

Orianna OneBear*

AA Liberal Arts

Traci Owlboy

AA Liberal Arts

Hendriena Pretorius*

AA Social Work

Mandy Ross

AS Pre-Nursing

Melissa Swigart-Lourens

AA Social Work

Angela Thompson

AA Liberal Arts

Tayia Thompson

AA Liberal Arts

Kathryn White

AA Indigenous Studies
AA Liberal Arts

Caitlyn Whiteman

AA Early Childhood
Education

Shanyce Zerr**

AA Social Work

Certificates

Sharene Adams*

Professional Driver
Certificate

Sara Hesse*

Infants & Toddlers
Certificate
PreSchool Certificate

Brandon Jackson

Professional Driver
Certificate

Joseph Jetty**

Professional Driver
Certificate

Wyatt Jetty

Carpentry Certificate

Jacob LaRock**

Professional Driver
Certificate

Joshua Lohnes

Carpentry Certificate

Alfred Longie, Jr.

Carpentry Certificate

Thomas Ott

Carpentry Certificate

Joseph Schneider*

Professional Driver
Certificate

GED

Completers

Myron Lambert Jr.

Julius Shaw

Darius Chaske

Devin Littlewind

Braeden Littleghost

Tyler Belgarde

Mitchell Keo

Skyler Georgeson

Britni Snow-Smith

**yuonihan yatanpi (with highest honor) wearing a Gold Honor Stole (GPA requirements 3.70 & higher)

*yuonihan (with honor) wearing a Silver Honor Stole (GPA requirements 3.25-3.69)

President's List

Fall 2021

Brianna Atherton
Tifani Bachmeier
Kaelyn Brien
Derik Bull
Chelsey Carpenter
Erica Cavanaugh
Demi Cook
Hayley Dauphinais
Sara Dauphinais
George DeMarce
Jacquie DeMarce
Joshua Delorme
Nateisha Delorme
Willanette Dubois
Aaron Green
Jessica Hale

Elizabeth Hanson
Lilly Hinton
Steven Keplin
Allura LaRoque
Colten LaRoque
Clint LaRoque
Lorinda Leben
Randy Leben
Brianna Littleghost
Hallee Littlewind
Joshua Lohnes
Marshall Longie
Orianna OneBear
Thomas Ott
Patricia Platz
Hendriena Pretorius

Paul Thiele
Angela Thompson
Shawn Trottier
Glen Walking Eagle

Spring 2022

Sharene Adams
Brianna Atherton
Nichole Beston
Erica Cavanaugh
Demi Cook
Hayley Dauphinais
Sara Dauphinais
George DeMarce
Jacquie DeMarce
Nateisha Delorme
Chance Guy
Michelle Hale
Lilly Hinton
Brandon Jackson

Joseph Jetty
Wyatt Jetty
Steven Keplin
Christopher Knoksah
Gina LaFontaine
Allura LaRoque
Colten LaRoque
Clint LaRoque
Lorinda Leben
Alicia Leftbear
Ashton Littleghost
Brenna Littleghost

Brianna Littleghost
Lynn Littleghost
Justine Littlewind
Kaylean Lohnes
Marshall Longie
Miguel Noriega
Kiara Olson
Latisha Teel
Angela Thompson
LaShanda Walking Eagle

Dean's List

Fall 2021

Nicholas Bittner
Lewis Bow Grassrope
Tori Evenson
Areonna Greycbear
Brenna Littleghost
Lynn Littleghost
Kaylean Lohnes
Miguel Noriega
Justice Robertson
Kristen Thompson
Colin Trottier
Russell Ward
Leah Weber

Spring 2022

Angela Belgarde
Lewis Bow Grassrope
Derik Bull
Chelsey Carpenter
Aaron Green
Joseph Schneider
Kristen Thompson
Leah Weber



Minot State honors Class of 2022

Minot State University awarded 615 degrees — including 523 undergraduate and 92 graduate — as its Class of 2022, the University announced Wednesday, May 11.

Minot State's 107th Commencement Exercise was held at 10 a.m. on May 14 in the Minot State Dome. The University held its traditional Hooding Ceremony for completion of a post-baccalaureate degree at 8 a.m. in Ann Nicole Nelson Hall.

Guest speakers at Commencement included John Schwan '82, president and CEO of Schwan Financial Group (SFG); Abigail Graves '17, current student in the MSU Master of Education program; and Philip Green, current undergraduate MSU student in professional communication.

Graduates are listed according to hometowns and include degree and major(s). North Dakota graduates are listed first by hometown, followed by students with out-of-state addresses listed alphabetically by state, then hometown. Canadian students are listed alphabetically by province, then hometown, and finally, international students are listed by country and hometown.

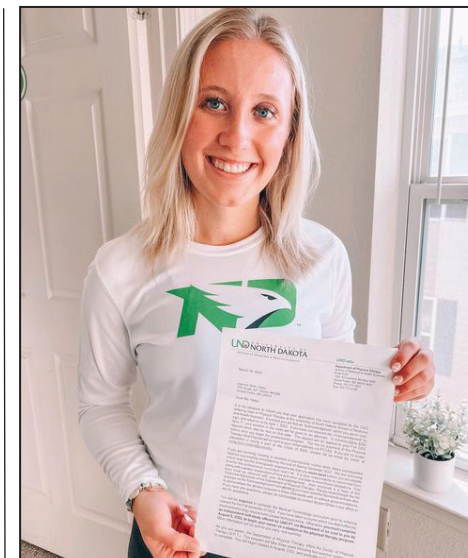
Harvey: Desiree Schilling, Bachelor of Science in Education, Early Childhood Education

Leeds: Lori Ann Hoffert, Bachelor of Science in Nursing, Nursing; Madelyn Severson, Bachelor of Science in Education, Elementary Education; Arnikka Thompson, Bachelor of Science in Education, Music Education



Tabitha Roberson graduates from NDSCS

Tabitha Roberson, daughter of Darcy Subramaniam and Al Roberson, graduated from North Dakota State College of Science as an R.N., on Friday, May 13, 2022. Tabitha is the granddaughter of Quentin and Delores Georgeson.



Haley accepted into UND's Doctorate of Physical Therapy Program

Hannah Haley, daughter of Allison and Todd Haley, has been accepted into the Doctorate of Physical Therapy program at University of North Dakota for the fall 2022 semester. Hannah is a 2020 graduate of New Rockford-Sheyenne high school. Hannah is the granddaughter of Althea Gronos and Robert Haley of New Rockford.

