



## PRESIDENT'S LETTER

Few would have anticipated the rapid acceleration and broad reaching impact of the COVID-19 pandemic. Through this time of uncertainty, we pray that you and your families have remained healthy and safe. The conditions of the pandemic continue to raise many critical issues on a daily basis, all of which seemingly require time-urgent, decisive action. In this environment of rapid change, we remain well-aware that our USF students have been profoundly impacted in multiple ways.

COVID-19 has also impacted virtually every element of University operations. However, as the University continues to navigate these times, our primary concern must remain the safety of our campus community and doing our part to mitigate the external spread of the virus. Recognizing our rapid transition to a fully online learning platform, a high priority has also been remaining fully committed to supporting our students and professors in this online platform.

As you will read in this publication, the pursuit of academic excellence remains our highest priority even during these times of disruptive change. However, be aware that many of the photos contained within this magazine were taken prior to the COVID-19 outbreak and do not accurately depict the current state of social distancing efforts the campus community immediately embarked upon.

As we all look for bright spots in the midst of a global pandemic, we recognize the benefits of our increasingly digital world. It has enabled the University to continue pursuit of its core mission of teaching, learning, and faith formation. While we very much desire a return to the vibrant interactions of our normal campus community, the welfare of our students and employees must remain paramount above all other considerations.

In a challenging time of our history, we are thankful that our unique brand of Christian liberal arts education has equipped our students with an indispensable toolbox of knowledge, skills, and dispositional traits to overcome obstacles placed before them. We remain steadfastly confident in God's love and caring hand upon each of you and your families during this time. Keep the faith!

Sincerely,

Dr. Brett Bradfield

Brett Bradfield

President, University of Sioux Falls





**USF RESPONDS TO COVID-19** 

Learn how the University has responded to the novel coronavirus.

**DIGITALLY DOMINANT** 

USF is ramping up media studies programming to provide students with more career possibilities.

COUGAR FAMILY—STUDENTS

Here's what USF students are accomplishing with excellence in the classroom and community.

COUGARS AROUND THE GLOBE

See how current students grow during Interim trips around the globe.

**EQUIPPING EDUCATORS** 

Our professors are researching ways to better equip future K-12 teachers to face the realities found in today's classroom.

COUGAR FAMILY—FACULTY

USF faculty are uniting their expertise with research, inspiring students and the world.

AHEAD OF THE GAME

Student-athletes share why USF is the perfect place to pursue their dreams academically as well as athletically.

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CLASS NOTES

Celebrate births and marriages of fellow Cougars and honor those who have passed.

O COUGAR FAMILY—ALUMNI

Meet USF alumni who are on the front lines of research and community involvement.



The University of Sioux Falls is monitoring the novel coronavirus (COVID-19) situation carefully and is taking proactive and prudent measures to ensure the health and safety of the USF community in accordance with the guidance provided by the Centers for Disease Control and Prevention (CDC).

#### **ACADEMICS**

Courses for the spring 2020 semester have been moved to a fully online format for the remainder of the semester. The Thomas Kilian Academic Success Center continues to provide student support services to all USF students via distance and virtual meeting methods, including access to free eBooks, online tutoring, counseling, career services, academic advising and more.

#### **ATHLETICS**

All spring National Collegiate Athletics Association related events have been canceled. Coaches and student-athletes are utilizing technology and social media to stay connected and engaged. Through mobile, email and social media platforms they continue to exhibit team spirit, provide encouragement and share training regimens.

#### **CAMPUS MINISTRIES**

While gathering together for corporate worship is postponed during the spring semester, the USF community gathers virtually for a weekly chapel message from Campus Pastor Dennis Thum. Find his encouraging messages on USF social media by searching @usiouxfalls on your favorite platform.

For the latest campus updates visit usiouxfalls.edu.

#### THE USF COMMUNITY REMAINS COONNECTED

## through social media



#### **MACKENZIE LUTMER '19**

Nursing truly is a beautiful yet so very challenging career. It's definitely not for the faint of heart. Everyday will challenge you physically, mentally, and emotionally—but I am forever grateful to always get through every single shift because I have such a strong team and leadership to always back us up.

I am thankful for not just my fellow nurses but all my fellow healthcare workers, first responders and other essential workers working the frontline of such a scary yet critical time in our lives.

#ChallengeAccepted #proudtobeanurse #AveraStrong #covid19



#### **PROFESSOR STEVE HORAN**

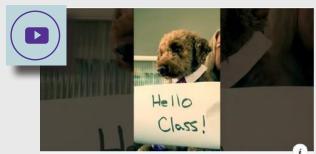
Ready for my next virtual meeting!

#zoommeeting #workfromhome #clowningaround



#### PROFESSOR JOE OBERMUELLER

The chairs were set for virtual acting and directing. It almost felt like you were here. Good work everyone @TheatreUSF!



YOUTUBE.COM

Visiting Professor's Greeting to Students

Good Boy Henry will be assisting with online instruction for the remainder of...

#### JENELEE BUEHRING '22, PARAMEDIC TECHNOLOGY MAJOR

One of the reasons I chose USF was for their amazing community and their Christian atmosphere they have. Through all of this transition, they have held tight to both of those. My professors have not only been encouraging and supportive of us through all of this, they are continually reminding us that they are praying for us and our families. They are with us every step of the way and they are continually reminding us that God is as well. One of my professors made this as an intro to our online class and I wanted to share it because it was exactly what I needed to put a smile on my face. Sometimes all we need is a dog video and a laugh to remind us that God is in control of this and it's all gonna be okay, this too shall pass.





