

# Collegiate Congrats

## The trip of a lifetime

Local students partake in service learning trip to Costa Rica —

BY NATHAN PRICE

A pair of local students recently embarked on the trip of a lifetime, taking in a gorgeous tropical scene while providing invaluable help to the less fortunate.

New Rockford-Sheyenne's Mya Cudworth and Harvey-Wells County's Carsyn Ziegler graduated high school back in 2022, and are now roommates at the University of North Dakota.

They're both planning to enter the medical field, and together they teamed up with MedLife Movement last month to spend more than a week in Costa Rica, where they provided health care services to those in need.

They arrived in the Central American country on January 6 and didn't return until January 15, and it was a week they'll never forget.

"Taking part in this service learning trip to Costa Rica was extremely rewarding and I am so grateful to have experienced something so purposeful and worthwhile with Carsyn," said Cudworth. "Not only were we given the opportunity to support and assist the people of Costa Rica, we learned so much and gained so many life-long friends."

Cudworth, who's pursuing a degree in pre-med biology, and Ziegler, who's

majoring in biology/professional health with a minor in pre-medicine, were among about 60 students to travel with MedLife to Costa Rica.

MedLife is a non-profit organization that provides medicine, education and community development projects to low-income communities in Latin America and Africa.

With a poverty rate around 20 percent and an unemployment rate between seven and eight percent, Costa Rica has many communities that suffer from a lack of quality health care services. That's where organizations like MedLife aim to make a difference.

Ziegler and Cudworth said they shadowed and assisted local physicians at several mobile clinics that were set up in the neighboring towns around Tamarindo, Costa Rica — a city situated on the Pacific coast with a population of just over 6,000.

"At these clinics, we had a variety of stations set up including triage, general medicine, OB-GYN, nutrition/education, toothbrushing and pharmacy," explained Cudworth. "I was able to aid the physicians, take vitals and teach children how to brush their teeth."

Both Cudworth and Ziegler said teaching the kids how to brush their



From left to right: Hanna Holsapple, Alyssa Boeving, Carsyn Ziegler and Mya Cudworth pose as they taste coffee while on their coffee and chocolate tour. Courtesy photo.

teeth was a particularly special experience.

"Toothbrushing is a trivial activity in our daily lives, but I loved seeing how excited the children got when they received a toothbrush," said Ziegler.

"If I had to choose one thing I enjoyed the most from the clinics ... it would have to be teaching the children how to brush their teeth," added Cudworth. "Seeing how excited they got over something as simple as brushing their teeth was an extremely cathartic experience."

In addition to mobile clinics, Cudworth and Ziegler also worked on a service project with MedLife, which meant volunteering at a local animal sanctuary.

The sanctuary provides medical attention to animals in need before releasing them back into the wild, and the students helped out by building pathways in between the animals and repairing and painting old bamboo structures.

It was just one more opportunity to provide invaluable assistance to those who would otherwise go without, and it's hard to imagine a more rewarding experience.

Meanwhile, when they weren't working with MedLife, Cudworth and Ziegler also got to do some exploring and sight seeing.

"Outside of the clinics and service projects, we spent most of our free time

on the beach and trying new coffees at the amazing cafes they had around town," said Cudworth.

On their last day in the country, they also got to visit the beautiful Llanos de Cortez waterfall, where

they were able to swim and take photos to commemorate the whole experience.

Both Cudworth and Ziegler said they were grateful to experience it all with their close friend and roommate.

"I'm so grateful to have shared this experience with Mya. Having a friend with me while traveling and working with MedLife took away a lot of nerves

See TRIP, page B5



Mya Cudworth applies fluoride to a child's teeth at one of the mobile clinics in Costa Rica. Courtesy photo.

## University of Jamestown Dean's List announced

Students from your area have been named to the Dean's List for the Fall 2023 semester at University of Jamestown. They are listed as follows:

- Danielle Bjerke of New Rockford, N.D.
- Hannah Hagel of Carrington, N.D.
- Benjamin Schaefer of Carrington, N.D.
- Kennedy Wendel of Carrington, N.D.
- Tate Grossman of Harvey, N.D.
- Keely Arnston of Maddock, N.D.
- Madelyn Schmidt of Medina, N.D.

• Isabel Schmidt of Medina, N.D.

• Benjamin Zuther of Buchanan, N.D.