Mosolf Siek, Gronneberg named to NDSCS 2022 Honor List

The North Dakota State College of Science has named 386 students to its spring semester 2022 President's Honor List. The Honor List recognizes students who have achieved grade-point averages of

3.5 or higher, while taking at least 12 credits with letter grades.

The honorees include: Mya Mosolf Siek, Carrington, N.D.; Hunter Gronneberg, Cooperstown, N.D.

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Davis named to UMN Chancellor's List

Students named to the spring semester 2022 Chancellor's List were announced recently by the Office of the Registrar. The U of M Crookston is one of the most respected career-oriented, technology-based universities in the nation.

To qualify for a place on the Chancellor's List, students must complete 12 or more letter-graded (A-F) credits while attaining a 4.00 grade point average. The Crookston campus is the online leader in the University of Minnesota system and the only campus providing every full-time student with a laptop computer.

Students named to the Chancellor's

List include:

- Waylyn Davis, Sheyenne, N.D. About UMN Crookston

One of five campuses in the University of Minnesota System, the University of Minnesota Crookston cultivates curiosity by engaging students in hands-on learning connecting theory to practice. As the experienced leader in delivering education online, the Crookston campus offers a distinctive learning environment providing personal attention and mentorship to develop leaders, lifelong learners, and engaged citizens. Visit Crookston at umcrookston.edu

Sauve graduates from Rasmussen College

Eddy County Deputy, Bennett Ryan Sauve, graduated Magna Cum Laude from Rasmussen College on Friday, May 17, with a Bachelor's Degree in Criminal Justice and Leadership Management. Along with graduating, Sauve maintained the Dean's List since enrolling.

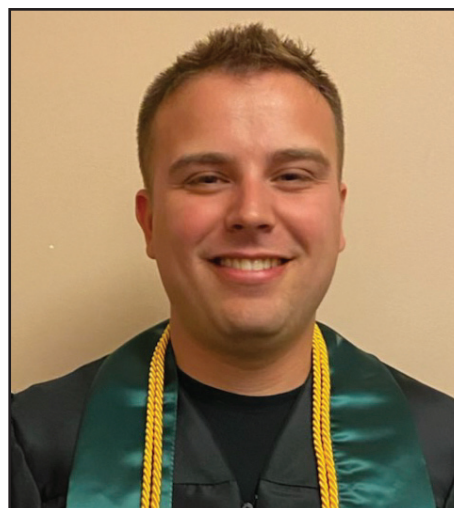
Bennett, we are all extremely proud of the person you've become, and the accomplishments you've obtained in your adulthood. Congratulations on achieving your Bachelor's in Criminal Justice and Leadership Management!!

With Love:
Mom, Dad, & Sierra



Mason Haley graduates from Creighton Univ.

Mason Haley graduated from Creighton University School of Dentistry in Omaha, Nebraska with his Doctor of Dental Surgery degree in May. Dr. Haley will be joining the dental practice of Doctors Withuski and Sabbe in Wahpeton, N.D. Mason is the son of Todd and Allison Haley and grandson of Althea Gronos and Robert Haley, all of New Rockford. Mason is a 2012 graduate of New Rockford-Sheyenne high school.



Area students earn degrees from U of J

Area students were honored during commencement ceremonies May 7, 2022, in the University of Jamestown's Harold Newman Arena.

The following area students earned degrees from UJ's Undergraduate College.

- Lawton Allen, Pingree, N.D., Bachelor of Arts (majoring in Business Administration) Cum Laude
- Garrett Bickett, Carrington, N.D., Bachelor of Science (majoring in Exercise Science) Summa Cum Laude
- Bailee Finch, Carrington, N.D., Bachelor of Science in Nursing (majoring in Nursing)
- Braxton Hewitt, New Rockford,

N.D., Bachelor of Arts (majoring in Accounting, Business Administration, and Financial Planning and Wealth Management) Summa Cum Laude

- Abigail Neumiller, Carrington, N.D., Bachelor of Science in Nursing (majoring in Nursing) Summa Cum Laude
- Taylor Sabinash, Kensal, N.D., Bachelor of Arts (majoring in Communication)
- Casey Selzler, Harvey, N.D., Bachelor of Arts (majoring in History (Secondary Education)) Magna Cum Laude
- Blake Zirbes, Kensal, N.D., Bachelor of Science (majoring in Mechanical Engineering)



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VCSU Spring 2022 honor lists' announced

President's Honor Roll

The President's Honor Roll recognizes students who completed 12 semester hours or more of VCSU classes for which grade points were earned with a 4.0 grade point average.

Students are listed geographically by state and hometown.

Jaye Fike, Bowdon; Breean Hanson, Buchanan; Kiera Eli & Easton Rindy, Carrington; Jaycee Aniel, Cooperstown; Mariah Topp, Grace City; Alicia Daeley, Harvey; Cassidy Hoyt, McHenry; Courtney Stein, McVile; Lauren Roscoe, New Rockford; Rachel Avdem & Hunter Sand, Pekin; Kindra Jacobson, Sheyenne.

Dean's Honor Roll

The Dean's Honor Roll recognizes students who completed 12 semester hours or more of Valley City State University classes for which grade points were earned with a grade point average of at least 3.50.

Lindsay Widicker, Bowdon; Brooklyn McCullough, Cooperstown; Gina Burtness, Warwick.

Honor Roll

The Honor Roll recognizes students who completed six to 11 semester hours of Valley City State University classes for which grade points are earned with a grade-point average of at least 3.50.

Frank Gourd, Fort Totten; Jakenda Short, McHenry.

Spring 2022 Dean's List at University of Jamestown

Students from your area were named to the Spring Semester Dean's List at the University of Jamestown.

New Rockford: Danielle Bjerke, Evan Ulrich

Sheyenne: John Grann

Carrington: Khourtni Footh, Hannah Hagel, Kadyne Mehning, Lexus Page, Tessa Page

Students are named to the Dean's List

for maintaining a semester GPA of 3.50 or better.

The University of Jamestown was established in 1883 and is ranked as a top-tier regional school in US News and World Report and a top Midwestern school in The Princeton Review. The school features development of the whole person through its distinctive Journey to Success experience.