#### DIGITAL PRODUCER.

#### WEB CONTENT MANAGER.

SOCIAL MEDIA STRATEGIST.

#### **MULTIMEDIA JOURNALIST.**

3D MOTION GRAPHICS ANIMATOR.

#### DIGITAL ILLUSTRATOR.

These are just a handful of the rewarding careers available to creative, tech-savvy students like Laycee Cain majoring in media studies at USF—all new jobs created in the last 15 years thanks to the explosion of social media and the internet.

"I knew I wanted to pursue something in business but was looking for variety within that," Cain explains. "Then I found media studies and was intrigued by all the paths I could take. Discovering the USF media and visual arts department has been life-changing for me."

As the exciting world of digital technology continues to evolve, USF is ramping up for tomorrow with new courses, a new concentration and a new associate degree in social media marketing as well as a new computer lab that opened in January.

 $\hbox{``We added sixteen computers fully loaded with the Adobe Creative Suite software, and the classes immediately filled,"}$ 

says Nick Poppens, assistant professor of media studies. "Job placement rates are one hundred percent for our media studies grads, and they are finding careers in just about every field."

Media studies is one of the fastest growing programs on campus, and is frequently combined with majors in art, graphic design, business, marketing, English, entrepreneurial studies, sports management and others.

"The media world is rapidly growing . . . our program is doing a great job of staying on top of the changes."

"We have a biology major who wants to work for National Geographic. She is pursuing a double major in media studies, and it's going to give her a real edge," says Nancy Sutton, assistant professor of media studies.



// **TOP** Assistant
Professor of Media
Studies Nick Poppens
provides feedback to
student assignments.

// RIGHT Media major Chaden Roggow edits audio in the USF Media Center for television production class.



In response to demand, USF introduced a social media marketing concentration last year, which has been very popular.

"Since I've been here a lot more people have switched majors and started in media studies. The media world is rapidly growing, and I really feel like our program is doing a great job of staying on top of the changes," say Bryce Couch, who is double majoring in business and media studies.

Media studies was formerly under social sciences but officially merged with the art department in 2018 as the two majors became more and more integrated.

"There is so much cross-over as art majors become more technical. The time was right to combine the art department with media studies and the USF Board of Trustees agreed. It's been very exciting," says Ceca Cooper, associate professor of art.

Students pursuing a media studies degree are also provided with a unique way of giving back to the community.

"I look for non-profit agencies who could benefit from probono services," says Sutton. "Our students have created some gorgeous videos. They write, shoot, edit and produce the videos as well as work with the clients. It really fits into our Culture for Service motto and the students gain some nice portfolio pieces along the way."

In addition to non-profit work, USF art and media students are entered into state and national competitions that allow students to showcase their work and compare it to others of the same skill level. Students also have the opportunity to participate in The Vessel student news media, the USF Social Media Ambassadors, marketing and graphics production within the Cougars Activities Board, visual arts, theatre productions and much more.

"I'm working towards becoming an anchor for local news or a sports broadcaster, so being a part of the USF Vessel has given me experience in the news world," says Couch. "The skills I've learned both in-front of and behind the camera have helped me grow."

Keeping up with the industry is a challenge, but all three professors make it a priority to stay in tune with student needs.

"The professors are constantly asking us what we need in order to be successful and are more than willing to learn new things right along with us. It isn't reading from a textbook, these are real projects preparing us for the real work force," Cain says.

Cooper agrees.

"We are always pushing ourselves to learn new things so we can push our students," she says. "I am a fine artist who recently added digital painting to the mix. If a student sees something new and he or she wants to try it, we'll try it."

After all, trying new things is the reason USF is so invested in technology. USF is committed to being nimble and recognizing opportunities to better serve students as they prepare for the everchanging workforce.

"We have access to many phenomenal pieces of software. I've done everything from recording commercials and music, to designing and producing logos and videos. I even helped put together a music studio in the media center," Couch says. "Every day I learn a new skill that will serve me well as I move on in my life. Coming here has been one of the best decisions I've ever made."

# Student8

# COUGAR



KRISTA GOERGER '21 MANKATO, MN

"I want to improve people's lives through my research by either increasing knowledge about the unknown or developing a new drug therapy for a disease," says Krista Goerger, a junior biology and chemistry double major at USF. "I want to help the next generation of scientists push biomedical research even further." Krista has taken advantage of the hands-on research opportunities at USF. Recently, she completed a Biomedical Research Infrastructure Network Undergraduate Research Fellowship where her team did research to determine if Native Americans have an enriched allele in platelet receptors that cause an increased response, resulting in a higher rate of cardiovascular disease. "My experience at USF has taught me the importance of teamwork as I have served as a member of the USF volleyball team, as a colleague of various lab classes and as a member of a research team," Krista says. "USF has helped me gain confidence and believe that I can reach my goals and dreams." This spring Krista was invited to the the Experimental Biology Conference in San Diego and the National IDeA Seminar for Biomedical Research Excellence Conference in Washington, D.C. "After USF I plan to continue my education and study biomedical science in graduate school," Krista says. "Eventually, I want to pursue a career in research and teach others about new scientific discoveries."



