

Metropolitan State University **buzz**

FOR ALUMNI AND FRIENDS

SPRING 2014 VOLUME 6, NO. 2

Mohammad Zafar ('08)

Running moved his life forward.
Read how on page 34.

Metropolitan
State University



View From New Main



At the end of June, I will celebrate my 66th birthday and my retirement from what has been a very satisfying and rewarding 38-year career in public higher education. It has been an honor and a privilege to serve these past six years as the president of Metropolitan State University. I have been inspired by the students, alumni, faculty and staff who make the Metropolitan State story extraordinary. I especially treasure our students' stories—each story is unique and yet they all embody personal transformation, hope, and “the American dream.”

In this, my final *Buzz* column, I welcome the opportunity to reminisce about the changes I have seen and reflect on the awesome prospects that await Metropolitan State University in the coming years. Since I joined Metropolitan State in 2008, the university has experienced significant growth and development. Our enrollments grew by 27 percent, to 11,591 students. The number of annual graduates grew by 38 percent, to over 2000 per year. Our enrollment of students of color grew by 35 percent. This year alone, our enrollment of students of color increased by 7 percent (18 percent for American Indians, 10 percent for Asians, and 6 percent for Africans/African Americans). Our enrollment of veterans and military students grew by 76 percent, to over 800—more than any other MnSCU college or university.

Metropolitan State faculty have added a wonderful array of new graduate and undergraduate programs to meet contemporary needs. These include a Doctor of Business Administration degree, a Doctor of Nursing Practice degree, and master's degrees in Advanced Dental Therapy, Computer Science, Criminal Justice, Drug and Alcohol Counseling, and Environmental Biology. New undergraduate majors include Chemistry, Chemistry Education, Computer Applications Development, Gender Studies, and Supply Chain and Operations Management.

During this period Metropolitan State also became a national leader in innovative healthcare education. Five years ago we launched a graduate degree for Advance Dental Therapy—the first in the United States. It was designed to greatly increase access to oral health care by preparing licensed, experienced dental therapists to perform diagnosis, fillings and simple extractions. After five years, the program has produced the results promised, and several other states are now following Minnesota's lead. In addition, Metropolitan State is the first university to deliver the new Minnesota Alliance for Nursing Education (MANE) baccalaureate program in nursing. In this program we are partnering with seven community colleges to deliver the innovative MANE curriculum so students can complete their Metropolitan State baccalaureate program at several different locations across the state.

I enjoyed the pleasure of seeing Metropolitan State grow a number of new innovative partnerships with the metropolitan area community colleges. To meet the needs of a geographically dispersed student body, we now offer 60 undergraduate degrees or graduate programs on the campuses of the metropolitan area community colleges or fully online.

A huge change I witnessed was the construction of new facilities for the university. Our Saint Paul Campus is being transformed with \$65,000,000 worth of major construction that began this spring. The projects include a five-story parking facility, the university's first student center and a 67,000-square-foot science education center. The student center will be on Seventh Street, the science education center on Sixth Street and the parking ramp on the site of our current Maria Street parking lot. These three projects follow another major addition, in 2010, of an outstanding new classroom/office building where the last remaining St. John's Hospital structure sat. Upon the completion of our current projects in 2015, the Saint Paul Campus will be transformed and Metropolitan State University will be a major presence in the Saint Paul skyline. These projects are the fruit of years of planning, consultation and advocacy by many faculty, students, administrators, elected officials and community partners. I am grateful to all of those supporters. The results will be spectacular!

I also saw the university's presence grow across other parts of the greater Twin Cities metropolitan area. Since 2010, we have opened a beautiful new Law Enforcement and Criminal Justice Education Center in Brooklyn Park (in partnership with Hennepin Technical College) and a community dental clinic and teaching lab in Maplewood. We significantly expanded our presence on Energy Park Drive to accommodate additional faculty, staff and classes. We acquired very nice classroom and office space on the campuses of Normandale Community College in Bloomington, Inver Hills Community College in Inver Grove Heights and the Workforce Development Center in Burnsville. We continue to be a major presence on the campus of Minneapolis Community and Technical College. The programs we offer at these sites greatly increase the convenience and access of our baccalaureate and graduate programs to residents across the whole metropolitan area, and they reflect the strong partnerships we developed with other MnSCU institutions to serve the educational needs of the state.

We also are poised to change the face of the university in other ways. A major marketing campaign has been undertaken to tell the Metropolitan State story more broadly and effectively, including internet ads, radio and in the future, television ads. Our website will be redesigned over the coming year to make it more interactive and user-friendly. A new academic plan is being developed that will take us to the next level. We are expanding our continuing professional education programs.

None of this would be possible, of course, without an exceptional faculty and staff who work every day to provide our students with an extraordinary education. None of this would be possible without the rich vision, foundation and achievements of those who came before us. And none of this would be possible without the continuing support of our alumni, supporters and friends of the university.

I urge you to continue and even strengthen your connection with this outstanding university. Its impact and recognition will be even greater in the next several years, and more than ever before it will need support and advocacy from those who know it best. If you have not already joined our Advocacy Network, I invite you to do so today, by logging on at <http://www.ciclt.net/metrostate/>.

Thank you again for your support of Metropolitan State University, *"where life and learning meet."*

Sincerely yours,



Sue K. Hammersmith, Ph.D.
President

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Editor
Vicki Lofquist
Alumni Relations and Annual Giving Director

Art Director
Diane DeRosier Douglass ('05, '09)

Associate Editors
Maureen Acosta
Matthew Spillum ('06)
Nicholas Alexander Theiss ('13)

Managing Editor
Susan Amos Palmer
Publications/News Services Director

Contributing Writers
Stephen Burgdorf ('10)
Harvey Meyer
Matthew Spillum ('06)

Photographers
Mike Fitzgerald ('96)
Michelle Frantzen
Anne Hodson ('07)
Tom Roster

Assistant
Noriko Ramberg

Correspondence should be sent to
Alumni Relations, Metropolitan State University,
700 East Seventh Street, Saint Paul, MN 55106-5000.
Phone: 651-793-1808, Fax: 651-793-1825 or e-mail
alumni.relations@metrostate.edu.

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FSC
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ALUMNI ASSOCIATION

Greetings Alumni!

The Alumni Association Board wishes to extend congratulations to new graduates. With fall commencement, the alumni family has grown to 36,645 strong. Metropolitan State graduates fill all types of professions, from medical, technical, arts and business; and I know that our communities are better places for the skills, commitment and education you bring.

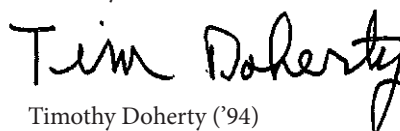
I am ever grateful for my education at Metropolitan State. I had attended other colleges. In these institutions, I obtained a good deal of knowledge, but, at Metropolitan State, I learned to think critically, logically, ethically. I remember stimulating classroom conversations that were largely free of bias and rhetoric. We didn't solve problems so much as we exposed and acknowledged their complexities. In this I found the essence of education; shared knowledge and experience, and critical thinking. It's been many years since I graduated, but I still draw on my education daily, in all areas of my life. It is both my hope and belief that you too find great benefit from your time spent at Metropolitan State.

This university fills an important niche in the education field. Enrollees are highly motivated, experienced, focused, and come to Metropolitan State with clarity about what they want from their education. The faculty rises to the challenge. Our faculty bring real-

world experience to the classroom and they readily share, as well as challenge our students. The result is rigorous, productive learning. Metropolitan State graduates are ready to "hit the ground running" and enter their careers and areas of interest with superior abilities. As a hiring manager, I have complete confidence in Metropolitan State graduates.

The Alumni Association exists to serve the interests of the alumni family. The association offers scholarships, a career speaker series, volunteer opportunities, auto insurance and hotel discounts, to name a few. We would like to learn from you additional ways the association can benefit you and your career. Please share your ideas with us by contacting the alumni office, myself or any Alumni Association board member. You can reach us online at www.metrostate.edu/alumni, or e-mail us at alumni.relations@metrostate.edu.

Sincerely,



Timothy Doherty ('94)
President, Alumni Association Board



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Super Alumni

1,142 graduates received degrees in the summer and fall semesters of 2013.

At the Dec. 17 commencement ceremony, these alumni were honored for being outstanding students.

Photos by Anne Hodson



Amanda Anderson

Amanda Anderson, the School of Law Enforcement and Criminal Justice outstanding undergraduate student, is delighted to have majored in both criminal justice and psychology.

Today, the ever-smiling Vadnais Heights resident volunteers for a River Falls, Wis., restorative justice nonprofit and a Minneapolis homeless shelter, where she also works part-time.

In the past, Anderson savored her unique role as the only female on her White Bear Lake High School boys' football team, and the Century College and Anoka Technical College graduate served as a licensed practical nurse. Down the road, Anderson may pursue a criminal justice post and graduate school.



Cris Bickman

Several patients at Allina Health Regina Hospital credit Cris Bickman with saving their lives or playing a key role in their recovery. While it's hard to eclipse those accomplishments, the School of Nursing outstanding undergraduate student—and one-time single mom—couldn't stanch the tears of pride when she finally obtained her diploma.

The 17-year Allina veteran—who has held several nursing posts at their Hastings health-care facility—now serves as campus-wide clinical educator. An RN, Bickman graduated with three degrees from Red Wing Technical College and Inver Hills Community College, where she also captured a prestigious award for women in mathematics, science and engineering.

Dependable and reliable, the Randolph resident teaches cardio-pulmonary resuscitation and regularly runs to raise money for cancer research and health-related nonprofits. The grandmother of five—who has bagged her share of deer—also participates in wildlife conservation with groups like the Minnesota Deer Hunters Association.



Mark Downey

As a rock band manager who migrated to the executive suite, Mark Downey's career trajectory has been anything but conventional. The College of Management outstanding graduate student—who received a Master of Public and Nonprofit Administration degree—couldn't be happier now as chief operating officer of Baby's Space: A Place to Grow, a 40-employee Minneapolis early-childhood education and development nonprofit.

After a 25-year hiatus from higher education, the quiet and self-effacing Downey earned his undergraduate degree from Metropolitan State's College of Individualized Studies in 2010. These days the married Minneapolis man—who has helped mobilize voters and volunteered at two alternative education nonprofits—is active with the Citizens League and as a board member of Greyhound Pets of America-Minnesota.