From left to right: Pamela Harrison, Veronica (Harrison) Ricker, Alex Harrison, Kathy O'Connor and Ed O'Connor. Courtesy photo.

Harrison graduates from UND Medical School

Veronica (Harrison) Ricker graduated from the University of North Dakota Medical School with her Medical Doctor degree on Saturday, May 7, 2022. Veronica will be moving to Minneapolis, Minnesota to begin her surgical residency at Hennepin County Medical Center. Veronica is the daughter of Pamela Harrison of Sun Lakes, Arizona and Todd Harrison, of New Rockford, N.D. She is the granddaughter of Ed and Kathy O'Connor and the late Tom and MaryAnn (Womacks) Harrison, all of New Rockford, N.D.

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Jacobson named to VCSU President's Honor Roll

Kindra Jacobson, daughter of Ryan and Karla Jacobson, just completed her sophomore year at Valley City State University (VCSU). Jacobson is majoring in elementary education with an endorsement in kindergarten.

This year, she obtained her substitute teaching license in early October. From then on, she subbed in the Carrington, New Rockford, and Valley City school districts when she was able to. She also worked at the Valley City Children's Center three days a week. She had plenty of Education classes and learned so many new ways to educate children for their futures.

With time continuing to move faster than we like, the education needs to evolve at about the same speed. VCSU professors are educating their students on how to do that beneficially.

On April 8, 2021, VCSU held the top ranking for their elementary education program. Jacobson is very pleased with how great and dedicated all the education professors are to the program, ensuring all the students are getting the best education possible. They want to be certain the future generation of students will receive the best education.



During the fall 2021 semester, she was on the Dean's Honor Roll. During the Spring 2022 semester, she was on the President's Honor Roll.

Jacobson looks forward to continuing working towards her degree at VCSU and she can't wait to be able to educate the future generations!



Heckaman earns Doctor of Education degree

Wayne Heckaman earned his Doctor of Education degree from Moorhead State University on May 13. He is the son of Duane and Joan Heckaman.

Johnson graduates from MSUM



Miranda Johnson, daughter of AJ and Stacy Benz, graduated from Minnesota State University Moorhead Summa Cum Laude with a Bachelor of Science in Speech, Language, and Hearing Sciences with a minor in Special Education. Miranda will be attending the University of North Dakota in the fall to obtain her master's degree and become a Speech-Language Pathologist.

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Nursing students pinned at Lake Region College

Twelve students were pinned by individuals who impacted their lives and/or nursing education while at Lake Region State College.

Gretchen Berglund, daughter of Karla Berglund, was among the 12 students pinned. Gretchen's fiancé, Keegan Anderson, pinned her. Gretchen graduated with an associate degree in nursing along with passing her RN boards. Pinning and graduation was held on May 13.

The students are graduates of the As-

sociate Degree Nursing program. The pinning took place May 14 in Robert Fawcett Auditorium.

Nursing pins are presented at a pinning ceremony which symbolizes an official welcome and acceptance into the profession.

According to thenerdynurse.com, nursing pins tie back to the Maltese cross worn by the crusaders. The Crusaders wore the Maltese cross as a symbol of service to Christianity. Florence Nightin-

gale was the first to stress the importance of official nurse training and recognition of that training. The Nightingale School of Nursing at St. Thomas's Hospital in London designed and awarded a badge with a Maltese Cross to the nurses as they completed their program. Eventually, each school of nursing designed and awarded a customized pin.

Lake Region State College will hold pinning for its practical nurse graduates in July.

Voeltz on President's List at MSCTC

Minnesota State Community and Technical College has named 518 students to its President's List and 506 students to its Dean's List for the 2022 Spring Semester.

Students on the President's List earned a grade point average of 4.0 while completing a minimum of six college-level credits and 75 percent of the courses in which they enrolled for the semester.

Students on the Dean's List earned a GPA of 3.50 to 3.99 while completing a minimum of six college-level credits and 75 percent of the courses in which they enrolled for the semester.

Area student on President's List was Sydney Voeltz, Pingree.

Mattice named to Dean's List

The office of Central Methodist University announced recently the students included on the Spring 2022 Dean's List.

Xavier Steven Mattice, of Jamestown, N.D., was among those included on this semester's list.

More than 900 students across all campuses and online learning met the requirements for placement, including a grade point average of 3.50 or higher for the semester.

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Keenan Kvamme earns graduate student fellowship at Montana State University

The Department of Animal Range Sciences in the College of Agriculture at Montana State University has announced the recipient of its inaugural Dr. Janice Bowman Graduate Student Fellowship. Keenan Kvamme, an MSU graduate student in animal sciences from Carrington, N.D., has been awarded the fellowship of \$5,000 to use toward graduate school expenses.

"This is super special and a really big honor, especially since this is the first year of the award and my personal connection to Jan," said Kvamme, who also received his bachelor's degree in animal sciences and livestock management from MSU. "She was my adviser for my first three years as an undergraduate. She was always nice and super supportive of me [getting my masters]."

During his undergraduate years, Kvamme was also a member of MSU's rodeo team.

Kvamme's master's project looks at multiple administrations of bovine appeasing substance, or BAS, and measure its performance, health and psychological effects on cattle. BAS is a synthetic analog to the bovine appeasing

pheromone produced in a cow's mammary gland. It has a calming effect and lowers stress levels. According to Kvamme, the three most stressful times for feeder calves are weaning, road transportation and feedlot receiving.

To measure if the BAS influenced calf stress levels, Kvamme administered the BAS treatment to calves every 14 days during a 42-day preconditioning trial. Then the calves were split into control and non-control groups, shipped on a semi-truck from MSU's Red Bluff Research Ranch on a 700-mile roundtrip ending at the Bozeman Agricultural Research and Teaching Farm to elicit the stress of long-haul travel. Then cattle were mixed in different pens with different cattle to add more stress. Kvamme hopes the results will show BAS prevents cattle from losing weight during the haul and reception at feedlots.

According to his nomination letter, Rodrigo Marques, assistant professor and Kvamme's adviser, indicated Kvamme has exceptional experience in beef cattle production and a practical research approach, which



Keenan Kvamme

he finds extremely rare among contemporary graduate students in this discipline. He said Kvamme has also contributed significantly to all academic branches of MSU – research, extension and teaching – by helping students as a teaching assistant or with the farm crew several days a week.