ANDREW SIMMONS '20 SIOUX FALLS, SD

In the fourth grade, Andrew Simmons walked into Best Buy and shelled out \$900 cash to buy his first computer. He had saved up by mowing lawns with his dad and delivering papers for the Sioux Falls Shopping News. "I have never felt prouder than at that moment—seeing the cashier's face as I placed the hundred-dollar bills on the counter and experiencing the tangible reward of hard work," Andrew says. "Since then, I have always had a passion for technology, working hard and finding creative solutions to a problem." Today, he works in an enterprise business sales role at Midco and is an MBA student at USF. "The MBA program at USF has been an opportunity to not only enhance my formal education, but also make valuable professional connections that will benefit me in the future." Success for Andrew is not simply a title, money or status—success is all about purpose. "My personal belief is that we are here to spread the good news of Jesus to the hurting and lonely around us," Andrew says. "Pursuing my Master of Business Administration degree at USF will give me new opportunities in the future that will help fulfill my God-given purpose in life as well as help others along the way."



CARLA WALQUIST '20 LITTLE FALLS, MN

At first glance it might seem that an internship building houses in Mexico and an academic pursuit of history and secondary education have little in common, but for senior Carla Walquist these pursuits are dynamically paired endeavors of a Christian liberal arts education. She was deeply impacted by her experience building 10 houses over the course of her summer internship with Casas Por Cristo, a ministry in Mexico that builds home for families and shares Christ's love. "The most impactful thing about my experience in Mexico was realizing, regardless of status, wealth and culture/language differences, Christ's community is present everywhere and it sees no difference in people," explains Carla. This mindset of Christlike love that transcends even language barriers is now the foundational pursuit of her life, especially as she prepares to be a middle school history teacher. "I have become a person that seeks God first," Carla says. "My life goals during my time at USF have become more centered around a Christlike life, because in Christ we find happiness, peace and love, and those are all aspects I want to incorporate in my professional career."

## COUGARS

#### AROUND THE GLOBE

\*These stories reflect travel **before** COVID-19 concerns. The University of Sioux Falls has followed and will continue to follow the travel guidelines given by the CDC and national authorities.\*



#### **GRETA SMITH '22**

#### OBSERVED THE BEAUTY OF A NEW CULTURE

"It was so impactful to talk with locals and just observe all of the beauty that can be found in a different city and the people that live there. It taught me a new perspective."



#### CARLEY POPPENGA '20

#### CARED FOR THE SICK IN COLOMBIA

As nursing students, we triaged patients and followed doctors and dentists closely as they assessed their patients. As I prayed over patients, it reminded me how powerful God's grace truly is, bringing us together all to be reminded of His love. On these pages, students share first-hand how experiences during January Interim are helping them learn and serve the Lord around the world.

#### **MEGHAN BRATLAND '20**

#### USED NURSING SKILLS AT SIMBA MINISTRIES CLINIC

^^ "We helped to provide care to nearly 2,000 patients. The people of Kenya have an incomprehensible joy for Jesus Christ, despite personal conditions. I have been inspired by the people of Kenya to live like I am loved and to seek joy in the everyday."



#### **JASON BYRE '20**

#### **EXPLORED THE HOLY LAND**

>> "One thing that impacted my
experience was seeing a culture of vast
diversity all worshiping God throughout
the Holy Land. It was like seeing a
glimpse of heaven on earth, and what to
expect. It was truly beautiful."



## Corcert Chorale Tour

The Concert Chorale European tour is certainly filled with musical masterpieces, but the adventure is even more than that.

The smell of cinnamon wafts through the crisp chilly air. Locals and tourist sip on rich hot chocolate and enjoy crepes topped with drippy Nutella. A melodic harmony rises from the softly lit amphitheater as the USF Concert Chorale serenades the European Christmas Market guests. It's an experience and a memory that will last a lifetime.

This glimpse into the Concert Chorale's tour of the Czech Republic, Austria and Germany is just the beginning of the cultural experience 50 students embarked on this past January. The choir sang in multiple historically significant sanctuaries, soaked in the history and food and brought Culture for Service halfway across the world. Prior to the trip, the USF group collected winter clothing items and then delivered them to those in need at Basilica of St. Ulrich and St. Afra (Augsburg, Germany). Since 2008 the choir has embarked on a European tour seven times, with each trip gaining more student participation.

"Because of the rich musical history and world-famous cathedrals which serve as our performance and worship venues, there's no greater destination for a college choir than Europe," says Dr. David DeHoogh-Kliewer, associate professor of music and director of choral activities at USF. "From the architecture, history and art, to the people and cuisine, USF's international choir tours provide a lifetime of educational as well as cherished college memories."

**// LEFT:** The Concert Chorale performs in Prague's famous Christmas Market in the Old Town Square for 10,000 people. **// TOP:** Stephen Waltner, Seth Olson, Seth Bungum, Grace Trautman and Julie (Willison) Spawn pose for a selfie in Austria with the Vienna State Opera House in the background..

**// BOTTOM:** Dr. David DeHoogh-Kliewer conducts as students contribute to a worship service at St. Vitus Cathedral in Prague, Czech Republic.











"If you know better, you do better."

Michelle Hanson, associate professor of education at USF, quotes Maya Angelou while explaining the importance of educating future K-12 teachers about the realities found in today's classrooms.

She further explains that the school system of today is not the same as it was in the past.