Jamie Fischer

Jamie Fischer is passionate about making a difference. The College of Health, Community and Professional Studies outstanding student is a mental illness/chemical dependency counselor at Tapestry-Women's Wellness Center, Saint Paul. Earlier, the thoughtful psychology major was a counselor for a Minneapolis chemical-dependency treatment center, where she helped found a committee that performed wide-ranging community service.

Fischer's interest in helping the underserved accelerated while working at several Twin Cities-area social-justice nonprofits, including the Minnesota Public Interest Research Group. The Minneapolis woman—who graduated with an A.S. degree in addiction counseling from Minneapolis Community and Technical College—hopes to continue making a mark; she plans on obtaining a graduate degree in social work and serving as a licensed social worker.



Connie Hessevick

Forty-three years after launching her higher-education trek, Connie Hessevick finally completed the journey and earned a college degree; the College of Individualized Studies outstanding student graduated with a self-styled business communication degree. Along the way, the long-time technical communication professional endured significant challenges, including layoffs and breast cancer.

Despite those ordeals, Hessevick, 61, has led a fulfilling life. The Saint Louis Park woman—who pairs sensitivity with a keen sense of humor—lends a supportive ear to cancer survivors; volunteers for Feed My Starving Children, a U.S.-Northern Ireland nonprofit; and does community service for her Minneapolis church. And Hessevick is also a standout singer, crooning for a Minnetonka church and two singing groups; she has sung in several languages and once even performed at Carnegie Hall in New York City.



Zachary Jansen

Zachary Jansen left an indelible impression in Metropolitan State's screenwriting program: Easily the most prolific student in the program's history, he snared the Student Screenplay Award three consecutive years and several scripts emerged as finalists or winners of professional screenwriting competitions. While still attending classes, the ever-upbeat Jansen sold one screenplay and rewrote another script. Beyond those achievements, the College of Arts and Sciences outstanding student was also selected the university's fall commencement student speaker.

With remarkable determination, the Saint Paul resident also found time to contribute to Metropolitan State's student literary magazine and the university's Student Film Club. The married father of two—a member of the Independent Filmmaker Project Minnesota and the Screenwriters' Workshop—expects to pursue graduate school and participate in movie-making in some capacity the rest of his life.



Kevin O'Hern

Promotions and awards seem irresistibly drawn to Kevin O'Hern, College of Management outstanding undergraduate student. As terminal and trucking manager for Lafarge North America-Minneapolis Terminal, the business administration major soon chalked up three promotions. Serving in the Minnesota National Guard and U.S. Army, he won the prestigious Army Commendation Medal and several other awards. Moreover, O'Hern graduated with honors from Inver Hills Community College and the U.S. Army Ordnance Center and School, Aberdeen Proving Grounds, Md.

The Farmington resident is also a community-service standout, volunteering for the Boy Scouts and coaching Farmington soccer, baseball and T-ball. Expect more honors from this married father of two after he completes additional safety training and earns a Metropolitan State graduate certificate in project management.



Moon Soe

Half a world away, Moon Soe and his family barely escaped Burmese military bombs as they fled their ethnic Karen village. He spent years in a Thailand refugee camp before arriving in Saint Paul in 2008. The School of Urban Education's outstanding student now tutors English-as-a-Second-Language pupils and advises an after-school program for Karen refugee students at Washington Technology Magnet School, Saint Paul.

Soe's ties to his roots are also apparent in helping fellow Karens with English translation, applying for social services and supplying other assistance as needed. The ambitious 26-year-old Century College graduate is gung-ho about teaching grades five through 12 and becoming the first college-educated Karen teacher in Minnesota—and possibly the United States. The Saint Paul resident hopes to eventually enroll in graduate school and revisit Burma to help rebuild his native land.

Soe received the 2014 Pan Asian Student Services Honorary Alum Award in recognition of his support and dedication to service to the Karen Community.

Malhotra named Metropolitan State's interim president

Devinder Malhotra has been named Metropolitan State's interim president. His appointment is effective July 1. He succeeds Sue Hammersmith, who is retiring after six years as the university's president.

Malhotra has served as provost and vice president for academic affairs at Saint Cloud State University since 2009. Previously, he served as dean of the College of Arts and Sciences at the University of Southern Maine from 2005 to 2009. He also served on the faculty at the University of Southern Maine and the University of Akron, Ohio.

He has bachelor's and master's degrees in economics from the University of Delhi, India, a doctorate in economics from Kansas State University, and has completed the Management Development Program at Harvard University's Graduate Institutes of Higher Education.

"As provost, Dr. Malhotra has been deeply engaged in nearly every aspect of university operations," said Steven Rosenstone, Minnesota State Colleges and Universities chancellor, who recommended Malhotra's appointment. "He brings a thorough understanding of what it means to lead a university and how to do so in a collaborative fashion. He is an outstanding leader who works effectively with faculty, community leaders, elected officials, business and industry."

A national search for a permanent president begins in 2015.



PHOTO PROVIDED BY ST. CLOUD STATE UNIVERSITY

Favorite Books of Favorite Professors

Who are your favorite professors?

To answer that question we started a discussion for our alumni on LinkedIn. This is an ongoing discussion on that social media site—feel free to weigh in—but, so far, those who've received the most votes are:

David Bouchard,

professor, management information systems,
College of Management

Choosing only a few “favorite” books is difficult. While there are many books that have been important to me over the years, I thought a few choices focused on an area of my work might be interesting. Helping students learn how to think effectively and solve problems have been themes of much of the work I have done in higher education. Gaining both the techniques involved in doing this, and learning how to be reflective on how and why we think as we do, are major underlying elements of being a truly educated person. Adults think and learn through a range of associations mediated by metaphor/simile/analogy and other mechanisms, filtered through frames of culture and experience. The books I offer here for your consideration enrich the understanding of these elements in ways that have been transformational for me.

Thinking, Fast and Slow by Daniel Kahneman (Farrar, Straus and Giroux; April 2, 2013): Kahneman provides a masterwork of reflection on how the ways in which we think affect nearly all aspects of our lives. By reflecting on the modes by which we approach thinking, he helps us realize we can choose how to think about things to our advantage and avoid predictable pitfalls.

The Power of Myth by Joseph Campbell, with Bill Moyers (Anchor; June 1, 1991): The impact of culture and mythical imagery on the ways we envision and think about the world cannot be overemphasized. Campbell's life work in these areas is made accessible and fascinating in the Q&A format that this book presents—the book is based on the PBS television series with Bill Moyers. Campbell helps us see how deeply the “frames” of culture shape every aspect of the ways we see the world.

Leonardo's Notebooks by Leonardo da Vinci, H. Anna Suh (Editor) (Black Dog & Leventhal Publishers; Sept. 24, 2013), with *Leonardo da Vinci: Flights of the Mind* by Charles Nicholl (Penguin Books; Nov. 29, 2005): Leonardo da Vinci was much more than a consummate painter—he was the true “Renaissance man,” uniting visual arts with a new style of thinking about the world based on direct observation, mediated through a deep understanding of culture back to the classical Greeks. His notebooks show a breadth and depth of insight that are still dazzling today. His inventions were centuries ahead of their time. While there were likely more than 50 of his notebooks, only 28 still exist today. Suh has organized them in topical areas that make them accessible to more casual readers, while Nicholl's biography helps the reader see them in the context of his life. Leonardo was the first modern visual communicator, and his approaches are still used in medicine and technical visualization

today. And all that was in addition to his extraordinary paintings...

The Psychology of Everyday Things by Don Norman (Basic Books; June 13, 1988): Anyone trying to understand why some technologies are inherently intuitive and easy to use, while others seem to be incomprehensible and poorly designed, will want to read Norman.

In this first book of his series, he shows that there are underlying psychological principles that explain much of our reaction to design and technology, and that technology designers could make the items they offer much more intuitively appealing by engineering them with these principles in mind. Norman's lessons about designing technology to conform to people (instead of the reverse we see so commonly today) show how important an understanding of how humans think is to making our technology-driven world more accommodating to real people.



TOM FOSTER

Monte Bute ('91),

associate professor, social science,
College of Arts and Sciences

There is no finer homage to a professor than to live on as a favorite teacher in the memories of former students. What is especially gratifying about this recognition is that apple-polishing is no longer of any value.

Now that I'm nearly 70 years old, this list of books differs from those I might have chosen at age 30 or 50. Even so, I was surprised at the enduring influence these authors have had on my life and times. I offer these books because they were particularly edifying for me, and may be for others as well.

The Rebel: An Essay on Man in Revolt, Albert Camus

For more than 45 years, the fiction and essays of Camus have provided me insight and inspiration. While a man of letters, he was also a man of action.

He joined the underground French Resistance and courageously fought Nazi occupation. In this book, he rejects murder as a political tactic, whether committed by terrorists or revolutionaries. Being a realist and understanding human frailties, he advocates rebellion rather than revolution. He concisely defines the rebel and rebellion: "What is a rebel but a man (person) who says no;" and, "I rebel—therefore we exist."

The Children of Light and the Children of Darkness, Reinhold Niebuhr

In the '60s and '70s, I was an unreconstructed student radical, a naïve utopian. When reality sobered me up, Niebuhr saved me from cynicism and despair. He wrote, "The preservation of a democratic civilization requires the wisdom of the serpent and the harmlessness of the dove. The children of light must be armed with the wisdom of the children of darkness but remain free from their malice."

Written in 1943, the book was a vindication of democracy in a dark time: "Man's capacity for justice makes democracy possible; but man's inclination to injustice makes democracy necessary."

Darkwater: Voices from Within the Veil, W.E.B. Du Bois

Du Bois wrote this long-forgotten gem in 1920. The most moving chapters are autobiographical, including one about being a servant at a Lake Minnetonka resort. Chapter after chapter demonstrate that he was a man ahead of his time. "The Souls of White Folk" is a founding document of Whiteness studies, and "The Hands of Ethiopia" earned him the accolade "father of Pan-Africanism."



His feminism is evident in "Damnation of Women," where he recalls the four women of his boyhood—"They existed not for themselves, but for men." From Du Bois, I learned the art and craft of using autobiography as a tool for sociological analysis, and that activism is for the long haul (some 65 years for him).