Students are named to the Dean's List for earning a semester GPA of 3.5 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.

## Anderson, Duda named to Dean's List at Mayville State Univ.

Dr. Huschle, Vice President for Academic Affairs at Mayville State University, announces that the following students have been listed on the Dean's List for the Fall Semester of 2023 at Mayville State University.

- Taylor Anderson, New Rockford, N.D.
- Koby Duda, New Rockford, N.D.

In order to be named to the Dean's List, each student has attained a grade-point-average of 3.50 or higher and has successfully completed a minimum of 12 graded credit hours of regular academic credit from Mayville State.





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## Excelling on course, track, and in class

NDSU's Payton Smith 'running' towards degrees

BY ERIK GJOVIK

Carrington High School graduate Payton Smith has a clear vision in front of him, and he knows very well how to pursue it.

The son of Kyle and Layne Smith is currently pursuing a double major in Psychology and Exercise Science at NDSU, all the while excelling on the Bison cross country and track teams.

Smith was named as the NDSU Male Athlete of the Week for the week of October 16-23, after leading the Bison to a 7th place finish out of 30 teams at the Bradley Pink Classic in Peoria, Ill.

As one of the cross country team's top five runners, he entered into the team scoring in every meet this past season, and earned 2nd Team All-Summit League honors by finishing in 12th place overall at the conference meet this past November.

He was named as a Bison Most Valuable Scholar this past fall, achieving a perfect 4.0 grade point average (GPA). He was also one of only five runners in the Summit League to be named to the Academic All-League Team.

During the outdoor track season, Smith ran the 3,000-meter steeplechase and 5,000 meters, and is



Payton Smith, center, is pictured with his parents, Kyle and Layne Smith, following the 2023 Midwest Regional Cross Country Championships in Stillwater, Okla. (Courtesy photo)

the Summit League runner-up two years running in the steeplechase event. In his freshman season, he placed 7th in the conference meet.

His personal best time of

8:58.26 in the 3,000 steeplechase is good enough for fifth-best in Bison track history.

His career-best in the open 3,000 is 8:28.92, and

14:49.00 for the 5,000.

Eligibility-wise, Smith is currently in his junior year for the indoor track season, and will be a senior this spring for outdoor.

## UMary announces Dean's List for fall semester

Area residents are among the 1,124 students named to the 2023 Fall Semester Dean's List at the University of Mary, in Bismarck. This number includes students in Mary's undergraduate program and in adult education (University of Mary Online).

- MacKenna Arnold of Harvey, N.D.
- Maria Schmitz of Harvey, N.D.

To qualify for the honor, traditional undergraduate students must earn a 3.50 or better grade point average while carrying at least 12 credit hours.

Students enrolled in the

UMary Online program must earn a 3.50 or better grade point average while at a full-time adult learner status.

Anyone who wishes to learn more about the University of Mary can do so at [www.umary.edu](http://www.umary.edu) or by contacting an admissions representative at [enroll@umary.edu](mailto:enroll@umary.edu), or by calling (701) 355-8030. The University of Mary is one of only 15 Recommended Cardinal Newman Society Residential Colleges and Universities in the US.

About the University of Mary: True to its motto "lumen vitae" – The Light

of Life – the University of Mary offers education for the whole of life through cutting-edge professional programs and graduate programs animated by moral courage and leadership in chosen professions and service to the community. A private, co-educational Catholic institution, the University of Mary welcomes students of all faiths and backgrounds.

A Christian, Catholic, Benedictine institution founded in 1959 by the Benedictine Sisters of Annunciation Monastery, Mary offers nearly 60 bachelor's, 18 master's, and five

doctoral programs – in Business Administration, Education, Nursing Practice, Occupational Therapy and Physical Therapy. The 20-sport Athletic Department adheres to its Greatness Through Virtue mission under the governance of the National Collegiate Athletic Association (NCAA), American Collegiate Hockey Association (ACHA), and the USA College Clay Target League. With more than 3,800 students, Mary has locations in North Dakota, Montana, Arizona and Rome, Italy, as well as vibrant online offerings.

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## Students named to Dean's List at NDSU

Congratulations to the 4,111 North Dakota State University students who earned places on the fall 2023 Dean's List.

A student must earn a 3.50 grade-point average or higher and be enrolled in at least 12 class credits to qualify.

Students are listed by hometown. Their majors also are included.