Teachers are dealing with a wide range of K-12 students impacted by trauma such as abuse, neglect, hunger and addiction-related situations.

That trauma is affecting students' ability to learn.

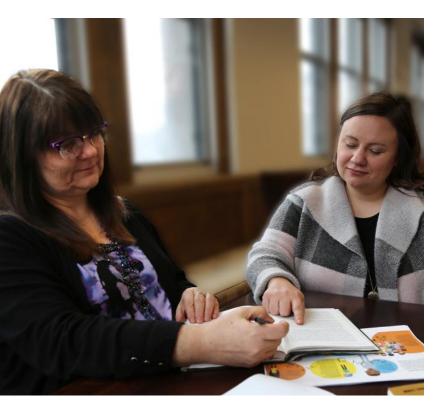
"Research shows people can't access the executive functions in the brain if their basic needs aren't being met," says Lisa Riddle, assistant professor of education at USF. "This means some K-12 students literally cannot learn if they don't feel safe. We need to make sure our K-12 educators know how to deal with these issues."

Because teachers often don't know (and by law, can't know) which students are living with trauma, the idea is to equip all teachers with the knowledge, skills and ability to build relationships with K-12 students and families and learn how to stay positive when things get tough.

"The professors in USF's Fredrikson School of Education don't sugar-coat things," Hanson says. "Teaching can be hard some days. We expose our freshmen to real-world K-12 classrooms from day one so they can determine if they have what it takes to be a good teacher. We show them how to work with K-12 students on their level, and how to identify behaviors that may indicate trauma. K-12 students need quality teachers more than ever. We can't stress that enough."

As advocates of the teaching profession, both Hanson and Riddle are always reading and researching about new ways to better prepare future educators for challenges they may encounter.

**// LEFT** Professors Michelle Hanson and Lisa Riddle collaborate on research regarding trauma influenced classrooms.



// Left Hanson and Riddle research the impact of trauma on K-12 learners.

"There are a lot of privacy laws protecting minors, but there is a program in West Virginia called 'Handle with Care' that caught our eye," she says. "When police officers come across a traumatic incident involving a minor, they

"Teachers can change lives..."

notify the child's school that the student should be handled with care. They don't say what or why, they just let them know that this student might need a little extra care."

Both Hanson and Riddle are quick to point out that

K-12 students who display negative behaviors are often not to blame for those behaviors.

"There's usually so much more going on," Hanson says.

Helping future teachers understand there is meaning behind the behavior is key.

"Some students withdraw. Some act out. Some regress. There is almost always a reason for the behavior," she says. "We are not trying to turn our teachers into mental health counselors, but again, knowing trauma is out there is important. We work hard to model teaching practices that will help our graduates be better teachers for these children."

USF is often regarded as a leader in education for area school districts and provides professional development opportunities to educators on a regular basis. The faculty and students in the USF Fredrikson School of Education are in local classrooms nearly every day, seeing first-hand what is happening in our schools.

Because of the need for more trauma awareness and support in the public education system, Hanson and Riddle recently teamed up to write an article titled "Shifting Roles: How Can We Prepare Teachers To Address Trauma In The Classroom?" The article was written for ASCD, an international professional learning community for educators.

"The article we wrote was a call to action. Are our area schools trauma informed? What is the district doing to support teachers? How are we dealing with compassion fatigue? Are teachers taking the time to take care of themselves?" Hanson says.

Preparing K-12 educators for the real world fits perfectly with USF's Culture for Service motto, something the faculty at USF are deeply invested in living out.

"At the end of the day, USF education students must understand that teaching is more than a job," Hanson says. "This is a vocation, a calling. It's a chance to be a servant leader. For six to eight hours a day, teachers have a chance to make lives better."

When it comes to job satisfaction, Riddle believes there are few careers out there that can be as rewarding as teaching.

"Teachers can change lives. They can save lives... sometimes all a kid needs is for a supportive adult to come alongside them. When students graduate, it's so exciting to know that they are prepared to make a difference. They are ready to move mountains."

# FAMILY



JOE OBERMUELLER

Associate Professor, Communication Studies & Theatre/Director of Theatre

Under the leadership of Joe Obermueller, the USF theatre department is a place where stories are told, courage is found and roots grow deeper. This year alone the program produced two world premiere productions. What makes the USF's theatre department unique is its distinctively Christian approach. "Theatre, by its very nature, is a window into culture," Obermueller says. "Theatre allows its audiences to come together and experience stories of humanity. Some of those stories are deep and meaningful, others are light and fun, but they all point to something about the human condition and what it is like to be alive in the world. To study art from a Christian perspective invites the Christian artist to engage in a sinful world with courage, kindness and empathy." Students, under the direction of Obermueller, have the opportunity to share this light and learn from other professionals outside of the USF stage—like at the Kennedy Center American College Theatre Festival. USF theatre has been awarded several distinctions of merit from KCACTF over the years, most recently being recognized for the vocal performance in the musical "She Loves Me". "There are so many moments of growth, breakthrough, understanding, maturity, courage, failure, success, heartbreak, victory, silliness, tears, belonging, collaboration, adventure and, and, and... words cannot describe it," Obermueller says. "I can't believe I get to do this as a career."