Facing Unpleasant Facts, George Orwell

While best known for 1984 and Animal Farm, his legacy more likely will be as the 20th century's finest essayist in the English language. Orwell had a single-minded devotion to truth. In this collection, we get hints of his experiments with truth: as a colonial police officer in Burma, a dishwasher in Paris, a hobo in London, a chronicler of England's industrial working class, and a participant in the Spanish Civil War.

His biography, shaped by world history, led him "to make political writing into an art." Orwell's intellectual honesty and his prose style have been the standard by which I have measured myself.

I leave you with the poet John Ciardi's classic adieu, "Good words to you."

Favorite Books of Favorite Professors

Mary Kirk,
professor,
College of Individualized Studies



So many books, so little space on this page! As an interdisciplinary college professor, choosing four favorites was a daunting task. So, I have chosen to share about books that have had a profound impact on me, not just recent reads or interesting books, but books that have expanded my sense of possibilities, transformed my consciousness, reaffirmed my path or simply given me hope.

My junior year in high school was one of the most challenging times in my life. It was 1971, and I had just returned to the United States after two years in Thailand, and felt like a complete outsider. Caught between the struggle to be myself and my desire for love, I found hope in Charlotte Brontë's *Jane Eyre*. As a women's literature scholar, I know that her sister Emily's *Wuthering Heights* is generally considered the better novel. But, for me, it has always been Charlotte's book because her *Jane Eyre* was a woman character with steely autonomy and rare emotional courage—she had the courage to walk away from the only love she'd ever known when to stay meant sacrificing her own values. I later had to make the same choice in my own life.

Over 20 years later, an assigned reading for a doctoral seminar transformed my consciousness about race—Teresa Amott and Julie Matthaei's *Race, Gender and Work: A Multi-Cultural Economic History of Women in the United States*. I had read about the civil rights movement, worked on Shirley Chisholm's campaign for president, and thought I understood something about race due to my own experience of "otherness" having lived as an American in Thailand, but this book revealed the privilege of whiteness in a way that broke my heart open. I committed to never stop learning and to participate in ending all forms of institutionalized oppression.

Then, there is dear bell hooks, with whom I have an unusual affinity, especially since appearances would make it seem that our experiences have been so different. Twice I have had ideas for books, and twice I have

discovered that bell hooks just wrote the book I had in mind. Most recently, I had planned to write a book on teaching to the spirit as well as the mind. Then, I found *Teaching Community: A Pedagogy of Hope* and it affirmed the path I was already on as a teacher.

Lastly, there is Riane Eisler's whole oeuvre: *The Chalice and the Blade*, *Sacred Pleasure*, *Tomorrow's Children*, *The Power of Partnership* and *The Real Wealth of Nations*. Eisler explains how we ended up with our current domination social system (that is only about 5,000 years old) and reveals the partnership social systems that pre-existed for tens of thousands of years. It was heartening to know that our current social system (based on power, fear and control) is not "just the way things are." We used to have societies based on care, trust and respect. I found great hope in knowing that there really is a better way to live together. I am committed to creating that partnership community in my classrooms.

Gary Starr,

professor, psychology,
College of Health, Community
and Professional Studies

Robert Fulgham, *All I Really Need to Know I Learned in Kindergarten*. Why? Because it is so simple, it has always reminded me about just how simple life should be, and how respectful we should be towards each and every other person we meet.

Emma Bombeck, *I Want to Grow Hair, I Want to Grow up, I Want to go to Boise*. Come on now. She is so funny: children who are surviving cancer are asked what they want, and this is what some come up with. Again, the simplicity of life; sometimes the greatest joys in life we miss, because we forget what we wanted as children was so simple and often overlooked, like just growing hair. We grow up and fail to realize most of what we always wanted to be happy as a child we have and don't appreciate it.

Dr. Seuss, *Oh the Places You'll Go*. I was given this book when I graduated college by my college professor. She was amazing. Since then I have often thought of how I would like to give this book to every student to read, and I was lucky because I gave it to one this past holiday and told them "read this, look in the mirror and smile, it will be your life." Now my eight-year-old daughter wants me to read this to her every night. It is the perfect book, of course: Dr. Seuss, so amazing, is a given. But again, it is a simple message: seize the day, some will be good, some will be not so good, but they are the days of your life, and when all is said and done, they will make your life amazing.

The Bible, King James Version (KJV). Because I find it to be the best singular book ever written.



Who's at Metropolitan State?

John Delmonico ('02), president,
Police Officer Federation of Minneapolis



John Delmonico has served as the full-time president of the 840-member Police Officer Federation Minneapolis since 1999. He joined the Minneapolis Police Department in 1988, was promoted to sergeant in 1994, served as a juvenile and robbery unit investigator and was promoted to lieutenant in 2007. The Metropolitan State graduate—who also earned a master’s degree in criminal justice from Concordia University in Saint Paul—has been a community faculty member in the university’s School of Law Enforcement and Criminal Justice since 2005. He’s also a member of the Alumni Board. *Buzz* writer Harvey Meyer spoke with him about his work.

Teaching has been a great opportunity for me to contribute to the future of criminal justice in this state. Metropolitan State has been in the forefront of continuing education in law enforcement in Minnesota. There are some phenomenal people in both the administration and faculty.

What do you do as president of the Police Officer Federation of Minneapolis?

I’m kind of the ambassador and voice of cops. I get involved in things like contract negotiations, officer grievances and critical incidents. I lobby on behalf of the cops, serving as their voice to the Minneapolis City Council and to state government. I work closely with cops in all ranks and all areas of the city. When things happen that make the news, generally the media like to get every side possible, so they often end up calling me.

What is the most challenging part of being federation president?

More can always be done to educate the public about what police officers do, why we do it and how we do it. It can sometimes be controversial when officers use force. But that can be a big part of officers’ jobs and we need to do a good job of explaining why force is sometimes used.

What is the most interesting part of being federation president?

Being the voice of what I believe are 840 of the best cops in the country. I’m proud of that. I think I have the best job in the police department.

What is the best advice that you could pass on to your Metropolitan State students and others with whom you interact in your job as federation president?

Always treat people with respect. Enjoy what you do. At the end of the day, you hope you do the best you can. And, hopefully, you can make a positive difference.

Citizen Alum, think how you can make a difference

By Harvey Meyer

Think beyond yourself. Think of others.
More to the point: Think of how you can make a difference in your community. That was the polite but persistent message a Metropolitan State alumnus gave to student Kei Tilander through the Citizen Alum program.

The message resonated with Tilander, a cheery secondary education major. Even though she is a time-strapped Saint Paul Public Schools teaching assistant and a 30ish married mom with two young boys, Tilander believes volunteering must remain a priority in her life.

“Meeting with the alum last fall was a great reminder that there is always time to volunteer,” said Tilander, Saint Paul. That Tilander emerged from the meeting with the alumnus even more stoked about civic engagement underscores the value of the Citizen Alum program.

Now in its third year, the Citizen Alum program pairs alumni with students to discuss the graduates’ community involvement. The university soon emerged as a leader of the national program.

Broadly, Citizen Alum demonstrates that higher education can make a difference in a thriving democracy by instructing students about citizenship for the public good. The program is an initiative of the American Democracy Project, a multi-campus effort centered on higher education’s role in readying the next generation of informed and engaged citizens.

Jodi Bantley, community engagement coordinator for Metropolitan State’s Institute for Community Engagement and Scholarship (ICES), says Citizen Alum encourages students’ critical thinking while also exposing them to the practical and inspirational value of community work. And many participating alumni appreciate the opportunity to tell students how their activities produce a two-for-one, benefiting them individually as well as their communities.

Citizen Alum quickly took hold at Metropolitan State, a founding member of the program that now has about 25 institutional participants. So far, the university has matched about 50 alumni with about 80 students.

“Metropolitan State has had more impact than any other institution participating in Citizen Alum,” says Julie Ellison, a University of Michigan English professor who is also the program’s director. In fact, Ellison observed that the university played a critical role in its development by crafting key program elements.

Ever since its 1971 founding, Metropolitan State has oriented itself toward serving the community. The university’s vision statement includes an “unwavering commitment to civic engagement.” Its community focus is particularly evident in ICES, which houses Citizen Alum and many other community-supportive initiatives.

The program is a rarity in its sweep at Metropolitan State; it involves collaboration between ICES, the Alumni Relations board and staff, the provost’s office and academic departments, especially Communications, Writing and the Arts (CWA), and Social Sciences.

“The fact that there are that many different university units involved” in Citizen Alum reflects on Metropolitan State’s “deep commitment to community engagement as well as social justice,” says President Sue K. Hammersmith. “I’m very proud of the university’s participation and leadership in Citizen Alum.”

That Metropolitan State aligns with Citizen Alum makes considerable sense, says Bantley. For one thing, many of its graduates were nontraditional students who were already immersed in community life, she said. For another, the vast majority of alumni remain in the Twin Cities area, so they have an added stake in bettering the places where they live and work, Bantley added.

Many students who interviewed alumni as part of a CWA Writing 231 class taught by associate professor Danielle Hinrichs were bowled over by graduates’ accomplishments.

“For some students, learning about that is a life-changing experience,” says Bantley. “They talk about how inspired they are by our graduates’ wide-ranging public impact and how proud they are to be a part of Metropolitan State. Many also begin to imagine finding time in their lives for a meaningful public dimension” engaging in their communities.

Metropolitan State’s instrumental role in developing Citizen Alum has been highlighted in national presentations. In particular, observers laud a set of nine carefully crafted core questions that students pose to civically-engaged alumni.

They also praise Hinrichs’ class syllabus. After talking with alums, students write a paper about community engagement that draws on the transcribed interview and related readings. Then the students complete a survey about the assignment.

*“They did it
exactly right,
with all the
pieces in place.”*

“(Metropolitan State) has managed to create this elegant model,” says Ellison. “They did it exactly right, with all the pieces in place. All of their work is grounded in a very smart vision.”

While many students are awed by alums’ volunteerism, some also relish receiving career advice from them. Moreover, Hinrichs says many students value interacting with alumni from different cultural backgrounds and generations.

Meanwhile, participating alumni also treasure Citizen Alum.

Says Hinrichs, “I sensed that many alumni felt honored that the university values their community work enough to ask them to share what they learned with students. It makes alumni feel more connected to the university.”

Indeed, Marlene Jezierski, a 1991 Metropolitan State graduate who majored in nursing, welcomed the opportunity to participate in Citizen Alum in fall 2012 and fall 2013. The Blaine retiree told the interviewing students about her extensive and ongoing volunteerism, much of it centering on aiding victims of violence. Jezierski wrote a book that defined psychological abuse, which is available on her web site—www.beyond-the-mirror.org.