- Jaxon Fike of Bowdon, N.D. – Agricultural Economics
- Regan Jones of Bowdon, N.D. – Crop and Weed Sciences
- Madeline Ulane of Bowdon, N.D. – Animal Science
- Madeline Allmaras of Carrington, N.D. – Nursing
- Trace Hoggarth of Carrington, N.D. – Agribusiness
- Allison Jarrett of Carrington, N.D. – Criminal Justice
- Trey Rosenau of Car-

- Leash Jans of Harvey, N.D. – Marketing
- Zoe McKinven of Harvey, N.D. – Political Science
- Hannah Reutter of Harvey, N.D. – Horticulture and Urban Agriculture
- Makenna Vollmer of Harvey, N.D. – Exercise Science
- Tyler Weisser of Harvey, N.D. – Biological Sciences
- Hailey Maddock of Maddock, N.D. – Journalism
- Theodore Allmaras of New Rockford, N.D. – Accounting
- Kenna Munson of New Rockford, N.D. – Finance
- Madison Schuster of New Rockford, N.D. – Business Administration
- Jacob Rexin of Sykeston, N.D. – Crop and Weed Sciences
- Eric Anderson of Tolna, N.D. – Accounting
- Tristan Anderson of Tolna, N.D. – Psychology

- Leash Jans of Harvey, N.D. – Marketing
- Zoe McKinven of Harvey, N.D. – Political Science
- Hannah Reutter of Harvey, N.D. – Horticulture and Urban Agriculture
- Makenna Vollmer of Harvey, N.D. – Exercise Science
- Tyler Weisser of Harvey, N.D. – Biological Sciences
- Hailey Maddock of Maddock, N.D. – Journalism

- Theodore Allmaras of New Rockford, N.D. – Accounting
- Kenna Munson of New Rockford, N.D. – Finance
- Madison Schuster of New Rockford, N.D. – Business Administration
- Jacob Rexin of Sykeston, N.D. – Crop and Weed Sciences
- Eric Anderson of Tolna, N.D. – Accounting
- Tristan Anderson of Tolna, N.D. – Psychology



McKenzie Johnson holds her diploma after graduating from Dickinson State University.

## Local students named to MSU Moorhead Dean's List

The following students have been named to the Minnesota State University Moorhead Dean's List in recognition of academic achievement for the fall semester of 2023. Students must maintain a 3.25 or higher grade-point average and carry 12 graded credits to qualify for the honor.

- Madden Thorson of Harvey, N.D. – Business Administration
- Emma Duda of New Rockford, N.D. – Psychology

preprehensive university enrolling more than 4,000 students and offering more than 130 majors, emphases and options, 15 graduate degree programs, and 38 certificate programs.

MSUM is a member of the Minnesota State system, with 26 community and technical colleges and seven state universities serving approximately 300,000 students. It is the third-largest system of 2-year colleges and 4-year universities in the United States.

## CCCC Fall President's and Dean's Lists announced

Cankdeska Cikana Community College (CCCC) would like to congratulate the students who made the President's List and Dean's List for 2023 Fall Semester. To be on the President's List the student must be full-time achieving a 3.70 to 4.0 GPA for the semester. To be on the Dean's List the student must be full-time achieving a 3.25 to 3.69 GPA for the semester.

### President's List

- Josette Acheson; Taylor Alderman; Kelsey Anderson; Samantha Azure; Danae Black; Hillary Black; Brennen Burdick; Bryson Burdick; Annalissa Cavanaugh; Erica Cavanaugh; Anthony Charboneau; Christopher Cook; Sabrina Davis; Taylor Drake; Desmond Driver; Shirley Driver; Sandida Gladue; Marissa Goodvoice; Laticia Graham; Cody Graywater Jr.; Ashley

- Greywater; Davin Greywater; Michelyn Guy; David Hayden; Amira Ironhawk; Derrick Jackson; Ryan Jetty; Tessie LaVallie; Brynn Lafountain; Tyrese Leaf; Samantha Leftbear; John Lenoir; Chastity Lightning; Kristie Little; Vandy Little; Natasha Littlewind; Marshall Longie; Jaylee Malaterre; Mark Matheny Jr.; Wilbur Medicine Stone; Bryce Medicine Stone; Melissa Olson; Ricki Rainbow; Meghan Robertson; Shayna Ross; William Shifflett; Dustin Stanley; Terrell Thomas; Katelynn Throntveit; Irvin Tomahawk; Alexis Waanatan; Lindsey WalkingEagle; Howard Wanna; Hayden Whitecal; Clayton Williams