JILL WHITLEY

Associate Professor, Accounting

In Jill Whitley's classroom you will find three consistent themes: a love for learning, opportunities for hands-on experience and a focus on serving others. "The Volunteer Income Tax Assistance program, VITA, is a wonderful way for my students to have hands-on learning while also providing a valuable service in the community," Whitley says. VITA is an Internal Revenue Service (IRS) sponsored program that provides free tax services to low income, elderly, disabled and limited English speaking taxpayers. Each year eight to 15 USF students volunteer alongside Whitley in the VITA program serving their community, gaining realworld experience in their field and forming close-knit relationships. "I love to see students help and make connections with people they would not have otherwise met," Whitley says. "Students get to see a slice of life quite different from theirs and use their talents and discover the joy of community service." Connecting students to the world around them and sharing her expertise of the tax world is the niche in which Whitley thrives. "I love this career," Whitley says. "I am not sure anything else could give me quite as much satisfaction and freedom as being a college professor."



DR. MIKE GREVLOS

Professor, Psychology

"I love golf and I love psychology," says Dr. Mike Grevlos, USF professor of psychology and author of a recently published, chart-topping book, "The Motivation Game: A Course on the Psychology of Golf Improvement." The book aims to help golfers understand the foundations of their mental game struggles and learn how to better manage their motivation to get better and play better. Dr. Grevlos has taught 25 different psychology courses and completed his doctoral dissertation on the study of motivation in the game of golf. Its principles are consistent with the most recent developments in the neuroscience of motivation, learning and motor control and have helped golfers at all levels improve significantly and transform their experience in the game. "I wanted to provide a new perspective to sport psychology and the mental game by highlighting the central role that motivation plays in organizing the mind and behavior/movement," Grevlos says. "In reality, although the theme of the book is golf, the principles apply to any area of interest." Dr. Grevlos has married his academic research and love of golf in manner that has impacted many. His book has claimed the number one spot in New Release on Amazon in Golf and New Release on Amazon in Sport Psychology.

#### USF HELPS STUDENT-ATHLETES STAY

### AHEAD OF THE



How does an international student excel in the classroom, win in the swimming pool, conduct important research, volunteer regularly and earn two degrees while maintaining a 3.9 GPA?

With a lot of hard work, determination and support.

"I had the feeling USF would provide the perfect atmosphere for pursuing my dreams academically as well as athletically, while meeting people who would stay with me for a lifetime," says swimmer Chantal Kasch, who came to USF from Germany in 2017 and is currently a junior majoring in psychology with a minor in criminal justice. "My coaches and my professors work together in order for me and my teammates to succeed in the classroom and in the pool."

Kasch says weekly study halls for the swim team help her manage her homework and keep her from being distracted.

After graduation she hopes to pursue a doctorate in clinical psychology or further her education in the field of criminal behavior.

"Everyone at USF is loving and supportive and no dream is seen as too big," she says. "USF helps me get closer to my goals every day."

Kasch is not alone. Enrollment at USF currently includes over 400 student-athletes pursuing academic degrees as well as athletic accolades.

To help them succeed, the campus has a Faculty Athletic Representative (FAR) on staff who is the intermediary between the athletic department and the faculty, making sure students keep up with classwork and professors stay informed about athletic schedules. The FAR knows the student-athletes and is there to ensure they have all the academic support they need.



// ABOVE Senior Kaely Hummel and the USF Women's Basketball Team won its first-ever NSIC South title and advanced to the DII regionals.

"Learning how to juggle a social life and a full course load while playing a college sport is extremely difficult and requires diligence," says football player Gabe Watson, an exercise science major with a 3.9 GPA and who recently started USF's MBA program. "I always feel like my professors are extremely accessible and willing to help me through any difficulties I may be having."

Micha Thompson, assistant athletic director of compliance, is constantly performing academic evaluations to make sure student-athletes are meeting all the right requirements to compete.

"There are a lot of eyes on our student-athletes when it comes to academics," she explains. "We are truly invested in them as a student first. We want to help them graduate with a degree in four years if that is the path they are taking."

"I feel DII offers the best balance of the three divisions. DI athletes practice rigorously year-round and don't really have an off-season. DIII athletes are not allowed to practice with coaches unless their sport is in-season... DII falls right in the middle."

As part of Division II NCAA, USF follows guidelines designed to provide student-athletes with a life balance that emphasizes education first, while still allowing ample practice time and ability to explore other opportunities. Below are just a

## WOMEN'S BASKETBALL

#### FEATURED ON ESPN

In recognition of a special season that ended early due to the COVID-19 outbreak, the University of Sioux Falls Women's Basketball Team was honored on the Senior Night segment on SportsCenter with Scott Van Pelt on March 31.

After the NCAA canceled winter and spring sports in March due to the coronavirus (COVID-19), Van Pelt and ESPN began saluting high school and college teams around the country whose seasons were canceled early due to the coronavirus pandemic. As a result, they created a Senior Night segment which showcased USF on March 31.

In his three-minute Senior Night segment, the Cougars were featured in about 25 seconds and the first of five teams or athletes mentioned by ESPN's Van Pelt. He said: "The University of Sioux Falls...They had seven seniors: Kaely (Hummel), Jacey (Huinker), Mariah (Szymanski), Jessie (Geer), Augusta (Thramer), Andie (Mataloni) and Abby (Slater). Had a 26-6 record, a first-ever ranking as a Division II school, a firstever conference (South Division) title, a 3-seed in the (NCAA DII) Tournament. They are very proud of these seniors in Sioux Falls and you ladies should know I was reading all about you and Coach Trap into the wee hours of the morning. You all sounded like an awesome bunch."