"Keenan is a true example of research and academic excellence and will provide (in addition

to what he is currently providing) an enormous contribution to our discipline," Marques wrote. "Lucky will be the institution/company that gets to hire a professional of his caliber."

Kvamme, who will graduate this May, grew up on a feedlot in Carrington and has had firsthand experience and interest with the livestock industry. He hopes to pursue a career in livestock nutrition consulting and immediately after graduation will begin a job in mineral nutrition consulting in Great Falls.

The fellowship was made possible by the contributions of Betty Greenwood Porter, on behalf of Janice "Jan" Porter Bowman, who served as a faculty member in the Department of Animal and Range Sciences from 1992 to

2019. Her research and academic interests included cattle nutrition, supplementation, forage diets, barley varieties for beef cattle and equine nutrition. The fellowship was established to commemorate Bowman's career at MSU by supporting graduate students who display an exemplary work ethic and record of, or high potential for, academic and research achieve-

ments.

"It's a great pleasure to be able to recognize students of Keenan's caliber and celebrate Jan and the many contributions she made to the department and cattle industry through this annual award," said Carl Yeoman, head of the Department of Animal and Range Sciences. "The department is grateful for the support of folks like Betty."



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Area graduates from Dakota College Bottineau 2022 LEAP program

Dakota College at Bottineau (DCB) is proud to announce the LEAP (Leading to Education and Advanced Preparation) program graduates. Designed for high schools, LEAP allows high school students to earn a Certificate of College Studies alongside their high school diploma.

This spring Dakota College graduates eleven students from six high schools in North Dakota; Des Lacs-Burlington, Max, Midkota, Mohall-Lansford-Sherwood, South Prairie, and TGU-Towner.

Each graduate will be acknowledged as a high school and college graduate at their high school commencement exercise.

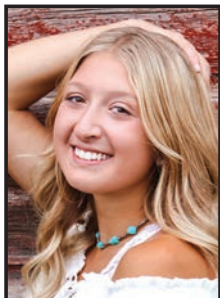
Students earn 24 general education college credits while in high school, by taking two dual credit offerings from Dakota College during each semester of their junior and senior year. This

program launched in the Fall 2017 semester and offers great benefits for students including time and cost savings, flexible delivery either online or via Interactive Video Network (IVN), and transferability. General education courses transfer to any campus in the North Dakota University System (NDUS).

This allows students to take quality courses from Dakota College at an affordable rate and then either continue their education at Dakota College or transfer their courses/credits to any campus in the N.D. University System.

LEAP Beyond is a new program uniquely offered to high school students through Dakota College at Bottineau. Leading to Education and Advanced Preparation - LEAP Beyond students earn 60 college credits throughout their Junior and Senior years of high school. This entitles them to graduate with an Associate's degree alongside their high school diploma.

Midkota students honored for their LEAP Certificate in College students include Josie Johnson, Shayla Rickford (Honors) and Logan Topp (Honors).



Shayla Rickford



Josie Johnson



Logan Topp

Honor students listed at VCSU

Valley City State University has released its President's Honor Roll, Dean's Honor Roll and Honor Roll for spring semester 2022.

The President's Honor Roll recognizes students who completed 12 semester hours or more of VCSU classes for which grade points are earned with a 4.0 grade point average.

The Honor Roll recognizes students who completed 6 to 11 semester hours of Valley City State University classes for which grade points are earned with a grade point average of at least 3.50.

Area student on Honor Roll included Jakenda Short, McHenry.

Area students on the President's List included Kiera Eli, Carrington; Mariah Topp, Grace City; Kassidy Hoyt, McHenry and Lauren Roscoe, New Rockford.

Area students on MSUM Dean's list

The following area students have been named to the Minnesota State University Moorhead Dean's List in recognition of academic achievement spring semester 2022. Students must maintain a 3.25 or higher grade point average and carry 12 graded credit

- Charlotte Dalman, Project Management, Midkota High School, Sharon;
- Hilary Hafner, Social Work, Carrington High School, Fargo;
- Cole Homes, Exercise Science, Pingree Buchanan High School, Jamestown;
- Brooke Loen, Social Work, Harvey High School, Harvey;
- Bellami Jensen, Early Childhood Education; Madeson Smith, BFA in Art and Kaden Wolsky, Business Administration, all Carrington High School,

University of Jamestown's Dean List

Area students were recognized in the 2022 Spring Semester Dean's List at University of Jamestown.

Students are named to the Dean's List for maintaining a semester GPA of 3.50 or better.

They included: Khourtni Footh,

Hannah Hagel, Kadyn Mehring, Lexus Page and Tessa Page, Carrington; Blakes Zirbes, Kensal;

Amanda Allen and Cassandra Fredrickson, Pingree; Casey Selzler, Harvey; Danielle Bjerke and Evan Ulrich, New Rockford; and John Grann, Sheyenne.

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Spring 2022 Honors' lists at Dickinson State University

At the end of each regular semester, Dickinson State University recognizes those students named to the President's List. Eligible students must be enrolled full-time and have a minimum semester grade-point average of 3.9 or higher.

- McKenzie Johnson of Carrington, N.D.
- Elizabeth Widmer of New Rockford, N.D.
- Jory Boote of Binford, N.D.

At the end of each regular semester, Dickinson State

University recognizes those students named to the Dean's List. Eligible students must be enrolled full-time and must earn at 3.5 GPA or higher.

- Nicole Boote of Binford, N.D.
- The University's mission is to provide high-quality accessible programs, promote excellence in teaching and learning, support scholarly and creative activities, and to provide services relevant to the economy, health and quality of life for the citizens of North Dakota.

Honor students listed at VCSU

Valley City State University has released its President's Honor Roll, Dean's Honor Roll and Honor Roll for spring semester 2022.

The President's Honor Roll recognizes students who completed 12 semester hours or more of VCSU classes for which grade points are earned with a 4.0 grade point aver-

age. The Honor Roll recognizes students who completed 6 to 11 semester hours of Valley City State University classes for which grade points are earned with a grade point average of at least 3.50.

Area student on Honor Roll included Jakenda Short, McHenry.

Area students on the President's List included Kiera Eli, Carrington; Mariah Topp, Grace City; Kassidy Hoyt, McHenry and Lauren Roscoe, New Rockford.

Local students named to MSUM Dean's List

The following students have been named to the Minnesota State University Moorhead dean's list in recognition of academic achievement spring semester 2022. Students must maintain a 3.25 or higher grade point average and carry 12 graded credits to qualify for the honor.