### Dean's List

- Bridget Baker; Beth DeLong; Jason Feather; Tia Jetty; Jayden Kraft; Charles Lamber; Dani Lohnes

## Hovdenes named to Dean's List at St. Cloud State University

St. Cloud State University has announced the names of more than 1,080 students whose academic achievement placed them on the 2023 fall semester Dean's List. To be eligible for the honor, students must have a grade point average of 3.75 or higher on a 4.0 scale.

- Colby Hovdenes of Tolna, N.D. – College of Liberal Arts, Mass Communications, BS

St. Cloud State University shows individualized student support as it serves more than 10,000 students. The institution has over 200 undergraduate academic

programs and 60 graduate degrees to choose from, while the 100-acre campus is located about an hour northwest of Minneapolis along the banks of the Mississippi River in St. Cloud, Minnesota. SCSU is leading into the future by boldly altering the way it serves a new generation of students with a focus on research and innovation, allowing students to apply their knowledge in real-world settings. Over 131,000 alumni continue to be changemakers around the globe. Learn more about St. Cloud State University at [www.stcloudstate.edu](http://www.stcloudstate.edu).

## Johnson graduates from Dickinson State

McKenzie Johnson, a former graduate from Carrington High School, has graduated from Dickinson State University in December of 2023 where she got her Bachelor of Science in Education (Elementary Education) with a concentration of early childhood degree.

After graduating from Carrington High School, she went to Bismarck State College to continue her academics and basketball career. She played both years she was there and was one of the captains her sophomore year. She graduated BSC with her Associates in Art and Associates in Science.

She then transferred to Dickinson State University and was accepted into the education program. She also continued her basketball career and played her final two years and was a captain her senior year.

McKenzie had the honor of being on the president's list for two years and awarded the honor of Student Teaching with Distinction during her time at DSU.

McKenzie student taught at Carrington Elementary School and is currently a substitute teacher at Carrington Public Schools until she can find a permanent teaching position.



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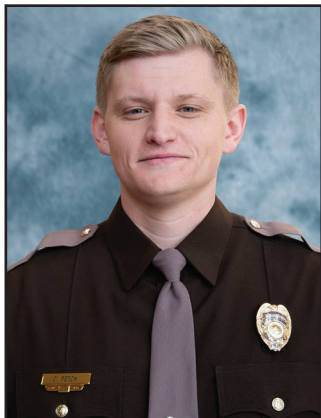
NDHP's newest Troopers (left-right): Kolton Krance, Damon Burkel, Peter Miley, Landon Jacobson, Remington Timothy, Amanda Mohs, Trevor Elfman, Andrew Klegstad, Jacob Hudson, Mykal Porter, Evan Johnson, Frank Holdburg, Damian Wright, Gregory Conlin, Shane Johnson, Trenton Stewart, Casey Fetch, Zackary Kennedy, Arlen Rohrich.

## Fetch among graduates from N.D. Law Enforcement Training

Nineteen troopers celebrated their graduation from the North Dakota Law Enforcement Training Academy on Friday, January 26, 2024. Ten of the officers, who were currently licensed peace officers prior to joining the NDHP, completed a two-week highway patrol specific training program and were sworn in at various times in 2023 (see media release dated 12/29/2023).

The remaining nine troopers successfully completed an 18-week, comprehensive law enforcement training program that began in September 2023. They will begin field training with experienced NDHP troopers beginning Monday, Jan. 29, and will be temporarily stationed at posts throughout the state.

Lieutenant Governor Tammy Miller stated "Our law enforcement agencies



Casey Fetch

and especially the Highway Patrol serve and protect with honor and integrity and uphold the highest standards of professionalism, while serving our citizens."

Attorney General Drew Wrigley said this about troopers, "On every given day you are encountering the public, sometimes in

the worst moments of their lives, you are the chief law enforcement officer, we're counting on you. Today you inherit a rich tradition of the North Dakota Highway Patrol, it's really a centrally important cog in the makeup of all law enforcement across the state of North Dakota."

North Dakota Supreme Court Chief Justice Jon Jensen administered the oath of office. A badge of authority, which is issued only to duly appointed and acting members of the highway patrol, was presented to each graduate.