**// ABOVE** All-American Gabe Watson was part of a USF Football program which recorded its 26th straight winning season, a mark that ranks fourth-best across all divisions.

few of the requirements that help student-athletes stay focused, involved and eligible for DII competition:

- + In-season athletes are limited to 20 hours per week in practice or meetings, with at least one day off per week.
- + Out-of-season athletes are allowed 8 hours of practice per week with at least two days off per week during the school year.
- + Student-athletes must be enrolled in at least 12 credits per semester and must be making progress towards a degree.
- + DII athletes are not required to stay on campus over the summer, which gives them time for work, internships, research, volunteering, travel and family.

"I feel DII offers the best balance of the three divisions. DI athletes practice rigorously year-round and don't really have an off-season. DIII athletes are not allowed to practice with coaches unless their sport is in-season," explains Thompson. "DII falls right in the middle."

True to USF's Culture for Service motto, athletes often volunteer in the community. Most of them say giving back is a favorite part of their USF experience.

"Culture for Service helps me put things into perspective about how thankful I am for ending up at USF," says Parker Gregston, a nursing major and football player. "The things that I have been able to experience through service opportunities fill me up. When I am reflecting on these opportunities, I am grateful to know that I am where I am supposed to be every day."

With a focus on grades, a heart to serve and a desire to excel athletically,

USF student-athletes are often at the top of the list when it comes to graduate school acceptances and job placements.

"We get contacted by potential employers all the time. They want to hire our student-athletes because they have developed time management skills and understand the value of teamwork," says Pam Gohl, Director of Athletics. "Student-athletes are driven to succeed and they know how to perform under pressure."

That drive for success is evident in the USF athletic department's impressive academic records. USF has earned the NCAA President's Award for Academic Excellence four out of the last five years and placed 178 student-athletes on the Dean's List last semester. Just since 2012, USF athletics has supported:

- + 1,213 All NSIC Academic honorees
- + 185 Myles Brand Award Winners (graduating senior athletes with GPA of 3.75 or higher)
- + Four Elite 90 Awards (highest GPA and a national championship qualifier in their sport)
- + One Fulbright Scholar grantee

"Having a liberal arts education has provided me with a broad knowledge of topics that help me gain skills for the real world," says Kaely Hummel, a senior basketball player majoring in business administration with minors in accounting and marketing. "I did my internship with Marsh and McLennan Agency in Sioux Falls last summer, and because of all the great opportunities USF provided me, they asked me to work part-time this year, and I'm hopeful they will hire me after graduation."

At the end of the day, playing a sport at USF isn't just about winning. It's about building relationships, creating experiences, gaining valuable life skills and becoming a better person in Christ.

"While some of our student-athletes did not get to finish their spring season, they enjoy a sense of accomplishment that will remain with them for the rest of their lives," Gohl says. "These are remarkable men and women who are part of our Cougar family, and they go on to do great things. The high standards are set right here."

**// BELOW** Junior Chantal Kasch, who led USF to a No. 15 national ranking, was ranked Top-10 nationally in the 100 & 200 breast event and earned All-American honors from the Collegiate Swimming and Diving Coaches Association of America (CSCAA) for the 2019-20 season.





CHANTAL KASCH
All-American Scholar and Swimmer

"My coaches and my professors work together in order for me and my teammates to succeed in the classroom and in the pool."

A Day in the Life (in season)

5 a m	Wake-up
:) (( M)	VV((KP-HD)

12 p.m. Lunch

1 p.m. Psychology class

2:15 p.m. Swim practice

4:30 p.m. Athletic training and recovery

5:30 p.m. Dinner

6:30 p.m. Homework

8 p.m. Time with friends

10:30 p.m. Bedtime



C L A S S

All notes are based on information received between September 1, 2019 – March 31, 2020.

#### // CELEBRATIONS

#### **ALUMNI**

**Amber Lehman Myers '08** and Chris welcomed Samuel Steven David on Aug. 16, 2019 in Sioux Falls.

**Monica (Bloyer) Brandhorst '09** and Mathew welcomed Emery Ann on Jan. 5. 2019 in Storm Lake. IA.

Kristen (Buschena) '11 and Tyler Gustafson '11 welcomed Simon Elvin on Dec. 22, 2019, in Sioux Falls.

**Ashley Maturan '11** married Erik Anderson on Nov. 15, 2019 in Sioux Falls.

**Alex Bahney '12** and Jenna welcomed Jack Scott on March 20, 2020 in Omaha, NE.

**Kate (Templin) Uthe '12** and James welcomed Mackenzie Marie on Feb. 5, 2020 in Sioux Falls.

**Brennden Ward '12** married Lauren Freeland on Jan. 10, 2020 in Santa Ana, CA.

**Crista (Vande Pol) '13** and **Steven Ballard '14** welcomed Winston Dean on Nov. 14, 2019, in Sioux Falls.

Kayla (Friesen) '13 and Caleb Coffee '11 welcomed Charlotte Grace on Nov. 30, 2019, in Sioux Falls.

**Suzy (Ledeboer) '13** and **Levi Smith '13** welcomed Harrison Rodney on June 3, 2019, in Sioux Falls.

**John Van Peursem '13** and Abigail welcomed Ezra Rae on Dec. 11, 2019, in Sioux Falls.

Kara (Maas) '13 and Brady Velgersdyk '13 welcomed Kase Robert on Nov. 28, 2019, in Sioux Falls.