“I figured if the students could benefit from my life experiences, then why not talk with them,” says Jezierski. Beyond that, she said Citizen Alum made her feel appreciated by her alma mater. Jezierski also viewed her participation as a way to give back to the university that awarded her a college degree.

Citizen Alum is scheduled to be offered again this fall. Meantime, there is discussion of combing the hundreds of pages of alumni interview transcripts to garner additional insights into graduates’ civic engagement. There is also discussion of organizing networks of Citizen Alum alumni to better leverage the impact of their volunteerism.

As far as student Kei Tilander is concerned, she needs no convincing about the value of Citizen Alum.

“It helps that students connect with alumni, especially discussing what we might do in the community after we earn a degree,” says Tilander. “That is a really powerful message.”

Find out more and volunteer at
<http://citizenalummetrostate.org/>



Marlene Jezierski ('91), Jodi Bantley, and Danielle Hinrichs

Would you like to volunteer?

Alumni can be proud to say Metropolitan State University is an active community partner and it regularly proves this commitment in a variety of ways. Alumni are welcome to volunteer in an array of activities.

Literacy Corps and Teach a Child to Read

The Literacy Corps provides literacy tutoring at inner-city schools, libraries and learning centers. Tutors may also choose to participate through a variety of programs that offer opportunities during the day, after school, evenings and weekends. Days and times are flexible. Free tutor training sessions are offered to university students, faculty, staff and alumni. To receive an application, contact Awo Ahmed, literacy coordinator, in the Institute for Community Engagement and Scholarship, at 651-793-1288 or via e-mail at awo.ahmed@metrostate.edu.

College for Kids

Assist in making college a reality for local elementary students by participating in College for Kids on the Saint Paul Campus! Fourth, fifth and sixth graders have the chance to experience a college environment when they visit Metropolitan State. Elementary students arrive in the morning, register and attend fun classes and participate in a special graduation ceremony.



Middle School/High School Campus Visits

Assist in the middle school and high school campus visits and create a fun and welcoming atmosphere for students at our Saint Paul Campus. Local students have the chance to experience a college environment and dream about the future when they visit Metropolitan State. The students arrive in the morning, participate in campus tour, register for and attend fun classes designed and taught by Metropolitan State alumni. We are seeking alumni to design and teach classes. Middle school/high school visits are a great opportunity to give back to the community and cultivate and explore the interests of the future generation. If you are interested in participating, contact Kelci Meade, youth outreach work study coordinator, in the Institute for Community Engagement and Scholarship at meadke@metrostate.edu or call 651-793-1296.

Dayton's Bluff Branch of the Saint Paul Public Library Opportunities

Tutor at the Zone

(Dayton's Bluff Branch of the Saint Paul Public Library)

Metropolitan State alumni can serve as general tutors, helping students of all ages with reading, math, computer literacy and other general homework concerns. Participating as a Homework Help Center tutor provides positive work with community youth and adults while engaging with the community.

Computer Literacy

Alumni who have a basic working knowledge of Microsoft Office programs are needed for the Dayton's Bluff Branch of the Saint Paul Public Library, computer literacy and job search classes. The Saint Paul Public Library system provides technology education and training opportunities as part of the system's larger workforce readiness programming. Training is provided. The Zone is located in the Dayton's Bluff Branch of the Saint Paul Public Library and is co-located with the university Library and Learning Center. If you are interested in participating as a tutor or would like to learn more about the program, contact Awo Ahmed, literacy coordinator, in the Institute for Community Engagement and Scholarship at awo.ahmed@metrostate.edu or call 651-793-1288.

First Saturday Science

The First Saturday Science program was developed to engage the community's younger learners in STEM with active participation in scientific inquiry. Within an open lab setting, staffed by STEM (science, technology, engineering and math) college students and library staff, children and their families participate in active learning sessions that produce physical outcomes they can take home. The Institute for Community Engagement and Scholarship collaborates with the Dayton's Bluff Branch library to select age-appropriate books for children that align with subjects like DNA, fossils and healthy soil. Contact Nathan Fell at fellna@metrostate.edu or call 651-793-1482.

G.E.M.S.—Guiding, Empowering and Mentoring Success

G.E.M.S is a year-long mentoring program designed to empower students in their career interests, personal development and aid them in achieving their leadership potential. The program starts in September and ends in early April. Mentors meet with mentees at least twice a month and maintain regular communication. For more information about becoming a mentor, e-mail gems.mentoring@metrostate.edu.



Meals on Wheels



Help provide nutrition and a safety check to those who need it through the Meals on Wheels volunteer program. Alumni interested in becoming a volunteer should e-mail Jodi Bantley, community engagement coordinator, the Institute for Community Engagement and Scholarship, at jodi.bantley@metrostate.edu or at 651-793-1294. The meals are delivered

Monday through Friday between 10:30 a.m.–noon. The time commitment varies from one day a week to once a month, depending on your availability.

Grad Expo and Commencement

Give back to our newest grads by volunteering for Grad Expo or Commencement. Each fall and spring these events help students to take the next step in becoming alumni. To volunteer for Grad Expo, contact Alumni Relations at 651-793-1808 or e-mail alumni.relations@metrostate.edu. To volunteer for Commencement, contact Sue Amos Palmer, commencement coordinator, at 651-793-1823 or sueamos.palmer@metrostate.edu.

Faculty Notes

By Susan Amos Palmer

Barbara Beltrand, assistant professor, CPA, accounting, College of Management,



co-authored with Carolee Lindsey, CPA, an article for the Minnesota Society of CPAs, "CPAs must have zero tolerance for failed peer review reports." In their roles as vice chair (Beltrand) and chair (Lindsey) of the society's Peer

Review Committee, they outline the history of the peer review process as primarily educational and alert professional colleagues to the risks of not implementing professional standards for accounting and review services. The article can be found at

<http://www.mncpa.org/publications/footnote/2013-08/CPAs-must-have-zero-tolerance-for-failed-peer-review-reports.aspx>. The article was published in the society's newsletter, *The Footnote*, in their August 2013 issue.

James Byrne, professor, communication, writing and the arts, College of Arts and Sciences (CAS), had his latest feature length screenplay, *Circled In Red*, placed as a finalist in the 2013 London Film Awards and it was also a finalist in the 2013 New York Screenplay Contest. In October, he had a premiere of five new short films presented by The Film Society of Minnesota at St. Anthony Main Theater in Minneapolis. His crew for these films included Zach Jansen ('13), Saint Paul; Joy LaDuke ('99, '12), Robbinsdale; Dave Lee ('11), Minneapolis; Henry Ombui ('13), Saint Paul; Joshua Ruebl (former student), Minneapolis; Stephanie Shinn ('01), Chanhassen; and Kou Yang (student) and all played key crew roles.

Andrew Cseter, TRiO program director, was selected as the trainer for the Emerging Leaders Institute through the Mid-America Association of Educational Opportunity Program Personnel (MAEOPP). The Emerging Leaders Institute is designed to provide TRiO professionals the opportunity to develop their leadership and advocacy skills in order to assist with national, regional and state issues around college access and college success of underrepresented first generation and students coming from limited income families. The Emerging Leaders Institute is a year-long program with sessions in Chicago, Washington D.C., Kansas City and concluding in Bloomington in November. Participants are selected by their state chapters. Cseter has been in the MAEOPP association for more than 25 years.

Anne Cross, associate professor, and



Anne Cross

Deb Eckberg, assistant professor, both from the School of Law Enforcement and Criminal Justice, have received a grant from the Institute for Community Engagement and Scholarship to assess the impact of court

monitoring on previously underserved communities, including first and second generation African immigrants in and around Brooklyn Park and Brooklyn Center. Cross and Eckberg hope to use this very exploratory study to recommend monitoring practices that are more culturally inclusive, and pave the way for more systematic research concerning immigrants in the court system.

They began collaborating on court monitoring projects this fall, when they combined the time and talents of both graduate and undergraduate students to conduct a small evaluation for WATCH, a nonprofit court monitoring organization in Hennepin County.

That project culminated with an unprecedented meeting between seven WATCH board members and 12 graduate students on Dec. 7, 2013, when the MS in criminal justice students presented their findings from the study and engaged in a lively and energetic discussion designed to help WATCH improve their court monitoring function and move forward as an organization.

Cross serves on the WATCH board of directors and is vice chair of the Center for Homicide Research board of directors, a national organization that examines lethal violence, with a special focus on violence against members of the gay, lesbian, bisexual and transgender community. She is also a member of the board of directors at the local chapter of MAD DADS, which works to get and keep young men out of gangs. It coordinates prison visits, outreach and community vigils following homicides in the Twin Cities.

Aureliano Desoto, associate professor, ethnic studies, CAS, was appointed to the Modern Language Association's (MLA) Committee on



Literatures of People of Color in the United States and Canada for a three-year term starting fall 2013. The MLA is the leading professional society for academics working in the fields of language

and literature. He presented on a roundtable panel, "Behind the Velvet Rope: The Politics and Perils of Interdisciplinary Work on Race and Ethnicity in the Academy" at the Critical Ethnic Studies Association biennial conference in Chicago in September. He also organized, presided over and presented a paper on the panel, "Appraising and Reappraising Canonicity in the Work of Four US Queer of Color Writers," at the MLA's annual conference, also in Chicago, this past January.

Sue Fitzgerald, professor, computer science, CAS, was recently appointed to the Association



for Computing Machinery's (ACM) Education Council. ACM, the world's largest educational and scientific computing society with more than 100,000 members, delivers resources that advance

computing as a science and a profession. Fitzgerald also serves as a board member at large for the ACM's Special Interest Group in Computer Science Education. Her most recent work, "Explain in Plain English' Questions Revisited: Data Structures Problems", was published in the Proceedings of the 45th ACM Technical Symposium on Computer Science Education in March.

Five faculty received the university's teaching and advising awards for the 2012-2013 academic year. **Jeanne Grant**, associate professor, history, CAS; **Sara Lenertz**, mathematics community faculty, CAS; and **Ruth Staus** ('94, '09), associate professor, School of Nursing (SON), College of Health, Community and Professional Studies (CHCPS), all received the Excellence in Teaching Award. **Carol Lacey**, associate professor, College of Individualized Studies (CIS), and **Juan de Dios Rangel**, academic adviser, Psychology Department, CHCPS, received the Carol C. Ryan Excellence in Advising Award, the university's top advising honor.