Lieutenant Adrian Martinez, Training Director of the NDHP Law Enforcement Academy, noted that, "Despite the differences in training duration and initiation times, today signifies a shared triumph, underscoring each trooper's resilience and un-

wavering commitment to the honorable pursuit of safeguarding and serving our community."

The NDHP basic graduates and their hometowns are Gregory Conlin, Fargo, N.D.; Casey Fetch, Sykeston, N.D.; Frank Holdburg, Jamestown, N.D.; Jacob Hudson, Bismarck, N.D.; Landon Jacobson, Bismarck, N.D.; Zackary Kennedy, Cando, N.D.; Kolton Krance, Mandan, N.D.; Mykal Porter, New Britain, Conn.; and Arlen Rohrich, Steele, N.D.

NDHP Colonel Brandon Solberg also spoke at the ceremony noting the recruits' hard work, dedication, flexibility, and commitment to protecting the citizens of North Dakota. He stated, the assigned duty locations of the new troopers will be announced following completion of field training this spring.

## M State announces Fall 2023 academic honors

Minnesota State Community and Technical College has named 516 students to its President's List and 540 students to its Dean's List for the fall 2023 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 grade point average 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.

Local students named to the fall 2023 M State President's List and Dean's List are:

- Lauren Skadberg of Carrington, N.D. - Dean's List

- Jade Eveland of Tolna, N.D. - President's List

A member of the Minnesota State system of colleges and universities, M State (Minnesota State Community and Technical College) serves more than 6,500 students in credit courses each year in over 70 career and liberal arts programs online and in-person at its campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena. The college also partners with communities to provide workforce development services and other responsive training programs to 500 businesses and 9,000 participants.



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## Walford aims straight for UJ



NR-S alum **Koven Walford** began his third season competing in shooting sports for the University of Jamestown. (Submitted photo)

**BY NATHAN PRICE**

Koven Walford, who once shined as an archer at New Rockford-Sheyenne, is now excelling in shooting sports at the next level.

After graduating from NR-S in 2021, Walford attended the University of Jamestown for a degree in mechanical engineering. But when he's not studying to become an engineer, Walford can often be found aiming down range.

As an archer at NR-S, Walford won a state championship with a near-perfect score of 298, and twice attended the NASP national tournament.

Now at UJ, he's achieving even more success not only as an archer, but also as a member of the Jimmies' trap shooting team, which competes in trap, doubles, skeet, sporting and 5 stand.

Walford has competed at nationals in San Antonio, Texas and Las Vegas, Nev. for trap shooting, and has placed in the top three in

multiple archery tournaments.

Some of his personal records include a 94/100 in Trap, a 47/50 in Doubles and a 580/600 in collegiate archery.

Walford's excellence on the shooting range has helped UJ Shooting Sports achieve great success, and he credits the NR-S archery program for much of his achievements beyond high school.

"I learned a lot in high school from coaches and time shooting," said Walford. "I was able to bring all of that experience with me to college."

"I grew up bow hunting and when we started an archery team I thought it would be fun," he added. "I'm glad I was able to be a part of the NR-S archery program and continue it here at UJ."

Like the NR-S archery program, the collegiate archery season has also gotten underway this January. This season and for the

remainder of his time at UJ, Walford said one of his biggest goals is to achieve a highest overall score in both a trap and an archery tournament.

Generally, however, he simply enjoys the experience of collegiate shooting sports.

"I enjoy shooting sports because it's a ton of fun, laid back, a great stress reliever, cool to be a part of the team, and it gets your mind off school and work," said Walford.

"I will probably keep shooting trap and archery for fun after college. There are leagues like ATA (Amateur Trapshooting Association) and ACA (Alliance of Competitive Archers) that you can compete in which I would definitely consider."

Meanwhile, Walford has a message for the kids competing in NASP archery at the high school level – like any sport, there are opportunities at the next level for those who excel at shooting sports.

"I would say that their

shooting sports career doesn't have to end at high school," he said. "While UJ is the only college in N.D. so far with an archery team, most schools have a trap team. If you're willing to travel, Mount Marty (South Dakota) and Alexandria (Minnesota) are the next closest schools with archery."

"Here at UJ, we are always looking for more trap and archery shooters and offer scholarships for both. So not only will you get some help paying for college, you can continue your passion and bring your skills to the next level."