**Blake Wilkes '13** and Lana welcomed Tobias Elon Reed on Jan. 28, 2019, in Arthur, NE.

**Lanae (Attema) Faber '14** and Caleb welcomed Mila Jae on March 3, 2019 in Rock Valley, IA.

**Josh Leisinger '14** and Hannah welcomed Brinley Claire on Dec. 17, 2019. in Sioux Falls.

**David Maxwell '14** and Haylee welcomed Nash Greggory and Noah Bruce on Jan. 19, 2020, in Sioux Falls.

Samantha (Koch) '14 and Steven Slaubaugh '14 welcomed Elizabeth Samantha on April 28, 2019, in South Bend, IN.

**Sam (Lovell) '15** and **Drew Gentry '16** welcomed Beau Michael on Oct. 21, 2019, in Omaha, NE.

**Derek Tolbert '16** married Catie DeVaney on June 15, 2019 in Sioux Falls.

**Lexy Utech '16** married **Isaac Josephson '18** on Oct. 12, 2019 in Sioux Falls.

**Shayla (Seiler) Kruse '17** and Thom welcomed Hadley Mae on Dec. 22, 2019 in Sioux Falls.

**Alecia Martinez '17** married Jake Juelfs on Nov. 16, 2019 in Sibley, IA.

**Emily Stahl '17** married Jon Landon on Oct. 26, 2019 in Brandon, SD.

Cassie (Erickson) Kullman '18 and Eric welcomed Addison Rae on Nov. 15, 2019 in Vermillion, SD.

Kasey Olson '18 married Trevor Rohwer '13 on May 25, 2019 in Arnolds Park, IA.