August Hoffman, professor, psychology, CHCPS, had the article, "Has Sense of Community Become Obsolete? Why Community Service Work Activities Remain Relevant in a Technologically-Dominant Society," published in the fall 2013 journal *Making Connections: Interdisciplinary Approaches to Cultural Diversity*.

On Oct. 5, a group of eight students from Metropolitan State and Inver Hills Community College, along with instructors Hoffman and **Barbara Curchack**, Inver Hills professor, psychology, helped plant 30 fruit trees in Newtown, Conn., to honor the victims of the Sandy Hook Elementary School shootings. The effort is an extension of the community gardening work the two instructors began with their joint community garden located on the Inver Hills Campus, rooted in the positive effect community gardening has been shown to have on community psychological health. For more information on this powerful act of community outreach, you can check out an article from *The Newtown Bee* at <http://newtownbee.com/news/news/2013/10/04/fruit-trees-will-soon-grow-fairfield-hills/166469> and read Hoffman's reflections on the experience at <http://www.metrostate.edu/applications/drep/files/HeroesNewtown.pdf>.

Cindy Kaus, associate professor, mathematics, CAS, is a co-principal investigator on a National Science Foundation Level 2 TUES (transforming undergraduate education in science) grant that has been awarded \$590,000. The three-year grant is titled "Engaging Mathematics: Creating a National Community of Practice." The other co-principal investigators are from LaGuardia Community College and the U.S. Military Academy, and the grant involves faculty from Augsburg College, Normandale Community College, Roosevelt University and Ogelthorpe University. Kaus is a Fulbright scholar to the Seychelles, Africa, January through June 2014, teaching mathematics and conducting research on mathematics in primary and secondary education of public schools in the Seychelles.



Mary Kirk, department chair and professor, College of Individualized Studies, presented her paper titled "Driving Forward, Not in Reverse: Why Computing Still Needs Feminism" at the 2013 Grace Hopper Celebration of Women in Computing on Oct. 3. The paper was also published in the conference proceedings at <http://gracehopper.org/2013/>.

Carol Lacey, associate professor, College of Individualized Studies (CIS) is celebrating her 40th anniversary teaching at Metropolitan State. Lacey started as a community faculty member in 1974, teaching Women in Minnesota Life, the university's first women's studies course, at the Saint Paul YWCA. For three-plus decades, she has taught the signature Metropolitan State course—Perspectives: Educational Philosophy and Planning—in varied settings, including three state prisons. Over the years Lacey has taught a range of classes, including women's studies, family studies, news reporting, writing and Perspectives, as well as a capstone course. An early technology adopter, she has taught online for 20 years. She was appointed a CIS resident faculty member in 2010. Lacey also advises students in the individualized baccalaureate program and advocates for a variety of diverse learning strategies. Lacey has also performed a number of other duties, including providing multimedia, interactive faculty training; serving as a community faculty vice president and executive committee member for the Inter-Faculty Organization; and serving on many university and statewide committees. A reporter for the *Saint Paul Pioneer Press* for decades while she taught at Metropolitan State, she was also a long-time advisor for *The Metropolitan*, the university's student newspaper.

Nantawan Lewis, professor and chair, ethnic and religious studies, CAS, was named Executive Committee chair for the Association of Asian/North American Theological Educators (AANATE) at its annual meeting in Baltimore in November for a two-year term of 2014–2016. AANATE is an association of theological and religious studies educators and scholars who promote Asian/North American scholarship and leadership in the academy with members from universities, colleges, seminaries and research institutions in the United States, Canada and Asia.

Eve Nichols, disability services director, was elected president of MnAHEAD, the state



affiliate of AHEAD (Association on Higher Education and Disability). AHEAD is the international association for disability services providers in post-secondary education.

Erica Rasmussen, associate professor, studio arts, and gallery director, communication, writing and the arts, CAS, presented a slide lecture regarding her sculptural work at the Minnesota Museum of American Art in Saint Paul in December. The lecture, “Garment as Metaphor,” investigates issues of identity and corporeality.



Rasmussen also opened a solo show, called *Body Language*, at 108 Contemporary in Tulsa, Okla., in January. In addition to delivering a gallery talk in Tulsa, she taught a two-day workshop, “Drawing in Stitches: Nontraditional Embroidery.”

Carol Reid, assistant professor and director, pre-licensure programs, School of Nursing, CHCPS, received a grant for \$2,452 from Zeta Chapter of



Sigma Theta Tau the International Honor Society for Nursing for her dissertation research “Comparing clinical judgment in nursing students: Simulation or traditional clinical experiences.”

She had two presentations at the International Meeting of Simulation in Healthcare in January in San Francisco, Calif. Her poster in the “works in progress” session was on her dissertation research (see title above) and she was part of a panel presentation “Use of simulation and technology for intimate partner violence/domestic violence and inter-professional health education: What is and what is to come – An expert panel presentation.”

Areca Roe, community faculty and a digital photography instructor, communication, writing and the arts, CAS, was named one of City Pages 2013 Artists of the Year. In the article by Camille Lefevre, Roe was praised for her series entitled *Oh Pioneer*, which was exhibited at Gallery 122/Hang It in Minneapolis last fall.

Lori Schroeder, community faculty, communication, writing and the arts, CAS, was appointed as an associate in the Center for Faculty Development. She will continue her community faculty work and provide half-time support within the center, primarily focusing on the faculty development and support needs of community faculty.

Alec Sonsteby, assistant professor, Library Services, and **Adela Peskorz**, professor emerita, Library Services, served on national book award committees that recently met the American Library Association’s midwinter meeting in Philadelphia. Sonsteby served on the Outstanding Reference Sources committee, which was established in 1958 and annually recommends the best reference publications for small- and medium-sized public and academic libraries. Peskorz served on the Sophie Brody Medal committee, which recognizes outstanding achievement in Jewish literature. The committee awarded this year’s medal to Yossi Klein Halevi for his book *Like Dreamers: The Story of the Israeli Paratroopers Who Reunited Jerusalem and Divided a Nation*. She also served on the Alex Awards committee, which honors the 10 best adult books with special appeal to teen readers. The complete list can be viewed at <http://www.ala.org/news/press-releases/2014/01/yalsa-announces-2014-alex-awards>.

Glen Spielmans, associate professor, psychology, CHCPS, was author or co-author of several pieces in 2013. “Specificity of psychological treatments for bulimia nervosa and binge eating disorder? A meta-analysis of direct comparisons,” published in *Clinical Psychology Review*, along with S. Benish, Catherine Marin, W. Bowman, M. Menster and Anthony J. Wheeler. Marin and Wheeler completed their BAs in psychology at Metropolitan State; “Inappropriate data and measures lead to questionable conclusions” with J. Juredini, D. Healy and R. Purssey, was a letter to the editor, published in *JAMA Psychiatry*, psychiatry’s leading journal, and a starting point for an op-ed he wrote on the widely-read pharmaceutical industry blog, *Pharmalot*: “Antidepressants and controversial studies,” posted: at <http://bit.ly/1cDCRHI>; and “Efficacy of new generation antidepressants: Differences seem illusory” in PLOS ONE with A.C. Del Re, C. Flückiger and B.E. Wampold.

Wei Wei, assistant professor, mathematics, CAS, was co-first author of “Influences on peer evaluation in a group project” and “Exploration of leadership, demographics and course performance,” published December 2013 in *Assessment & Evaluation in Higher Education*, with Molly Dingel.

Thank You Donors!

Why give to the Annual Fund Drive?

Nancy Wolf ('07) has given a gift to the Annual Fund Drive.

Why did she do it?

"Metropolitan State allowed me to pursue my educational goals while managing my work and home and life schedules. I am grateful to the high caliber of professors who provided me with stimulating assignments and challenged me to stretch and grow. On a daily basis, I use the skills and knowledge gleaned from this education within my professional career. It is in the spirit of providing others that same opportunity that I urge you to support the Annual Fund Drive."

ANNUAL FUND DRIVE



Support • Educate • Grow • Succeed



Another way to support the Metropolitan State University Foundation: Planned Giving

Molly Sullivan ('97) has included Metropolitan State University in her estate plans. Why did she do it?

"I loved learning at Metro State and developing my critical thinking" she says. "When I enrolled I was already a registered nurse and I appreciated that I was treated as an adult. My advisor was wonderful. I was able to develop a special degree plan in philosophy with a focus on ethics. I loved it—I almost hated to graduate."

Metro State has meant a great deal to me in my life. For me, and probably for many people, my day-to-day cash flow was such that I could only give a smaller gift. But through estate planning I am able to pay it forward and give a larger sum—arranging for a gift in my estate plans took care of all the times I wished I could give but didn't have the cash flow."

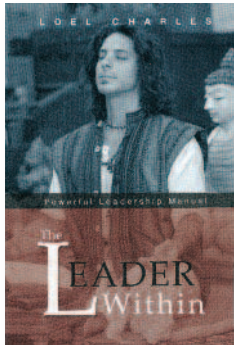
Thank you to those who've already given a gift to the 2013–2014 Annual Fund Drive. If you haven't yet given a gift, please consider making a donation now.

- Give online at www.metrostate.edu/foundation.
- Mail your gift in the donor envelope enclosed with this magazine.
- Call the Annual Fund Drive hotline at 651-793-1808.

Books in Brief

By Matthew Spillum ('06)

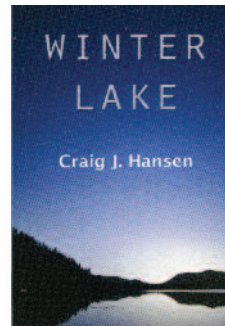
The Leader Within: Powerful Leadership Manual



LOEL CHARLES ('06)

Charles creates a practical and solution-centered leadership guide from his personal experiences as a manager and coach, as well as 20 years of psychology, sociology, philosophy and spiritual studies. Starting with identifying and developing natural leadership qualities, *The Leader Within* seeks to combine those qualities with positive thinking strategies to "manifest self-empowerment, life enrichment and life enhancement skills."