Continued from page B1

### TRIP —

and made the experience overall more enjoyable," said Ziegler.

"We both share a lot of the same interests and dreams so to partake in this trip together was nothing short of amazing," said Cudworth. "Carsyn and I also met a ton of amazing people and gained so many more friends to share the experience with."

Moving forward, both said they'd love to participate in another service learning trip one day.

Together, they got to take in an exotic country and experience a whole new culture, all while helping the less fortunate with critical healthcare services — who wouldn't want to do that again?

"My experience with MedLife in Costa Rica was nothing short of amazing," said Ziegler. "I am thankful for the experiences I got to share with Mya and for the new life-long friendships I formed. I would highly recommend partaking in a mission trip whether that is with MedLife or not because it is such a fulfilling activity."



**Jackson Brazil**

## Brazil on President's List at Southwestern Community

Jackson Brazil, age 16, earned his GED and moved to the Oregon coast to help his grandparents and take courses at Southwestern Community College in Coos Bay.

He enrolled in a welding program and works as a lab assistant. He made the President's List for the Fall 2023 semester.

Jackson is the son of Mike and Rachel Brazil from New Rockford.

## Bismarck State College Fall 2023 President's Honor Roll

Bismarck State College announces the President's Honor Roll for the Fall 2023 semester.



"Mark Twain was quoted as saying, 'The dictionary is the only place where success comes before work.' Clearly, these students have put forth the dedication and hard work, and it has resulted in success at Bismarck State College," 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.

\* Designates a 4.00 GPA

- Jacob Timm, Kensal
- Ethan Utke and Lauryn Halvorson\*, Glenfield
- Kaleb Short, McHenry
- Brock Fike, Bowdon
- Kamryn Sanders, Dylan Anderson, Keenan Davis\* and Jenna Green\*, Harvey
- Mason Klocke, Woodworth
- Michael Clifton\*, Carrington
- Matthew Duchscherer\*, New Rockford, N.D.



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## Deng Deng commits to UND football

BY NATHAN PRICE

Deng Deng of Four Winds is one of the best athletes in the state of North Dakota, and his basketball prowess has earned him state-wide recognition.

However, earlier this year he surprised many when he announced his verbal commitment to play football for the University of North Dakota.

The 6-foot-5 senior has played wide receiver and safety for the Four Winds/Minnewaukan Indians at a high level, but it was his prolific scoring and dunking on the basketball court that had earned him a sterling reputation.

But no matter the sport, it was clear to everyone that Deng is a special athlete.

His obvious athletic ability was clearly enough to catch the eye of the Fighting Hawks' football program, and head coach Bubba Schweigert was lucky enough to win him over.

"I decided to commit to UND for football because it felt like the right decision for me," said Deng. "They showed a bunch of love this past summer, and when me and my big sister Louelle sat in Coach Bubba's office he explained my potential and what I could do at UND very clearly. I feel like the sky's the limit for me for football and it was the right thing to do for me and my future," he added.

In just six games as a wide receiver last season, Deng amassed 495 yards on 25 catches and eight touchdowns, including a 173-yard, two-touchdown performance against New Rockford-Sheyenne/Maddock.

A year earlier, when he was able to play a full 8-game season, he amassed



Deng Deng of Four Winds will suit up for the UND Fighting Hawks in the fall. (Submitted photo)

666 yards on 32 catches and eight touchdowns.

According to MaxPreps.com, his performance that year ranked him No. 1 in the state in receiving yards, and No. 157 in the country.

In an article about Deng's commitment to UND, Deng's high school coach, Travis Mertens, told the Grand Forks Herald just how dominant his star receiver can be.

"He's a playmaker," said Mertens. "You get him the ball in his hands and he can take it 80 yards, or you can get in the red zone and get him a jump ball. He's such a willing blocker, too. He's a long, strong kid. When he wants to drive someone or wants a defensive back to go a certain way, they usually don't make a tackle."

Right now, Deng is help-

ing his team march towards another great basketball season, and they're looking like early contenders for a return to the state tournament, this time in Division A.

Long-term, however, his sights are set on football and the possibilities of the future. He'll also be chasing some lofty goals and aspirations.