- Hilary Hafner, Social Work; Carrington High School; Fargo, N.D.
- Bellami Jensen, Early Childhood Education; Carrington High School; Carrington, N.D.
- Madeson Smith, BFA in Art; Carrington High School; Carrington, N.D.
- Kaden Wolsky, Business Administration; Carrington High School; Carrington, N.D.
- Brooke Loen, Social Work;

Harvey High School; Harvey, N.D.

- Charlotte Dalman, Project Management; Midkota High School; Sharon, N.D.
- Jesse Ott, Physical Education, Heath Education, Exercise Science; Griggs County Central High School; Moorhead, Minn.
- Cole Homes, Exercise Science; Pingree-Buchanan High School; Jamestown, N.D.



MSU Moorhead is a comprehensive university offering more than 150 majors, emphases and options, 14 graduate degree programs, 40 certificate programs, and 31 areas of teacher licensure preparation. MSUM is a member of the Minnesota State system.

Students are also listed on the MSUM website, <https://apps.mnstate.edu/newspapers/>.

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Area students named to NDSU Dean's List

Area North Dakota students were among the 3,330 North Dakota State

University students to be placed on the spring 2022 Dean's List.

A student must earn a 3.50 grade point average or higher and be enrolled in at least nine class credits to qualify for the summer list.

Students are listed by hometown. Students' majors also are listed.

The dean's list also can be found at www.ndsu.edu/news/studentnews/.

Bowdon: Jaxon Fike, Agricultural Economics

Carrington: Ross Allmaras, Mechanical Engineering; Amanda Jarrett, Hospitality and Tourism Management; Trey Rosenau, Pharmacy; Payton Smith, Exercise Science; Winnie Weninger, Strategic Communication

Cooperstown: Kayla Kenninger, Pharmacy

Fort Totten: Isnala Nanjin Roan Eagle, Mechanical Engineering

Glenfield: Abbie Stedman,

Radiologic Sciences; Brooke Topp, Business Administration

Harvey: Bethany Anderson, Agricultural Education; Andrea Buechler, Nursing; Brian Friedt, Computer Science; Leah Jans, Criminal Justice; Zoe McKinven, Political Science; Marissa Tiegen, Biological Sciences; Makenna Vollmer, Exercise Science; Kari Wolfe, Business Administration

Kensal: Jake Timm, Agribusiness

Leeds: Rochelle Hansen, Psychology; Levi Iverson, Computer Science

Maddock: Keringten Lee, Nursing

McHenry: Jonah Williams, Business Education

New Rockford: Gaius Arroyo, Architecture; Jared Hartl, Music; Chloe Heinz, Radiologic Sciences; Justyne Klocke, Business Administration; Kenna Munson, Finance; Micah Nicolai, Music; Kayden Wiedrich, Interior Design

Sheyenne: Wilson Howard, Agricultural and Biosystems Engineering

Bismarck State College announces the Spring President's Honor Roll

Bismarck State College announces the President's Honor Roll for the Spring 2022 semester.

"Students named to the President's Honor Roll should be very proud of achieving this level of academic excellence. Not only does it represent their hard work this past semester, but it also opens the door to opportunities that will benefit them greatly moving forward," says BSC President Douglas J. Jensen.

The following area students have maintained at least a 3.50 GPA on a 4.00 scale while enrolled in at least 12 semester hours of classes and qualify for the BSC President's Honor Roll.

Carrington: Denise Bull, Kambree Kvamme, Elizabeth Lee, Breanna Mittleider, Lea

Mittleider, Seth Nelson

Cooperstown: Tavon Stadler, Kennedy Hannesson

Harvey: Ericka Hager, Ethan Arnold, Nathan Friedt, Daniel Wilcox, Autumn Sieg

Maddock: Chase Benson, Ashton King

Medina: Gracie Gunderson

Pingree: Pamela Diede

Warwick: William Fleming Jr.

About Bismarck State College
As North Dakota's Polytechnic Institution, Bismarck State College focuses on student success through the delivery of affordable, flexible, high-quality, experiential learning enhanced by public-private partnerships. Learn more at bismarckstate.edu.

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Kalina Freier Named to SNHU Dean's List

Kalina Freier of Kensal (58455) has been named to Southern New Hampshire University's Winter 2022 Dean's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 are named to the Dean's List.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults.

Schilling graduates from MSU

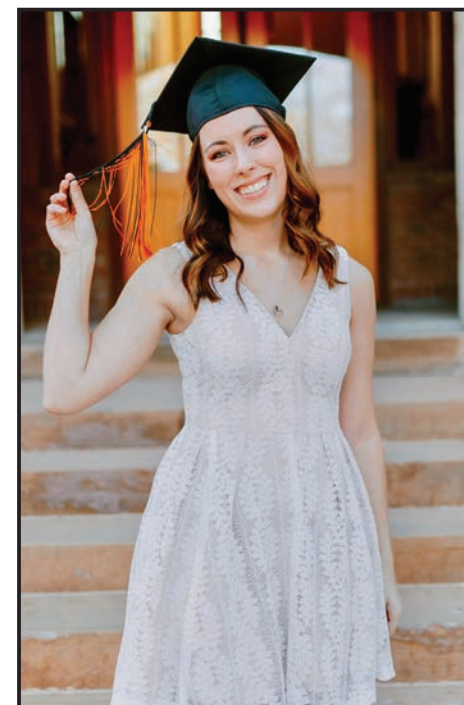
MINOT, N.D. – Minot State University awarded 615 degrees — including 523 undergraduate and 92 graduate — as its Class of 2022, the University announced Wednesday.

Minot State's 107th Commencement Exercise was held at 10 a.m. May 14 in the Minot State Dome.

Among the graduates was Desiree L Schilling, Bachelor of Science in Education, Early Childhood Education, Harvey

Graduates of MSUM

- Eric Johnston - Mathematics: Actuarial Science (BS); New Rockford-Sheyenne High School
- Miranda Johnson - Speech/Language/Hearing Science (BS); New Rockford-Sheyenne High School
- Madeson Smith - BFA Studio Art (BFA); Carrington High School
- Haley Wolfe - Accounting and Finance (MS); Carrington High School



Bailee Finch graduates from University of J

Bailee Finch, the daughter of Chelee and Mark Finch of Carrington, graduated from the University of Jamestown with a degree in nursing on May 7th, 2022.

