I am pleased to join the University of North Dakota as the Dean of the College of Nursing. During the Dean interview process, I was introduced to this amazing community of Grand Forks and sensed its grassroots dedication to a vibrant University.

The link between UND and the community reminds me of the words of an ancient philosopher who wrote “the foundation of every state is the education of its youth.” The UND College of Nursing has responded to this call for quality professional education. Within the College are vital nursing and nutrition programs of study. We are working diligently to expand our funding base, including the updating of our Learning Resource Center into a Clinical Simulation Center that reproduces the high-technological environment of the hospital, support for the Nursing Center (without walls) that currently provides needed patient education and services to families, and to increase faculty scholarships through Research Seed Grants, to grow nursing & nutrition science here in North Dakota.

Faculty teach with enthusiasm, even though we have a nursing faculty shortage. Our expert clinical faculty continue to practice in the community in roles that lead initiatives to improve care, in areas such as chronic care and pain management. Our exceptionally well-qualified, research-intensive faculty, many who have received national and international recognition, are addressing critical health problems with their funded program of studies. Recently the UND College of Nursing faculty were notified that their federal application for a state-of-the-art, nursing research building, to be...
Alumni & Development Corner

The Department of Nutrition & Dietetics has been busy educating the best and brightest students, and we want you to know all about it! As the Alumni & Development Coordinator for the College of Nursing and the Department of Nutrition & Dietetics, my #1 goal is to keep you current on changes within the department. In this age of technology, keeping abreast of news has never been easier. Look for this newsletter or visit our Web site at www.und.edu/dept/nursing/nd for breaking news. Both of these communications will keep you apprised of upcoming events as well as exciting news happening in the department and on campus.

Keeping you in touch with one another is another important goal of mine, but I will need your help to do that. Please take a few minutes and fill out the form on the back of this newsletter. Let us know where you are, what you’re doing and while you’re at it, feel free to brag a little! We know that the success of our program is a direct result of your accomplishments; you should be recognized for your achievements!

I would also like to extend a very special thank you to those who support the department financially; no matter how large or small, every dollar makes a difference. Your support is greatly appreciated as it helps faculty to improve the learning environment for students. There are many ways to support your alma mater, whether it’s through time, talent or resources, I would like to ask all of you to consider how you can show support now and in the future.

I welcome any suggestions for the newsletter or events that you would like to attend. Please feel free to contact me with any questions, I am here to help. Stop by the next time you’re in town, we would love to give you a tour of the department and of campus!

Take care,

Becky Cournia

(Welcome Dean Covington continued from page 1)

called the Northern Plains Center for Behavioral Research, was approved. This space will provide much needed behavioral and bench lab space for the work of Nursing and Nutrition faculty, and colleagues in the Department of Psychology. It is the FIRST such nursing research building in the nation!

Nurses and nutrition professionals prepared to practice in high-tech medical centers, in community health settings, in nursing homes and home health care, and in policy-making settings are in great demand now and this demand will continue to escalate. The UND College of Nursing is uniquely poised to define the next century of health care and address challenges to the concept of a “Healthy North Dakota,” nation, and world. We invite you to join us in our mission, as students, alumni, benefactors, colleagues and stakeholders to our collective future. Be sure to contact me with your ideas, questions and concerns as we continue in our endeavors at the University of North Dakota College of Nursing.

Chandice Covington
Dean, College of Nursing
chandice.covington@und.edu
701-777-4555

(Dept Update continued from page 1)

just been named as a Recognized Young Dietitian of the Year for Minnesota and Jamie Stang was honored as Outstanding Member of the Year for the Public Health/Community Nutrition Dietetic Practice Group.

With Jan Goodwin and Julie Zikmund in the middle of a three-year, $442,000+ grant studying the effectiveness of motivational interviewing in WIC clients, their need to scale back on teaching assignments to devote time to this project has brought some new faces to our classrooms and supervised practice experiences. Of these, the most visible is Doris Wang, who has joined us on a semi-permanent basis for the duration of the WIC grant. Our college, the College of Nursing, also has some special new faces. Becky Cournia joined us last spring as Alumni & Development Coordinator. We appreciate her being the moving force behind redesigning this newsletter. Even newer is Dr. Chandice Covington, who became our new Dean in mid-September.