"I will be continuing to stay in the weight room and start working on my craft again once basketball is done," said Deng. "My goal is to win a national championship and get close to reaching my full potential as a football player. Also, my overall goal is to play football in the NFL and take care of my family."

He's certainly done well to make it this far already. Attending the University of North Dakota and playing Division 1 football is impres-

sive to say the least, and there are several people that have helped him get there.

"I'll have to say my coaches for both football and basketball and my big sister Louelle," said Deng about those who've helped him achieve so much. "They all gave me the opportunity to help me reach my potential and be the best person I could be with sports and with life."

As for Deng's academic future, he said he hasn't decided on a major just yet, but knows that he wants to be in the athletic field, possibly helping train athletes.

One thing's for sure, he'll have plenty of support from back home whatever he does. Teammates, coaches, fans and even former adversaries will be following along as he helps the Fighting Hawks compete for an NCAA championship.

## Dickinson State honors for Johnson, Beck

McKenzie Johnson, Carrington, N.D., has been named to the Dickinson State University President's List for the Fall 2023 semester.

To qualify for the President's List, students must be enrolled full-time and have a minimum semester

grade-point average of 3.9 or higher.

Emily Beck, Fessenden, has been named to the Dean's List at Dickinson State University.

To qualify for the Dean's List, students must be enrolled full-time and must earn a 3.5 GPA or higher.



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## Depew named to Iowa State Dean's List

More than 10,800 Iowa State University students have been recognized for outstanding academic achievement by being named to the fall semester 2023 Dean's List. Students named to the Dean's List must earn a grade point average of at

least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work. Locally, Trapper Depew, Pingree, majoring in Agricultural Engineering, was named to the list with a 4.0 gpa.

## Students named to Fall 2023 honor rolls at VCSU

Valley City State University has released its President's Honor Roll, Dean's Honor Roll and Honor Roll for fall 2023 semester. 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.

- Anthony Bertolino of Binford, N.D.
- Jaycee Andel of Cooperstown, N.D.
- Emma Dockter of Harvey, N.D.
- Autumn Sieg of Harvey, N.D.
- Abigail Dreher of McHenry, N.D.
- Heather Hall of New Rockford, N.D.

The Dean's Honor Roll recognizes students who completed 12 semester hours or more of VCSU

classes for which grade points are earned with a grade point average of at least 3.50.

- Trisha Austin of Bowdon, N.D.
- Anna Erickson of Cooperstown, N.D.
- Brooklyn McCullough of Cooperstown, N.D.
- Hunter Schuh of Harvey, N.D.
- Rylan Parsley of McVie, N.D.
- Lottie Caldwell of Warwick, N.D.

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.

- Kaylee Schlafman of Carrington, N.D.
- Kindra Jacobson of Sheyenne, N.D.

## NDAREC lineworker apprenticeship graduates

Seventeen lineworkers have earned journeyman status, following completion of a robust apprenticeship program of the North Dakota Association of Rural Electric Cooperatives (NDAREC). Graduates were recognized during a Jan. 11 awards ceremony at the NDAREC Apprenticeship, Training and Safety Conference.

"On behalf of NDAREC, I'd like to congratulate this year's graduates," says NDAREC Executive Vice President and General Manager Josh Kramer. "The apprenticeship program is a critical pipeline for developing lineworkers in the technical and professional aspects of the job. Many graduates will work the



Jordan Omlie



James Rosencrans



Leopold Halko

remainder of their careers in the electric cooperative system. The paid on-the-job training and education apprentices receive is a fundamental aspect of our workforce, which helps build generational greatness in our industry."

Northern Plains Cooperative had two lineworkers that graduated from the apprenticeship program in 2023. They were Jordan Omlie, Lankin, N.D., and James Rosencrans, Towner, N.D.

Omlie and Rosencrans as well as Leopold Halko, Jamestown, N.D. (sponsored by McKenzie Electric Cooperative) are all currently employed by Northern Plains Cooperative.