Bailee has accepted a job with the Mayo Clinic in Jacksonville, Florida, where she will be working in the intermediate care unit.

Eli graduates as RN from NDSU

Brianna Eli graduated in December 2021 with her Bachelor of Science in Nursing from NDSU.

She is currently an ICU RN at Essentia Health in Fargo, N.D.

She will be moving to Michigan in August and plans on working at Ascension St. John Hospital in Saint Clair Shores, Mich., and has applied to Michigan State University to obtain her Doctorate of Nurse Practitioner.

Dickinson State Honor List

At the end of each regular semester, Dickinson State University recognizes those students named to the President's List (3.9 or higher gpa) and Dean's List (3.5 or higher gpa).

Area students on the President's list are Jory Boote of Binford; McKenzie Johnson of Carrington and Elizabeth Widmer of New Rockford.



Osterloh graduates from NDSCS

Sydney (Huus) Osterloh, received her RN degree from North Dakota State College of Science.

The pinning ceremony was held on Friday, March 18 at NDSCS.

Sydney is a 2016 graduate from Carrington High School.



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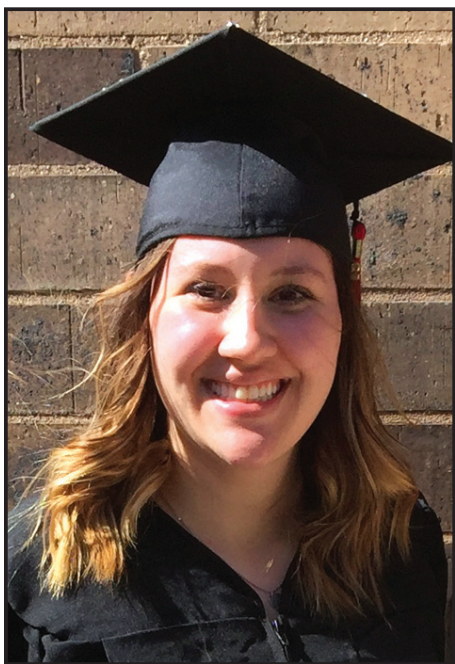
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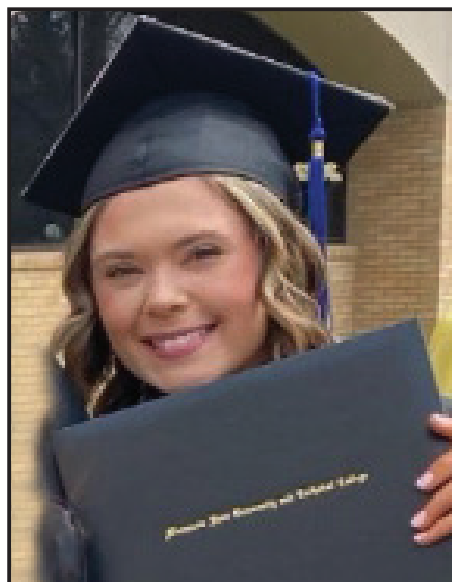
Mosolf Siek graduates from NDSCS

Mya Mosolf Siek graduated from North Dakota State College of Science in May of 2022.

She obtained a Liberal Arts - Associates in Arts Degree.

She made the Presidents Honor List both in the fall of 2021 and spring of 2022.

Her parents are Randall and Amanda Zink of Carrington.



McKayla McIntosh

MSCTC Spring 2022 graduates

The following area students are among the 590 2022 Spring Semester graduates of Minnesota State Community and Technical College, with campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena.

- Tyrus Smith, Sheyenne, N.D. - Heating, Ventilation, AC & Refrig-Dip
- McKayla McIntosh, Sykeston, N.D. - Dental Hygiene-AAS (high academic honors).



Shelby Botha graduates from Mayville State

Shelby Botha, Carrington, graduated from Mayville State University with a Bachelor of Science in Education on December 17.

Shelby is married to Maruis Botha and they have three children, Blaine, Lydia, and Rylee.

Her parents are Gary and Suzie LaBelle, Carrington. Her great-grandma is Virginia Struxness, Carrington.

She will be teaching sixth grade at Carrington Elementary this fall.



Lauren Roscoe graduates from Valley City State

Lauren Roscoe graduated Summa Cum Laude from Valley City State University earning a Bachelor of Science in Education degree.

She received the Outstanding Student in Elementary Education Award, selected by the School of Education and Graduate Studies department.

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What they do, they do together...

BY ERIK GJOVIK

A full 1,700 miles of distance didn't keep engaged couple Gabrielle (Gabby) Volk and Braxton Hewitt, both of Carrington, from keeping their eyes on their educational prizes.

While Braxton was finishing up a bachelor of arts degree in accounting, financial planning and business administration with a management concentration from the University of Jamestown, Gabby was in Ruskin, Florida, finishing up her master of science degree in speech-language pathology at Gannon University.

But through it all, they persevered, and achieved their goals.

"Finishing our education was a relief, but quickly led into anticipation for the next chapter in life," said Hewitt. "Entering the workforce

has brought excitement and stress, but it's easy to manage when I have someone by my side who believes in me and encourages me every day."

Volk echoed those sentiments.

"It meant watching all the pieces accumulate together and form that big picture I've been dreaming of since I was a sophomore in high school," she said. "It's definitely been a transition, but Braxton has been the very best support and partner to work through everything with."

In 2020, Volk graduated from the University of North Dakota with her bachelor's in communication sciences and disorders (speech-language pathology emphasis), minoring in psychology and special education.

One month later, the two started dating, but getting to know each

other was not entirely difficult, as they had gone to school together for practically their whole lives.

"The time was never quite right, but COVID gave us the right time," said Volk.

Hewitt and Volk announced their engagement on September 12, 2020, after three months of dating.

But, just before that, Gabby enrolled at Gannon.

"It was pretty much immediately thrown long distance," said Volk.

The miles were hard for both their relationship and schoolwork at times, they admitted, but their love for each other was strong enough to keep a shared focus.

"I was able to come up about every seven weeks," said Volk. "It was a little bit harder for Braxton with his rigor-

ous baseball schedule, but after that, he was able to come down for all his school vacations and all last summer."

"It was a bit of a combination of the both of us putting in the time and effort to make our relationship cohesive," she added.

Their wedding date is scheduled for October 15, 2022.