Once I got started writing this, it always seems that there is so much I would like to share with you, but you’ll learn what’s happening if you just read on. As always, we truly enjoy hearing from and about you – or better yet, stop in for a visit!

Judy Hall
Chair, Department of Nutrition & Dietetics
Students Learn the Ropes of Public Policy

The Department of Nutrition & Dietetics faculty and students take the opportunity every other year to attend the North Dakota legislative session in Bismarck. In March of 2005, 18 students took this trip with two of their faculty, Dr. Jan Goodwin and Julie Zikmund.

Each student who attends has an assignment to track a nutrition/health bill that is up for discussion during the legislative session. Students tracked many types of bills, support of breastfeeding in the workplace and in public, the “cheeseburger bill” that denies citizens the opportunity to sue fast food restaurants for being overweight, and a bill that compels public schools to implement and require students to participate in a physical activity course. According to Judy Hall, chair of the Department of Nutrition & Dietetics, “these trips give students exposure to the process of public policy and legislation. They see first hand how the legislature functions.”

While in Bismarck, students had the opportunity to spend the morning with Ken Tupa, the official bill tracker for the North Dakota Dietetic Association, then sit in on hearings related to their specific bills. During the afternoon session students sat on the floor of either the House or Senate with a legislator from their home or university district. As a result of their visits, Hall says that “students learn how to advocate for health and nutrition issues.”

Students also discussed possible future employment when they met with staff of the Department of Health and the Department of Public Instruction. Government and state jobs, in organizations such as WIC and the Department of Public Instruction were explained, opening up more options for students to consider.

At the conclusion of their visit, students had a special opportunity to visit briefly with Governor John Hoeven who asked about their future plans. Governor Hoeven was interested in hearing if they planned to stay in North Dakota after graduation, and, if not, their reasons for leaving.
A Word From the Students

Dear Alumni,

The Student Association of Nutrition and Dietetics (SAND) would like to fill you in on the events we have taken part in during this past year here at UND. As the sole nutrition organization on campus, we believe it is our responsibility to promote nutrition and healthy eating habits to our peers. We really wanted to concentrate our efforts into several areas. National Nutrition Month, Eating Disorder Awareness Week, Diabetes, and overall volunteer work as an organization were our main goals.

Eating Disorder Awareness Week took place at the end of February. A committee was formed and teamed up with Student Health Promotions to develop posters and flyers. The committee also designed table tents and a display case promoting the new Eating Disorder Intervention Team here on campus. National Nutrition Month was a big hit with our Healthy Snacking display case that was set up in the Memorial Union. This display helped promote healthy snacking choices and showed the variety of choices available.

One event we hoped to be a part of was the 2005 American Diabetes Walk. Unfortunately, we were unable to take part because there was no representative in the state of North Dakota. In the upcoming year, we hope the walk will be possible. One volunteer project we are proud of is our visit to Red River Valley Community Action where we delivered food to seniors for a couple of hours. As you see, the SAND organization is reaching out to the community as well.

As our field is growing and we are eager to gain experience we would appreciate your support in providing any work or internship opportunities in order for us to increase our knowledge and experience in our future field. Thank you for your help.

Sincerely,

Dan Howell
President of SAND

Gina Strong
Vice President of SAND

How to contact SAND -
daniel.howell@und.nodak.edu
or call Julie Zikmund at (701) 777-3751

UND has a Buzz on Biz

Buzz on Biz, a NxLeveL Youth Entrepreneurial Camp, is a five-day camp offering a hands-on approach to educating those students entering grades 6 - 8 about the fast-growing, innovative world of small business. Throughout the one-week day camp, participants discovered what it takes to be a successful entrepreneur and learned how to organize, manage, and fund a business. Held August 1-5, 2005, the camp was organized and staffed by faculty and students in the UND College of Business & Public Administration.

Food preparation and production took place in the UND Nutrition & Dietetics foods lab. Dan Howell, a junior dietetics student, was a ‘guest instructor’ during the camp. “I had a great experience working with the Buzz on Biz program. For me to have the opportunity to sit down with a group of kids and use the information I have learned at UND provided me with a wonderful learning experience.” Dan’s primary role was to educate the campers on food labels, what is good and bad in some of their favorite foods. “The kids blew me away with the information they already knew about nutrition and the food pyramid. When I provided them with new information they did not know, the kids questioned me. This questioning provided me with an even greater learning experience. Plus, the questioning from the kids showed me they were truly interested in learning. Asking why needs to be a key word in a child’s vocabulary. The Buzz on Biz program was a success and I was grateful to be a part of it.”