**Rachel West '18** married Zac Abraham on July 13, 2019 in Sioux Falls.

**Ashlea Brenna '19** married **Jared Peasley '19** on Oct. 12, 2019 in Sioux Falls.

**Josh Gabel '19** married Hope Downey on Oct. 18, 2019 in Sioux Falls.

**Chenoa Herlihy '19** married Nick Springer on Aug. 11, 2019 in Arroyo Grande, CA.

**Molly Hoffman '19** and Paul welcomed Roslyn Eleanor on Dec. 21, 2019, in Sioux Falls.

**Emily Hove '19** married **Brody Grantham '19** on June 21, 2019 in Bennington, NE.

**Tracy Kelly '19** married **Marco Naughton '17** on Sept. 1, 2019 in Hartford, SD.

**Sarah Roseland '19** married Cole Hauge on July 13, 2019 in Brookings, SD.

#### **FACULTY & STAFF**

**Sarah Strasburg** and Victor welcomed Maya Cecelia on Dec. 26, 2019, in Sioux Falls.





#### // IN MEMORIAM

#### **ALUMNI**

**Duane Greenfield '39**, Sept. 17, 2019, Sioux Falls, SD

**Waldo Anderson '43**, Dec. 25, 2019, Scottsdale, AZ

**George Hines '46**, Oct. 31, 2019, Chillicothe, IL

Phyllis (Coles) Wipf '51, Feb. 20, 2020, Spearfish, SD

Ruth (Olson) Ralph '53, Feb. 2, 2020, Hingham, MA

**Carmen (Balrich) Johnson '55**, Oct. 23, 2019, Slidell, LA

**Don Renner '58**, March 4, 2020, Sioux Falls

**Gordon Schlafmann '59**, Dec. 7, 2019, Schofield, WI

**Glen Martin '59**, March 5, 2020, Goldfield, IA.

John Stone '60, Nov. 30, 2019, Columbus. KS

**Rosetta (Morford) Biddle '61**, Aug. 5, 2019, Grass Valley, CA

**Bette (Outland) Wortman '61**, Oct. 30, 2019, North Mankato, MN

**Diane Young '62**, March 26, 2020, Brandon. SD

**Orville Schmidt '63**, Jan. 28, 2020, Wakarusa. IN

**Oma (Beehler) Stanek '64**, Sept. 28, 2019, Alexandria, MN

**Gayle (Ratliff) Roose '65**, Jan. 15, 2020, Wichita, KS

**Dorothy (Tuntland) Swenson '65**, Jan. 17, 2020, Sioux Falls, SD

Farley Peterson '66, March 24, 2019, Raytown, MO

**Bill Petree '67**, Feb. 12, 2019, Sioux Falls, SD

**Adine Harsch '68**, Dec. 11, 2019, Velva, ND

**Douglas Johnson '69**, Jan. 11, 2020, Cedar Rapids, IA

**Daryl Mahan '69**, June 1, 2019, Cerritos, CA

**Loy Smith '69**, Feb. 14, 2020, Torrington, WY

Marilyn (Cronk) Sudbeck '69, Feb. 7, 2020, Sioux Falls, SD

**Terry Dohman '70**, Sept. 7, 2019, Wahpeton, ND

**Audrey (Meier) Vietor '72**, Jan. 24, 2020, Chancellor, SD

Williard Harless '73, Oct. 29, 2019, Roseville, CA

**Carl Martinek '77**, Oct. 23, 2019, Sioux Falls, SD

**Gregg Reisner '79**, July 26, 2019, Cheyenne, WY

**Ronald Rimby '93**, Dec. 18, 2019, Pine Bluffs, WY

**Gloria Perrizo '95**, Feb. 6, 2020, Valley Springs, SD

**Rosetta (Kooiman) Van Marel '96**, Nov. 29, 2019, Beaver Creek, MN

**Paul Shubeck '98**, Nov. 14, 2019, Beresford, SD

**Sandy Parham '02**, April 1, 2019, Sioux Falls, SD

**Jessica Rosheim '02**, Oct. 19, 2019, Sioux Falls, SD

Chris Dyer '07, Dec. 6, 2019, Sioux Falls, SD

#### **FRIENDS**

**Rita Elmen**, Nov. 30, 2019, Sioux Falls. SD

**Houston Haugo**, Dec. 11, 2019, Sioux Falls, SD

**Norman Haupt**, Oct. 31, 2019, Sioux Falls, SD

**Jan Meile**, Nov. 20, 2019, Hartford. SD

**Betty Jo Roberts**, March 3, 2020, Spearfish, SD.

**Kermit Staggers**, Nov. 27, 2019, Sioux Falls, SD

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# Alumni Achievement Awards

Do you want to honor the outstanding

achievements of fellow alumni?

Submit your award nominations before May 15.

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#### Award Categories

- + Alumni Pacesetter Award
- + Dr. A. O. Larsen Distinguished Alumni Award
- + Dr. Firman A. Early Distinguished Ministry Award
  - + Lois Harchanko Distinguished Music Award



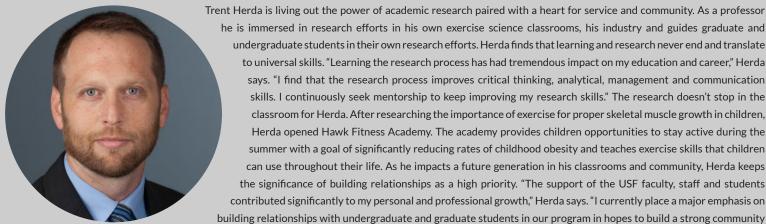
# COUGAR

#### Tia Hexom '04, Ph.D. | Cell and Gene Therapy Application and Operation Specialist



"It's an exciting time in my field as we are learning ways to cure diseases that have never had effective cures in the past," says Tia Hexom. As a field application scientist, Tia travels the world and talks to top scientists in the field to help them troubleshoot areas they are having problems with in their work flow. Tia's work in cell and gene therapy is a new part of pharmaceuticals that is using cells as treatments for disease as well as gene editing. "I am extremely passionate about changing the standard of care in medicine through scientific discovery, leadership, innovation and teamwork," Tia says. "It's very personal to me, if I help that scientist today, they might have the cure for me or a loved one tomorrow." As Tia transitions to a vice president role in her field, she's grateful for her education at USF. "Without the careful training from my mentors and advisors at USF and my graduate school career at Tulane, I would not have the skills to adapt and keep up with such a quickly moving field," Tia says. "The foundation I built through God and my education at USF has truly helped me feel grounded in Christianity as a core value throughout many cities, jobs and journeys."

#### Trent Herda '04, Ph.D. | Health, Sport & Exercise Sciences Associate Professor, University of Kansas



Trent Herda is living out the power of academic research paired with a heart for service and community. As a professor he is immersed in research efforts in his own exercise science classrooms, his industry and guides graduate and undergraduate students in their own research efforts. Herda finds that learning and research never end and translate to universal skills. "Learning the research process has had tremendous impact on my education and career," Herda says. "I find that the research process improves critical thinking, analytical, management and communication skills. I continuously seek mentorship to keep improving my research skills." The research doesn't stop in the classroom for Herda. After researching the importance of exercise for proper skeletal muscle growth in children, Herda opened Hawk Fitness Academy. The academy provides children opportunities to stay active during the summer with a goal of significantly reducing rates of childhood obesity and teaches exercise skills that children can use throughout their life. As he impacts a future generation in his classrooms and community, Herda keeps the significance of building relationships as a high priority. "The support of the USF faculty, staff and students contributed significantly to my personal and professional growth," Herda says. "I currently place a major emphasis on

#### **Brenda Paulsen '79** | Adjunct Professor, University of Sioux Falls

like I experienced at USF."

From sailing a 3,300 mile voyage across the Atlantic with her husband in their 39-foot sailboat, to bringing the art of puppetry to the classrooms at USF and the local community, Brenda Paulsen's life exemplifies the experiences of a life-long learner and the adventures it brings. "Learning keeps me inspired," Paulsen says. In a trip to Seville, Spain, with the USF art department, Paulsen capitalized on a moment of inspiration. "I was watching a street performer work her marionettes on the public squares in Seville," Paulsen says. "I wanted help bring this art form to the local Sioux Falls community." Paulsen was uniquely qualified. She had just attended the National Puppetry Festival, was already teaching puppetry at USF, and possessed puppet stages and a variety of puppets from multiple donors. Paulsen partnered with the Washington Pavilion of Arts and Sciences for an art exhibit of the Paulsen Marionettes and a student-led puppet production. Students from her Introduction to Puppetry class created a unique performance for the Sioux Falls community. Paulsen's passion for learning influences those in her classroom and her community, but she is just being who she was created to be. "My focus is just on being Brenda and pouring out what Christ has poured into me to the people He places in my life," Paulsen says. "Letting God teach me keeps me humble and inspired."

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