Winter Lake



CRAIG HANSEN, professor and technical communications program director, communication, writing and the arts, College of Arts and Sciences

A sequel to Hansen's first novel, *The Skeleton Train*, *Winter Lake* follows Jason Audley's story. Seven years later, Jason's wandering and rootlessness continue to lead him across the north woods of Wisconsin, until he arrives in

Winter Lake. There, he finds a place where his wanderlust fails him, and he finds that connection and a need to square himself with his past are the only way forward.

Behind the Door Marked "Private:" Confessions of a Small Town Bed and Breakfast Owner



NANCY HUISENGA ('85)

In the year 2000, Nancy Huisenga and her husband left their urban professional careers to pursue their "retirement" dream: buying, renovating and operating a 14-room, 19th century bed and breakfast in Lanesboro.

Behind the Door Marked "Private" is a look at

trials, surprises and joys of forging a new path in life and pursuing a dream.

Huisenga's tales are interlaced with the signature recipes served at the Habberstad House, as well as reviews left by the bed and breakfast's guests.

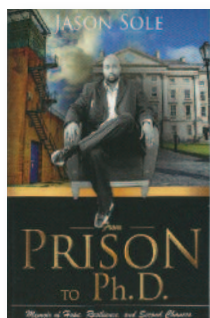
Four Traditions, One Spirit



CHET MEYERS, professor emeritus, College of Individualized Studies (formerly First College)

Chet Meyers explores the concepts of human values and hope from the perspectives of four spiritual traditions: Judaism, Lakota, Sufi and Christian. While each of these traditions holds different doctrines and religious beliefs, *Four Traditions, One Spirit* shows the ways that they agree on core human values, and demonstrate a common human desire for "love, compassion,

and justice rooted in a mysterious, yet benevolent, transcendent force." Meyers suggests that this commonality is more than just a coincidence, rather reflecting a broader human awareness of an Ultimate Reality of Transcendent Force. *Four Traditions, One Spirit* is printed under license by Metropolitan State University.



From Prison to Ph.D.: Memoir of Hope, Resilience and Second Chances

JASON SOLE ('06), assistant professor, School of Law Enforcement and Criminal Justice

Jason Sole is a former drug dealer, gang member and three-time convicted felon. The son of a drug addict father and an overburdened mother grew up on the streets of Chicago and turned to the only stability he could find: the gang.

For many similar stories, the final chapter might be incarceration, but for Sole, that was just the prelude. *From Prison to Ph.D.* is the story of that prelude and Sole's subsequent transformation into an instructor, trainer, consultant and inspirational speaker.

Writing Tutor's Book Makes *Forbes'* Recommended Banned Book List

By Matthew Spillum ('06)

Ever wonder what it would be like to have someone ban a book you've written?

Lisa Westberg Peters, a graduate tutor at Metropolitan State's Center for Academic Excellence, and the author of 19 books, including several children's picture books, knows. Her 2003 children's picture book, *Our Family Tree: An Evolution Story*, recently chosen as one of five books featured in a *Forbes* magazine article, "Five Banned Books That You Should Probably Read (That You Probably Haven't)," was initially challenged by Kansas not long after it was published. For



Peters, the news came through the American Library Association (ALA): "ALA keeps track of book challenges by schools and state boards, and Kansas had a reputation for challenging books that dealt with evolution."

While Kansas' challenge might not have come as a surprise, Peters also faced issues closer to home: "At the

time, I was doing a lot of speaking at schools, and I was being told, "Please, come and talk about your books, but don't talk about that book." After a Monticello principal informed her that if she spoke about *Our Family Tree*, she was not welcome, Peters contacted an acquaintance at the *Star Tribune*, who did a story about the controversy. "I felt banned. I felt ostracized. I found it discouraging that schools and teachers would be afraid to teach science. The people who buy books are also trying to protect children, but everything in *Our Family Tree* was already in the Minnesota science standards, so I'm not sure what they are protecting them from."

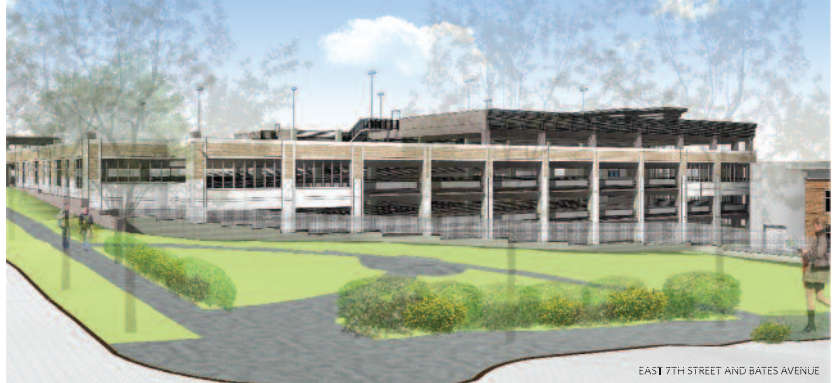
Peters might have felt her enthusiasm for children's books waning, but the experience didn't put her off tackling tough issues. Her latest project is a memoir manuscript sold to the Minnesota Historical Society Press: "The working title is *Fractured Land: The Price of Inheriting Oil*. My family has owned mineral rights, back through my grandfather, on land in North Dakota for decades. It wasn't really worth anything until recently, as hydraulic fracturing and horizontal drilling have become common there. The rights have been in my mother's name since my father died in 2011, but she is 90, and after she passes, they will go to my siblings and me. I consider myself an environmentalist, and the book presents my dilemma—will I embrace or reject this legacy, given global climate change, the wealth to be had, pollution concerns and so on. This is the question I pose in the book."



SECTION THROUGH STAIR TOWER



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FROM MARIA AVENUE



FROM MARIA AVENUE



INFORMAL LOUNGE



FROM EAST 7TH STREET



STUDENT ORGANIZATION SUITE

Saint Paul Campus – Changes Coming

By Matthew Spillum ('06)

Metropolitan State's Saint Paul Campus takes on a new complexion as construction begins on two major projects and progress continues in the legislature for a third. The university has successfully completed the city of Saint Paul's Zoning Committee and Planning Commission's final reviews of plans for the parking ramp and student center. A groundbreaking ceremony for both projects took place on May 2. Construction work on the parking ramp started on May 6, with work on the student center commencing in June. The ramp is expected to open in January 2015, and the student center to open in August 2015.

The Minnesota State Colleges and Universities (MnSCU) Board of Trustees ranked Metropolitan State's request for funds to build the science education center as its top campus construction project for the 2014 legislative session. The bonding bill passed near the end of the session, enabling Metropolitan State to begin letting contracts this summer, and begin construction this fall. The science education center is anticipated to open for classes in January 2016.

One of the main concerns expressed regarding the Saint Paul Campus construction is the pressure placed on available parking. To better serve students, employees and neighbors, the university arranged alternative surface lots near campus and shuttle service to an off-site parking lot for the duration of the parking ramp construction period. A number of classes were moved to other university sites for the summer and fall terms to lessen congestion. The university looks forward to having ample parking space in the ramp in January, and to reducing the number of vehicles on neighborhood streets, a long-standing university goal.



What are you studying?

Antonio Chavez is a student in the bachelor of social work program, and a member of the PUEBLO Student Group at Metropolitan State University.

He's a U.S. Army veteran, and he has been a chef for more than 20 years. Chavez credits the entire social work staff in developing and providing a positive learning experience for him. He spoke with Stephen Burgdorf ('10).

Do you have a favorite course at Metropolitan State?

I have enjoyed the social work program as a whole because of the many fields it covers. I don't actually have a favorite class but I do like studying public policy and research classes.

Do you have a favorite instructor or professor?

Again, it is a combined effort. All the professors associated with the program deserve credit, as does Dr. Neal Thao, who works extra hard to accommodate the demands and needs of students and assisting professors.

Why did you choose this program?

During my recovery from injuries, I noticed that soldiers were not receiving adequate social services. I've been there, and my first-hand experience guided me toward this program.

What kinds of extra-curricular activities are you in?

I am an officer in the PUEBLO Chicano/Latino Club and

I've participated in VOICES, the

American Indian student group, and the Veterans group, too. I go to the meetings, and I table at lots of events that are based on higher-ed activities. I try to connect with the university students and high school students, and get Mexican-American kids to focus on education. We also

assist Metro State students and work to connect the university to the community on a cultural and higher-ed level.



Finally, I understand you're a chef. Do you have a favorite spring recipe you'd like to share?

One of my absolute favorite recipes is grilled salmon that has been marinated in fresh oregano, cilantro, limes, oranges and extra virgin olive oil. It's then grilled over a wooden plank and topped with a light white wine sauce that consists of shallots, garlic, onion, spinach and bacon. I like that the most. Sprinkle on parmesan cheese and serve on rice pilaf.



News and Notes

Note: All towns are in Minnesota unless otherwise noted.

Asad Aliweyd ('09), Eden Prairie, and the community development organization he founded, New American Academy, were profiled in the Dec. 19 issue of *Eden Prairie Sun Times*. The article covers the struggles and successes of the East African immigrant community as they integrate into the southwest metro and the state as a whole.

Courtney Amundson ('09), New Prague, has been selected as CBS Minnesota Veteran of the Month for October 2013 in recognition for her work with the Wounded Warrior Project and as a veteran outreach coordinator with the Minnesota Veteran Resilience Project.

Britni Austin ('08), Minneapolis, has joined the New Hope Police Department as a sworn officer after satisfactory completion of a yearlong probationary period. Prior to joining the New Hope Police Department, she worked as a community service officer for the Centennial Lakes Police Department in Circle Pines.

Jonathon Block ('03), Hutchinson, has been named to the Hutchinson-based Citizen's Bank and Trust Co.'s board of directors. He works as a senior information technology analyst with Hutchinson Technology.

Gary Cunningham ('91), Minneapolis, the District 7 member on the Metropolitan Council, became the "first gentleman" for Minneapolis when his wife, Betsy Hodges, became mayor last fall. Cunningham continues to work on transit issues, such as the Southwest light rail line, and improving opportunities for underserved populations through his work on the Metropolitan Council and through organizations he has helped found, such as the African-American Leadership Forum and the African-American Men Project.

Angelica Daus ('12), Santa Barbara, Calif., accepted a position with the American Cancer Society as a Relay For Life specialist in Santa Barbara.

Karen Diercks ('86), Fairmont, W. Va., retired from her job supervising a state funded outpatient clinic and lives in a log house she rebuilt in the woods on her family's farm in northern W. Va. She is looking for volunteer opportunities in her community.