Volk selected GU for her post-graduate work because she felt it provided the best fit for what she ultimately wanted to be as a pathologist.

"I made the decision because I knew that the city offered the most diversified clientele, and I would have access to a variety of medical and personal backgrounds," she noted.

"All that combined was crucial to becoming the most well-rounded and competent clinician I could be, not to men-

tion being able to bring back here everything I learned, as I know how badly our communities need services."

Gannon is a small, Catholic university based in Erie, Pa., with a satellite campus in Ruskin, just outside of Tampa.

Meanwhile, Braxton stayed close to home, attending school at the U of J and playing several seasons for the Jimmie baseball program.

"Going into school, I really had no idea what I wanted to do," said Hewitt regarding his chosen path of study. "I knew I was pretty good with numbers, so I decided to take an accounting class. I got a 99 on my first test, and my professor told me to stay on this career path because it's going to pan out very well for me."

He then picked up two more coinciding majors so that he could get

the 150 credits needed to sit for his CPA exam.

The two currently reside in Fargo, where Volk is working on finishing her final placement at On Spot Therapy and Myology. She will begin a clinical fellowship at Full Circle Pediatric Solutions in September. Hewitt is employed at Eide Bailly as an audit associate.

Said Hewitt of his job, "I wanted to gain experience and learn as much as I can for a few years. After that, I'll see what doors may open up."

Gabby is the daughter of Stephanie Volk and James (Jr.) Carr, and Braxton the son of Kristen Hewitt and the late Eric Hewitt, and Jess and Brenda Bush. Together, they have a blue heeler/border collie mix, Peyton DiMaggio, that keeps them company and always on their toes.

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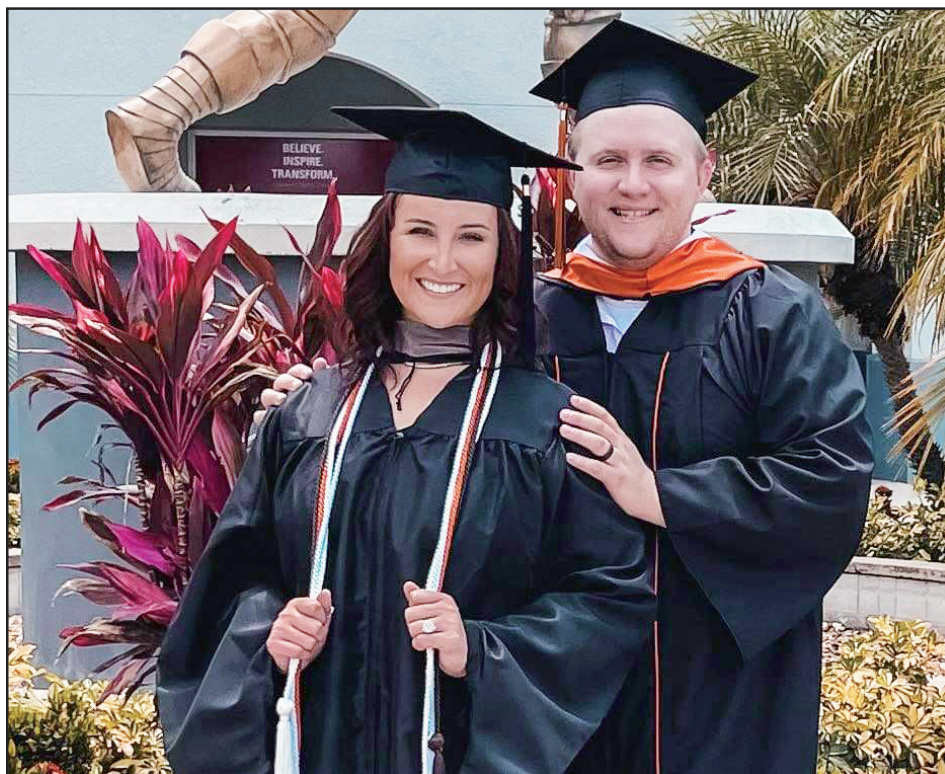
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Continued from page 14



Gabby Volk and **Braxton Hewitt** pose in their mortarboards and gowns at Volk's graduation ceremony from Gannon University in Ruskin, Fla. Braxton graduated from the University of Jamestown with his bachelor's degree in accounting, financial planning and business administration, with management concentration, and brought his outfit down south for this photo. Gabby earned her master's in speech-language pathology at Gannon, and earned her bachelor's in communication sciences and disorders at UND previously. The two are engaged to be married in October.

(Courtesy photo)

Erickson received his white coat on May 7



Keaton Erickson

The Chicago Medical School held their White Coat Ceremony on May 7, 2022 at Rosalind Franklin University of Medicine and Science, North Chicago, Illinois.

Keaton Erickson, Carrington High

School graduate, was among the participants at the ceremony.

The ceremony is traditionally held at the very beginning of a person's medical school career, but he started this program in August 2020, which necessitated pushing back the ceremony.

Instead, this ceremony served a different purpose for the class. The first two years are primarily classroom learning to absorb the basic science, pathology, and fundamentals; the last two are entirely patient-centered rotations in various clinical sites. This white coat ceremony served as a moment of transition, moving from the classroom to the clinic.

Erickson was chosen as a class representative to provide reflection of the meaning of the white coat. He focused on viewing the modern white coat as a fluid symbol of duty and trust.

Erickson, who just finished his second year of medical school, is pursuing a Doctor of Medicine and is strongly considering a career as a pathologist.

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Nicolai sons follow in footsteps, and blaze their own trail

BY NATHAN PRICE

State University.

The Nicolai family's legacy of chiropractic excellence has reached a new generation.

Noah Nicolai, son of Dr. Michael Nicolai, recently graduated with his Doctorate of Chiropractic, becoming the latest of his family to establish themselves in the chiropractic business.

Now he joins a family of chiropractors, which includes his uncles, Charles and Thomas.

Noah graduated Magna Cum Laude on March 25 from Life University, a private university in Marietta, Georgia, dedicated to those pursuing a career in holistic health or chiropractic. He also studied exercise science at Valley City

When asked why he chose to dedicate his life and education to chiropractic, Noah gave much of the credit to his family.

"I decided I wanted to go into chiropractic because I have always had a calling to help others," said Noah. "My family was a huge support throughout my time in chiropractic school.