## NDSCS announces Fall 2023 President's Honor List

The North Dakota State College of Science has named 496 students to its fall semester 2023 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:

- Lilly Bohl of Buchanan, N.D. - Dental Hygiene

- Alexander Hurlbut of Carrington, N.D. - Electrical Technology
- Tate Larsen of Carrington, N.D. - Electrical Technology
- Cole Seaburg of Carrington, N.D. - Caterpillar Dealer Service Technician
- Quinn Nepl of Maddock, N.D. - Dental Hygiene
- Darica Ziebart of New Rockford, N.D. - Dental Hygiene

## Allmaras earns degree from NDSU in Accounting



Teddy Allmaras

Teddy Allmaras, New Rockford-Sheyenne Class of 2019, graduated Magna Cum Laude on December 15, 2023 from North Dakota State University College of Business with a Bachelor of Science Degree in Accounting. Teddy is currently employed as an Audit Associate at Eide Bailly LLP in Fargo. Teddy is the son of Linus and Susette Allmaras, New Rockford.

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Students that attended the festival in Iowa included left to right: **Mary Trish Fernandez** (Michigan, N.D.); **Nate Olson** (New Rockford); **Charles Craddock** (Devils Lake); **Lenora (Eva) Wolf** (Zeeland); **Anna Reid** (Maddock); **Crucible Steinman** (Hoople); **Alexa Holth** (New Rockford) and **April Hubbard** (Edmore).

## Minot State names Lura to Engagement Honor Roll

Minot State University announced a total of 265 students were named to the Vice President for Academic Affairs' Engagement Honor Roll for Fall 2023 and 10 students earned a spot on the Engagement Honor Roll.



One of the students earning a spot on the Engagement Honor Roll was Baylee Lura from Carrington.

Students who earned a term grade point average of 3.5-3.79 while enrolled for 12 or more credits during the Fall 2023 semester were named to the VPAA list. The honor will

show on the student's transcript for the semester it was earned.

The Engagement Honor Roll is an opportunity for Minot State University undergraduate students to receive recognition for the engagement activities they participate in while a student at MSU through the inclusion of this distinction on their transcripts. Students must complete a minimum of 50 hours, verified by supervisors, in any combination of engagement activities in order to be recognized during any given term.

## LRSC students shine at festival

Lake Region State College (LRSC) students showcased their theatrical talents at the Kennedy Center American College Theatre Festival (KCATF) in Des Moines, Iowa.

The four-day event featured the talent of LRSC students Charles Craddock, Trish Fernandez, Alexa Holth (New Rockford), Nate Olson (New Rockford), Anna Reid, Crucible Steinman, and Lenora (Eva) Wolf. Attending theatrical workshops and performances, these students expanded

their skills, learning and contributing to the festival.

The outstanding achievements of LRSC were recognized with four commendations, underscoring the college's commitment to excellence in theatre arts. The commendations include:

1. Ensemble Performance Excellence: A commendation was awarded to the cast of "Dr. Jekyll and Mr. Hyde" for their outstanding achievement in ensemble performance.
2. Language Authority (Dialect): The cast of "The

Importance of Being Earnest" received a commendation for their mastery of language authority and dialect.

3. Ensemble Storytelling: The same cast from "The Importance of Being Earnest" was awarded for their captivating storytelling as a group, showcasing their exceptional skills in ensemble storytelling.

4. Directorial Excellence: April Hubbard received recognition for her exceptional direction of "The Importance of Being Earnest."

This success reflects the talent of individual students and the exceptional directorial skills demon-

strated by April Hubbard. Under her guidance, the collaborative efforts of the LRSC theatre community significantly contribute to this achievement. The awards represent the dedication and skilled LRSC students in different parts of theater production, with April's outstanding contributions.

The Kennedy Center American College Theatre Festival has been a tradition in celebrating college-level theatre for over 50 years. LRSC proudly belongs to Region V, encompassing colleges and universities in Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota.

## Larson graduates from Minnesota College of Science & Engineering

Sandra Larson of Sheyenne, N.D. graduated with distinction from the University of Minnesota College of Science and Engineering. She delivered the Civil, Environmental, and Geo-Engineering department commencement address. Completing her last semester on the Dean's List, she was also interviewed for the department newsletter. Read more on the UMN CEGE website, under "News."

Sandra will use her Bachelor of Environmental Engineering degree at Carlson McCain in Plymouth, Minn. Sandra



Sandra Larson

would like to thank Eddy County for their support over the years!

Sandra is the daughter of Peter and Patti Larson, Sheyenne.

**Transcript Publishing wishes to thank all schools and individuals for sharing news with us!**



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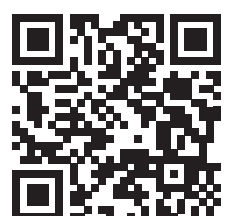


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