Terry Dragich ('97), Arden Hills, is a senior sales executive, LEED AP in the Building Technologies Division of Siemens Industry Inc. in Shoreview.

Antonia Felix ('89), Minneapolis, was inducted into Shakopee High School's Hall of Fame in an Oct. 4, 2013 ceremony. She is the New York Times best-selling author of biographies of some of the most influential and powerful women in American life, including former Secretary of State Condoleezza Rice, former First Lady Laura Bush, and, most recently, Supreme Court Justice Sonia Sotomayor.

James C. Henderson ('03), New Brighton, had four poems air in 2013 on KAXE Northern Community Radio as part of their poetry program, The Beat. His poems were broadcast over KAXE's entire network: KAXE Brainerd 89.9 FM and Grand Rapids 91.7 FM and KBXE Bagley/Bemidji 90.5 FM. Henderson's work, as well as all other poems featured on The Beat, are archived on KAXE's website: <http://www.kaxe.org/programs/the-beat.aspx>.

Kelly Henson-Evertz ('09), Stuart, Fla., earned her Doctor of Nursing Practice in August 2013 from Chatham University, Pittsburgh, Penn. Her doctoral project focused on developing an educational intervention for preparing 112 BSN and MSN FNP nursing students to deliver cessation treatment to tobacco dependent patients.

Chester Hoernemann ('96), Lester Prairie, and his private counseling practice, Step By Step Behavioral Counseling, were featured in a *Finance and Commerce* article entitled "Starting a business in your silver years," by Nancy Crotti.

Judy Johnson ('92), Minneapolis, accepted the position of investor relations director this past November at Greater MSP Minneapolis Saint Paul Regional Economic Development Partnership. Johnson is responsible for recruiting and retaining investors as well as planning and executing Greater MSP's multi-year fundraising campaign. She also serves as a Plymouth City Council member, and previously served as mayor of Plymouth.

Barb Kobe ('99), Minneapolis, had her work with therapeutic dolls and puppets featured in the April 2014 issue of the *Minnesota Women's Press*. An image of her doll called "Compassionate Mother Earth" is on the cover of that issue. She studied psychology with an emphasis on art therapy at Metropolitan State.

Robin Kocina ('86), Burnsville, was named one of *Minnesota Lawyer's* "Top Women in Finance" in its November 2013 issue. Kocina serves as chief financial officer for Media Relations, Inc. and Checkerboard Strategic Web Development, and was previously the president and chief financial officer for Mid-America Events and Expos.

Robert Kopp ('01), Thief River Falls, was appointed to the Board of Directors for the Thief River Falls Area Food Shelf. Kopp serves as the pastor of the Thief River Falls United Methodist Church and is a member of the Rotary Club.

Brigitte Leininger ('10), Saint Paul, earned her Master of Arts in congregational mission and leadership from Luther Seminary on May 19 at Central Lutheran Church in Minneapolis.

Jeff Long ('03), Edina, accepted the position of Lakeville police chief on Jan. 21. Long served in the same position with the Edina Police Department for the last four years. Long takes over following the July retirement of Thomas Vonhof ('88), Elko.

Maggie Lorenz ('10), Saint Paul, was hired as American Indian admissions counselor and retention specialist in Metropolitan State's undergraduate admissions office. Lorenz is responsible for the recruitment, retention and graduation of prospective students with a focus as a liaison to the American Indian population. She served for two and a half years in an interim capacity.

James E. Lukaszewski ('74), Bloomington, had his book, *Lukaszewski on Communication*, selected by Executive Book Summaries, as one of its "Best 30 Business Books of 2013." Lukaszewski recently received the Padilla Award in recognition of his service to the public relations profession in Minnesota and across the United States. He has also been inducted into the 2014 (and inaugural)



Robbinsdale High School Distinguished Alumni Hall of Fame. Trust Across America, a national organization focusing on ethical business people in America and across the world, has recognized him as one of the Top 100 Thought Leaders in Trustworthy Business for the second year in a row. Lukaszewski's biography is now included in Wikipedia and he will also be listed in upcoming editions of *Who's Who in the World* and *Who's Who in America*. This will be his 30th recognition in various editions of *Who's Who*, dating from 1988–2014.

Catherine Marin ('09), Columbia Heights, earned her Master of Arts in marriage and family therapy from St. Mary's University. She works as a group therapist at Lighthouse Psychological Services in Fridley.

Michael Maupin ('96), Saint Paul, read and performed selections from his 2013 Kickstarter campaign, "The 1982 Project," with collaborator Jon Herchert in October. They appeared at Subtext: A Bookstore in Saint Paul on Oct. 13, 2013, and Republic in Minneapolis on Oct. 29.

Mary Meredith ('94), Saint Paul, graduated from William Mitchell College of Law in May 2013, and was admitted to the practice of law in Minnesota in October 2013.

Vollie Miller ('80), Dickson, Tenn., who was active duty in the U.S. Air Force when he received his bachelor's degree in 1980, was the first active duty graduate, as well as the first Metropolitan State graduate from Tennessee.

Vanessa Moore ('12), Saint Paul, was interviewed for an article about Dress for Success Twin Cities in the August issue of *Minnesota Women's Press*. Dress for Success Twin Cities helps women enter the workforce and empowers them to succeed through job readiness and employment retention programs, as well as providing professional work clothing for women at or below the poverty level. Moore now mentors other women through the organization's Professional Women's Group program.

Thomas C. Myers IV ('88), Hopkins, and his business partner Nelson Berg recently formed Berg Myers Law Offices P.A. in Hopkins. Myers has practiced for several years in the area of estate planning. Prior to that, he served as an adviser to senior management at West Publishing and Thomson Reuters Legal. His son, Thomas Myers V, is attending Metropolitan State.

David Nicholson ('98), Minneapolis, was named the executive director of Headwaters Foundation for Justice in December. He previously served nine years as Headwaters' program director.

Jason Ohotto ('98, '03), Minneapolis, accepted the position of chief of the Minneapolis Park Police in August. The former patrol agent, officer, sergeant,



lieutenant and captain heads the 33-officer department that reports to the Minneapolis Superintendent of Parks.

Andre Perry ('11), Richfield, appeared in a series of commercials for Slumberland that aired regionally.

Reggie Phoenix ('04), Newport, R.I., directed a production of *Antigone* at Salve Regina University's Casino Theatre in February. Phoenix is an associate professor of theater at the school and the artistic director of the Casino Theatre.

Virginia Marcia Pruitt ('13), Saint Paul, was featured in a *Twin Cities Daily Planet* article, "PhD Project encourages people of color to pursue graduate business study." The PhD Project provides the tools prospective students need to learn about beginning a doctoral program, seeing it through and considering academic business program faculty job opportunities.

Marilyn Ringold ('07), Howard Lake, was the subject of a profile in the June 3, 2013 Howard Lake Herald celebrating her 35 years of volunteer work in the community. Her many volunteer associations include the Library Club, Girl Scouts, Good Neighbor Days, St. Mary's Catholic Church, Howard Lake Watershed Alliance and the Howard Lake Area Chamber of Commerce.

Julie Swanson ('96), White Bear Lake, was selected as chief of the White Bear Lake Police Department on Jan. 1. Swanson has served in White Bear Lake for 14 years, most recently as a patrol division captain, and has lived in the community since her family moved there when she was age 13.

Mikaela Swedlund ('11), Plymouth, published a column in the Oct. 17, 2013, issue of the *Plymouth Sun Sailor* about her experiences living in South Korea. The article, "Culture Shock: my adventures of public transportation in South Korea," illustrates the lessons in perspective that Swedlund's bus travels offer her. Follow Mikaela's life in Korea at <http://aplacelikemeinagirlikethis.blogspot.kr/>.

Sharon Van Leer ('01), Woodbury, was elected to the District 833 School Board in November for a four-year term. Van Leer ran a campaign focused on technology, safety and quality education, issues critical to the success of south Washington County schools.

Screenwriting alumni well represented in film festivals and events

Several Metropolitan State screenwriting program alumni have had films and screenplays featured in highly competitive regional and national competitions designed to promote the art of screenwriting and filmmaking.

Jessie Bergren ('13), Minneapolis, produced *Parade*, a music video featuring *Mercies*, which premiered at the 2013 Minneapolis St. Paul International Film Festival and screened at the Minneapolis Underground Film Fest. She is co-producing in Duluth, a feature film thriller, *Strange Nature*.



Melissa Brandt, ('04), Rochester, optioned her McKnight winning screenplay *Chicken Day* to the production company New Globe Films for production in 2014. She is also a community faculty member.

Anthony DuBose ('04), Saint Paul, directed *Fractions*, a short film written by Deedra Miller about a married couple who were college sweethearts practicing an open marriage. The film screened at the 2013 Twin Cities Black Film Festival in September.



Zach Jansen ('13), Saint Paul, screened his short film *Together (For the Kids)* at the 2014 Z-Fest in Minneapolis. His feature length screenplay *The Incredible Frog Boy Is On the Loose Again!* was a semi-finalist in the 2014 ScreenCraft Screenwriting Fellowship and a finalist in the 2014 BlueCat Screenplay competition. His short film *Another Saturday Night* screened in the 2013 Highway 61 Film Festival.



Cameron Cylkowski (as Zander) and Lauriel Friedman (as Ashley) in *Together (For the Kids)*.

Cole Meyer ('10), Saint Paul, premiered his horror/adventure drama *Watch Over Me* at the 2014 Z-Fest Film Festival.



Keith Mullin ('10), Forest Lake, was screenwriter and director of *Dead of Winter*, a short film following a woman's search for supplies in a world of frozen zombies and loneliness. *Dead of Winter* won Audience Choice at the 2013 Z Fest Film Festival; screened at Dragon Con in Atlanta, Ga.; and screened at the 2013 Twin Cities Film Festival.

James Paulson, ('12), Fridley, had *Four*, a feature length screenplay, selected as a finalist in the 2013 Hollywood Screenplay Competition.

Jill Schmaedeke ('07), Eden Prairie, community faculty, won runner-up (third place) in the 2013 Feature Film Screenwriting Competition sponsored by Minnesota's Screenwriters Workshop for her screenplay *Turn of the Wheel*.