Dan Howell explains food labeling to campers.
Students Shine at Spring Scholarship Banquet

Thanks to the generosity of alumni and friends, over $32,000 in scholarships were awarded to 28 students in the Department of Nutrition & Dietetics! This greatly appreciated assistance allows students to concentrate on their studies and not financial issues. Thank you to those who made a difference!


Attendees were also treated to a presentation by guest speaker Dr. Jeff Stamp. Dr. Stamp gave an energetic and humorous presentation on thinking outside of the box. Students, faculty and staff all came away with new ways of looking at things! Dr. Stamp, a new faculty member at UND and chair of Department of Entrepreneurship, received his PhD from the University of Minnesota in food chemistry. Some of his best known work focused on modeling the stability of NutraSweet as well as being the principle scientist & leading the brand development of Baked Lays.

Welcome New Alumni!

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<tr>
<th>Community Nutrition</th>
<th>Dietetics</th>
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<tr>
<td>Sharon Codispoti</td>
<td>Jill Allum</td>
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<td>Bobbi Jo Horner</td>
<td>Jessica Halvorson</td>
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<td>Missy Malich</td>
<td>Katie Hill</td>
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<td>Ryan Schell</td>
<td>Lindsay Klos</td>
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<td>Amanda Schmitt</td>
<td>Jennifer Kuznia</td>
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<td>Sarah Sheldon</td>
<td>Kelly Manner</td>
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<td>Nastassia Ziegler</td>
<td>Helen Nyquist</td>
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<td>Jennifer Tretter</td>
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“I want to convey my appreciation to the alumni for my Olive C. Bushby Scholarship. It has not only given me new pride for my academic career, but an extra push to succeed. I also wish to convey how this recognition and support have encouraged me in the field of dietetics. Dietetics is a field I proudly support and am now a part of. My predecessors have laid a wonderful foundation and standard to strive for by demonstrating their support.”

Eve Vodden-Thornton
Junior Dietetic Student
Thanks to the following alumni, faculty and friends for their continued support of the Nutrition & Dietetics programs. It is your generosity that allows us to provide the best possible education for our students. **Thank you for giving back!** *(Gifts received between 2002-2005)*

### Up to $99
- Marli & Doug Carlson
- Shirley Chaska Baird
- Wanda L. Chenoweth
- Rosemary Dreher-Boggetto
- Dena Feldmann
- Carol O Ferguson
- Jacqueline K Foss
- Edna A Fox
- Carmela A Fuchs
- Jean Moe Hartl
- Irene S Hathaway
- Glennette F Hobbs
- William & Sharon Hoerr
- Connie & John Hollstein
- Pamela R Howell
- Kimberly J Johns
- JoAnne R Kelty
- LaRose M Ketterling
- Lisa R Lindgren
- Deanne Olander Marselle
- Anita R McCormick
- Ann M Messersmith
- Roger Milbrath
- Eleanor J Nelson
- Emma M Neudeck
- Esther L Northrup
- Myrl & Maie Nygren
- Barbara & Paul O’Brien
- Sandra & Thomas Parker
- Andrea M Rudser
- Joan P Samuelson
- Pauline & Hy Schatz
- Carol Schmeling
- Janel R Schmitz
- William F Schweigert
- Donna M Sherianian
- Zoe P Slagle
- Carolyn P Thomas
- James & Susan Thorson
- Les & Ruby Tisor
- Harriet M Toma
- Janet & Robert Tornow
- Marjorie & Duane Varner
- Laura J Vogt
- Faye M Wallsten
- Margaret A Walters
- Gail & David Witherill
- Matthew & Mary Zubik
- Mary D Zehner
- Joshua & Kelly Zellman

### $100-199
- Marilyn J Blum
- Margaret M Bubolz
- Dorothy J Corbit
- Janice K Goodwin
- Thomas & Kathleen Hill
- Michigan State University
- Human Ecology College
- Alumni Association
- Etta & Robert McDonald
- Clarice L Mickelsen
- Patricia & George Mutch
- Howard & Mary Blaine Russell
- Rachel Schennel
- Dr Jamie S Stang
- Allan & Betty Swanson
- Margaret E Thornburg

### $200-499
- Amy & James Carney
- Joan L Sharp

### $500-999
- Ethel A Downey

### $1,000 and over
- Burness G Wenberg

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**Find out what is happening in the Department of Nutrition & Dietetics!**

[www.und.edu/dept/nursing/nd](http://www.und.edu/dept/nursing/nd)

Check back often for upcoming alumni events, news, & notes.