"... I was fortunate to grow up in a chiropractic family, so very early on I was exposed to the idea of making sure your nervous system is functioning its best so you can heal, repair, and live at your best," he added.

Now, Noah practices as a licensed doctor of chiropractic at multiple chiropractic offices in the Peoria and Sunrise

area of Arizona. He's looking forward to opening his own office once he finds a place to settle down, and he can't wait to continue learning and apply what he's learned towards helping others.

"I really hope to refine a lot of my techniques and always continue to learn," he said. "It is nice now because I can learn about areas that I am interested in and what I feel can help the most people.

"I plan to continue to really dive further into neurology and deepen my understanding of how the body works," he added.

Meanwhile, Noah isn't the only Nicolai to have recently graduated. On May 14, Micah Nicolai graduated Summa Cum Laude with a Bach-

elor of Music in vocal music performance from NDSU.

Micah is a talented vocalist and actor. While at NDSU he was involved with multiple choral ensembles and performed leading and ensemble roles in numerous opera and theatre productions.

Now, he's back in New Rockford continuing to follow his dream. This summer he'll play the role of Audrey II, a man-eating plant, in DPRCA's production of Little Shop of Horrors, set to premier at the Old Church Theatre in New Rockford this summer.

When asked what he enjoys most about what he does, Micah said, "Sharing an experience through music with somebody, and letting

them forget regular life; to take them to other worlds and other stories through music and dance.

"It's just something I'm really passionate about and have a lot of fun doing," he added.

Now that he's graduated, Micah intends to pay off his student loans as soon as possible,

and eventually plans on moving to a major city to pursue his dream of working for an opera company or going into musical theatre.

"I'm extremely proud of both of them," said Dr. Michael Nicolai about his two sons. "I've always told them to follow your dreams and hope you can get paid for it."



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Continued from Page 16



The Nicolai family of chiropractors include left to right: **Charles, Thomas, Noah** and **Michael Nicolai**.



Micah Nicolai graduated from NDSU with a Bachelor of Music in vocal performance.



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NDSU Spring 2022 graduates

Area students included below were among the students to graduate from North Dakota State University in Spring 2022. NDSU awarded 1,656 degrees to students.

An asterisk indicates students who graduated with honors. A student must earn a 3.50 grade point average or higher to graduate with honors.

• **Carrington:** Kasha Brewer, Bachelor of University Studies; *Jill Endres, BS in Family and Consumer Science Edu.; Zachary Johnson, BS in Finance;

Shae Mehring, Doctor of Pharmacy;

Courtenay: *David Fletcher, BS in Electrical Engineering; *Landon Sprague, BS in Crop and Weed Science;

Harvey: *Andrea Buechler, BS in Nursing; Kasey Susag, BS in Nursing; *Kari Wolfe, BS in Business Administration;

New Rockford: *Gaius Arroyo, BS in Architecture; Emilee Larson, BS in Nursing; *Micah Nicolai, Bachelor of Music;

Sykeston: Madeleine Nichols, BS in Animal Science;

Widmer balances nursing, track and field success at Dickinson State

BY ERIK GJOVIK

When leaving the comforts of home and heading to southwest North Dakota for higher education pursuits, it can often be a crash course in time management.

Especially if you decide to become a college athlete on top of it.

2019 NR-S graduate Elizabeth Widmer managed to find enough hours in the day between schoolbooks and lacing up her spikes to earn her associate's degree as a Licensed Practical Nurse (LPN) from Dickinson State University in May.

"I am very proud and excited to finally be a part of the healthcare community. Obtaining my LPN was the first step in that process," said Widmer. "It took me a long time to figure out what I wanted to do with my future, and it feels



Elizabeth Widmer, center, received her associate's degree in nursing from Dickinson State University. Alongside her are her parents, Carrie Thompson-Widmer and David Widmer.

(Courtesy photo)

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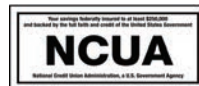
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like I am finally taking big steps toward that.”

As part of the ceremony, Widmer received her LPN pin, and was recognized as an Academic Honors nursing student. This past spring, she also made the presti-

the love for what I want to do, and that’s nursing and helping people,” she said. “Since that day, I’ve not regretted my choice, and it’s probably been the best choice of my life. I do believe that God knew, had a plan

and Field Championships from Lokken Field in Valley City on May 12-13, and also reached the finals in triple jump. Her distance of 10.03 meters (32’ 10 3/4”) was good enough for ninth.

Her points in the 800 were a part of the Blue Hawks’ record-setting women’s team total of 258 points at the NSAA meet, breaking the program’s 2017 mark of 241. It was the Hawks’ fifth consecutive NSAA women’s championship.

Widmer was originally planning to run track in her freshman academic year, but lingering issues with her left foot put a swift end to those plans, and also kept her from going out for the sport as a sophomore.

She decided to go out for the sport this year after mostly concentrating on her nursing studies and healing her foot. Widmer was a main point scorer for the Rockets during her high school track career.

“This year, I had the itch to go out for it again, and came to the conclusion that if I didn’t do it, I would regret it,” said Widmer of her decision to go back to track.

“You can have only one chance to play collegiate sports, so I took the opportunity, and I had so much fun this year.”

Widmer is already looking forward to returning to the DSU track team next season.

As for future plans, she is a bit non-committal at the moment, concentrating on finishing her degree.

“I haven’t planned too far ahead, just taking one day at a time,” she concluded. “I think I would like to work in medical surgery at a hospital, but I do enjoy various areas within nursing so I believe I could end up anywhere.”

Elizabeth is the daughter of David Widmer and Carrie Thompson-Widmer of rural New Rockford.



Elizabeth Widmer competes in the triple jump for the Dickinson State Blue Hawks. (Courtesy photo)

gious President’s List, for students achieving a grade point average (GPA) of 3.9 or higher.

She plans to finish her four-year degree at DSU for her bachelor of science in nursing, and become a Registered Nurse (RN).

Her love of her future profession comes from a spiritual moment she had when thinking of fields to pursue.

“During school was really where I discovered

for me, and offered me guidance.”

In addition, she competed for the DSU Blue Hawks’ track and field team led by Coach Shayne Wittkop, and also found success in that arena as well.

A junior at DSU (but a freshman eligibility-wise), Widmer placed fourth in the 800-meter run with a time of 2:35.07 at the North Star Athletic Association (NSAA) Outdoor Track

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