In Memorium

W. Andrew “Andy” Boss, Saint Paul, died March 12 at the age of 81. Boss, a long-time banker and community leader, served on many boards and organizations over his life, always working to bring people together working for common goals. In addition to serving on the Metropolitan State Foundation Board of Trustees from 1988–1998, he and his wife Linda (who also served on the Foundation Board from 2003–2009) were named Donors of the Year in 2010. Among their many contributions to the university, their work to secure the lead gift for the Gordon Parks Gallery stands as a prime example.



In all, Boss served on the boards of more than 60 community organizations, including the Minnesota State Colleges and Universities Board of Trustees, Saint Paul Public Housing Agency, Saint Paul Rotary Club, Friends of the Saint Paul Public Library, Ramsey County Historical Society, Chicago Jaycees and Northern Clay Center. The Saint Paul Public Housing Authority paid tribute to his many years of commitment to public housing by naming their Central Office Building after him; the W. Andrew Boss Building at 555 Wabasha Street. In addition, Saint Paul's Park Square Theatre is soon to open its new Andy Boss Thrust Stage.

Boss' career in banking began in 1956 at Continental Bank in Chicago, Ill. He then helped found National City Bank in Minneapolis in 1964 before serving as chairman of the board and president of Park Midway Bank in Saint Paul.

Boss is preceded in death by his parents, a son and a brother. He is survived by his wife of 28 years, five daughters, five sons, ten grandchildren and a sister.

John Cardozo, San Francisco, Calif., died Sept. 30 at the age of 88. He was among the founding members of Metropolitan State University. He served in WWII, graduated from Harvard University and joined his family business, running Cardozo's Furniture in downtown Saint Paul. After moving to San Francisco, he ran a family bookstore until retiring in 1985. Cardozo was preceded in death by a daughter, and is survived by his wife, son and daughter.

Virginia Clardy ('76), Burnsville, died July 20 at the age of 95. Clardy, dubbed the “Queen Bee of Burnsville” by Senator Hubert H. Humphrey, was the matriarch of the first African American family to integrate Burnsville in 1956. She was preceded in death by her husband and is survived by three daughters, three sons and six grandchildren.

Tina Marie Eveslage ('05), Dodge, died Oct. 24 at the age of 45. Eveslage enjoyed working with children and taking care of her many animals, but her greatest joy was antique automobiles, including a 1929 Model A that she and her significant other, Brad Duellman, owned. She is preceded in death by her grandparents and survived by her parents, Duellman, his two daughters, a sister and two nephews.

Douglas Fredlund ('95), Cambridge, died Oct. 25 at the age of 61. Fredlund was a businessperson, pilot, radio announcer, active in local organizations and played bass guitar with area bands. In 1996, he made medical history when he survived for six months on a left ventricle assist device while waiting for a heart transplant. Fredlund is preceded in death by his parents and is survived by his wife, two sons, 10 grandchildren, two great-grandchildren, two sisters and a brother.

Thomas Healey ('77), Scottsdale, Ariz., died Dec. 5 at the age of 68. Healey served as a senior Naval corpsman in anesthesia in the Vietnam War, and continued with the career in the years afterward, serving as director of Anesthesia Services at Abbott Northwestern Hospital for 20 years, assistant professor and director of the Nurse Anesthesia program at St. Mary's University of Minnesota. and as a national officer in the American Association of Nurse Anesthetists. He is preceded in death by his parents and a brother and survived by partner Robert Hovey, seven sisters and 22 nieces and nephews.

Donald L. Johnson ('77), Mankato, died Sept. 2 at the age of 77. Johnson was hospital administrator for Watonwan Memorial Hospital for 28 years before selling advertising for the *St. James Plaindealer* and turning his antique dealing hobby into a full-time job well into retirement. He is preceded in death by his parents, stepfather and brother, and survived by his wife, sister, two daughters and six grandchildren.

Brenda Kay Larsen ('01), Woodbury, died July 20 at the age of 55. Larsen was a nurse for 30 years, including 23 years at United Hospital. She is preceded in death by her father and two husbands, and is survived by her mother, stepfather and sister.

Cynthia Timmins ('02), Saint Paul, died Oct. 1 at the age of 63. Timmins worked at Merrill Corporation for many years until returning to school to earn her MS in technical communication at Metropolitan State. She then taught for 10 years as community faculty. Timmins is preceded in death by her parents and survived by her brother, sister and many dear friends.

From You

By Mohammad Zafar ('08)

As the Metropolitan State University slogan, “Where life and learning meet” goes, so went my journey. I remember it like yesterday: my wife pointed out the famous New Main glass building from our Saint Paul living room apartment. She said to me that is where I will be going to school. I argued but lost. First year as a college student was tough. Frankly, I was afraid. There were days I came home in tears and, like any good leader, my wife wouldn't let me shed tears at home. I had to get back up the next day with positivity.

As I progressed in my education, I started to understand how institutions, nonprofits, government, businesses, structures and societies worked. As an immigrant and a former U.S. Marine, I had already traveled most of the world, but sitting in a class and pondering on concepts, ideas, social sciences, psychology and ecology opened up my eyes. I began to understand myself and the world in ways I didn't before. Don't get me wrong; I struggled with expressing these thoughts and ideas on paper for a couple of years but my professors never gave up on me! My first year I received lower grades, but each year I improved until I only received A's.

After sponging the knowledge from various disciplines, it hit me! Education is more than just a degree, it's a lifelong journey. After graduation with a bachelor of science, I went straight into the master of arts in psychology at Metro State, where I learned a higher level of empowerment. I grew in confidence, strength and knowledge, and began to use it in every aspect of my life. I came to Metro State as a learner and became someone who creates leaders.

Metro State provided the setting I needed through academic education and student life. As a student, I began participating in student organizations and became a president. I created the first health and wellness student organization that provided a yearly health and wellness fair for students. I was given a

platform to make a difference. Then it happened! Instead of just learning, I was creating programs for youth, elders, families and communities of Minnesota in areas of health and wellness, confidence and leadership building, holistic approach to corporate business, and began to change lives of others.

In the meantime, my internal and external health were deteriorating. As a veteran, I had injuries to my back and feet that made it challenging to exercise. Due to mobility restrictions my health started declining and I was put on several medications. My foot injuries were extensive. I was given the option of having an operation. Fortunately the experiences and education at Metro State taught me to never give up. Instead of operations, I worked on holistic measures to recover and created my own physical therapy routine that allowed me to heal. After months of struggling, it paid off. This winter I ran more than 300 miles in snow! My life has changed and there is no going back!

Moving forward, I am driven by wanting to improve the quality of life of others. To dream big and create the

best for our communities of the world! What started at Metro State has driven me to create one of the largest holistic health and wellness facilities in Minnesota. The kind that everyone gets to be part of, everyone gets to heal, become strong and move forward in life! Once we have accomplished that, I guarantee you that everyone will be looking at us to create these centers around the world.

Remember, hopes and dreams are humanity's best friends, and your community is where it all begins!

Sincerely with peace,
Mohammad H. Zafar

www.communitypsychologist.org



Dates



Elizabeth Garvey
sculptural work

Now through July 24 *This is What Progress Feels Like*, sculptural work by Elizabeth Garvey, Saint Paul Campus Library, Gordon Parks Gallery. Gallery hours are Monday–Thursday, 11 a.m.–7 p.m. and Saturday, 11 a.m.–4 p.m.

June 26 President Sue K. Hammersmith retirement event, 5 p.m., New Main, Great Hall, Saint Paul Campus, open to all members of the university community, including alumni and friends.

Sept. 12 – Oct. 3 *Mixed Media: the Faculty Show*, featuring artwork by Metropolitan State instructors in the arts, Saint Paul Campus Library, Gordon Parks Gallery. Gallery hours are Monday–Thursday, 11 a.m.–7 p.m. and Friday and Saturday, 11 a.m.–4 p.m. Reception Sept. 12, 5–7 p.m.

Sept. 14 8th Annual Jerry Cotton Memorial Golf Tournament, Emerald Greens Golf Course, Hastings, <http://www.jerrycottongolf.com/>. This event raises scholarship funds for law enforcement and criminal justice students.

Oct. 10 – Nov. 7 *Connecting the Past to the Future: Contemporary Native American Portraits*, featuring the photography of Joseph J. Allen; Kris Sorenson guest curator; Saint Paul Campus Library, Gordon Parks Gallery. Reception: Oct. 9, 5–7:30 p.m. Gallery hours are Monday–Thursday, 11 a.m.–7 p.m. and Friday and Saturday, 11 a.m.–4 p.m.

Oct. 16 The 2014 Scholarship Luncheon in the Jackson Room at Travelers from 11 a.m.–1:30 p.m. Scholarship recipients, donors and alumni will be honored at this by-invitation event. For more information, contact Maureen Acosta, development director, at 651-793-1804 or maureen.acosta@metrostate.edu. Alumni who give a gift to a scholarship fund or a gift of \$100 or more to the general fund will be invited.

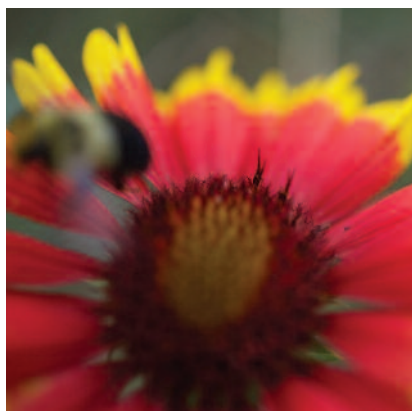
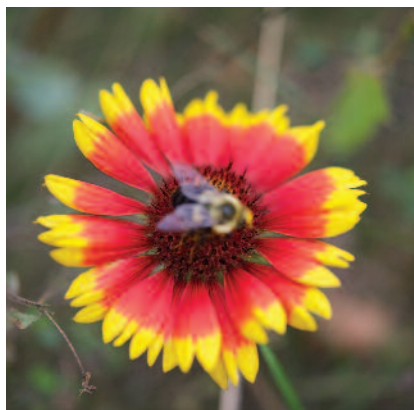
Dec. 16 Fall 2014 Commencement Ceremony, Roy Wilkins Auditorium at Saint Paul RiverCentre, 7–9 p.m. ceremony. If you would like to volunteer, contact Sue Amos Palmer, commencement coordinator, at 651-793-1823 or e-mail her at sueamos.palmer@metrostate.edu.

For more information about events, sign up for the alumni e-newsletter at alumni.relations@metrostate.edu.



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