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### Double Your Donation!

How can your contribution to the Department of Nutrition & Dietetics make an even greater impact? By checking to see if your employer participates in the matching gift program. You or your spouse’s employer may double your gift to the UND Foundation with a matching gift program. Contact your human resources department to pick up the necessary form to accompany your gift. For questions please contact the UND Foundation at (800) 543-8764.

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### How you can help

Contributing to an area of priority need is the easiest way for individuals, companies and foundations to support the department. Doing so will allocate your funds to where they are needed most!

#### Funding Priorities for the Department of Nutrition & Dietetics

**Academic Improvement Fund**

The department is in need of funding to support endowed chairs and professorships. A contribution to the *Academic Improvement Fund* will help to ensure that nutrition & dietetics students are receiving the highest quality education possible.

**Technology for the Future**

Today’s society requires educational institutions to have advanced and updated technology to prepare students for life beyond the classroom. Supporting the technology needs helps to support the educational process itself.

**Learning Resources Fund**

In order to provide students with the highest quality education, the department is faced with the challenge of keeping its resource centers stocked with the proper equipment. Simulation equipment, food lab supplies and reference materials are only a portion of the support students receive. Funds would be allocated to update the resources to provide a stronger and more advanced student learning experience.

**Unrestricted Giving Fund**

This fund allows the department to allocate contributions to areas of highest need.

Contributions should be sent to:

UND Alumni Association & Foundation
PO Box 8157
Grand Forks, ND  58201
(800) 543-8764
[www.undgift.org](http://www.undgift.org)

To ensure your contribution is properly allocated, please specify the Nutrition & Dietetics Endowment, account #9780.

You may further specify your area of support by writing “technology” on the memo line of your check or attaching a note.
The UND Department of Nutrition & Dietetics is proud to announce the establishment of the Burness G. Wenberg Endowment. Donations to the endowment support priority needs of the Department of Nutrition and Dietetics within the College of Nursing at the University of North Dakota. Priority needs may include scholarships, faculty development, research, or other projects which will better academically and clinically prepare students desiring to become registered dietitians.

A native of Beach, N.D., Burness earned a bachelor’s degree in home economics from UND in 1949. She went on to become one of the foremost dietetic educators in the nation. She spent many years teaching dietetics and nutrition care to students and medical professionals, guiding many toward fulfilling careers. While at Ohio State University, Burness is credited with developing the plan for the first Coordinated Undergraduate Program in Dietetics. In 1993 Burness received the Sioux Award, the UND Alumni Association’s highest honor.

If you would like to contribute to the Burness G. Wenberg Endowment, contact the UND Foundation at (800) 543-8764 or (701) 777-2611.

“Burness Wenberg is an outstanding educator and her work in research is unmatched and incomparable. She has always exemplified high ideals and standards throughout her life and career. Displaying a passion and concern for the students she taught, she is a model for others to follow.”

Tim O’Keefe, Executive Vice President
UND Foundation

You can make a difference!

Your gift makes it possible for us to offer quality education, which prepares our students to become highly skilled and compassionate professionals in the world of Nutrition & Dietetics - an excellent return on your investment!

We ask that you consider the Department of Nutrition & Dietetics during this season of giving.

Visit the UND Foundation website at www.undgift.org and make a difference today!
We welcome comments from our alumni and friends regarding the Department of Nutrition & Dietetics newsletter. We look forward to hearing about your activities and sharing that news in upcoming issues.

Name  
Graduation date (month, year, & degree)  
Name when at UND  Spouse’s name  
Business address  Business phone (  )  
Home address  Home phone (  )  
E-mail address  
Employer  
Job title  
News to share  

☐ Please publish my email address

Mail to: Alumni & Development Coordinator, College of Nursing, PO Box 9025, Grand Forks, ND 58202-9025
Email to: beckycournia@mail.und.nodak.edu