

FYI Campus Newsletter

Bismarck State College – November 30, 2004

Sjodin case inspires BSC self-defense course

A group of students at Bismarck State College is learning that the brains that propelled them to college can also save their lives. Triggered by the Dru Sjodin abduction/murder case, the comprehensive course in personal safety registered its first students this fall, all women.

Ben Ehrmantraut, BSC adjunct instructor, teaches Introduction to Self Defense twice a week. Many of his 13 students enrolled because of the Sjodin abduction in a Grand Forks mall parking lot. She was a student at the University of North Dakota at the time.

“Taking this course makes my mother feel better!” said Lori Sutheimer, a sophomore from Center. “It gives me an idea of what to do if something would happen.”

“I’m more comfortable at night going out to the car by myself,” said Brandi Matt, Garrison sophomore. She works in Kirkwood Mall until 10:30 p.m., and must park far away. “Dru Sjodin – it sticks in the back of your mind as you walk.”

Kim Cymbaluk, sophomore from Mandan, said she has always wanted to take a self-defense course and likes getting college credit for it. Married and a mother, she runs errands and does a lot of shopping at night for convenience. “Leaving the mall at night, I fear a random attack,” she said.

Students in the class learn basic awareness, stranger danger tips, and techniques to avoid life-threatening situations. They will build skills in escape moves, pressure point tactics, and close quarters maneuvers. Their specialized movement of knee strikes, elbow punches, and kicks derives from Hapkido, a Korean martial art similar to Judo and Jujitsu.

Ehrmantraut said that by studying body strengths and weaknesses, students could use the knowledge to their advantage and bring enough authority to the situation to say “no” or “stop.”

“What we do is give them a sense of empowerment,” he said. “In the future, I’ll involve law enforcement personnel as guest speakers in the class.”

Associate professor of English Lynn Severson suggested the course last spring to Jean Hushagen, chair of the Math and Sciences Department, as the Sjodin case was unfolding. Severson said it bothered her that women on campus might be without the knowledge that Sjodin needed and apparently didn’t have.

“You might as well defend yourself at the point of abduction because getting moved to another location always results in death,” Severson said. “If you stay where you are, there is always the chance you could receive help.”

Severson said women have to know their strength won't save them from an attacker. “They need to outsmart him,” she said. “They need to use their brains to save their own lives and to share the information with their peers and children.”

The Introduction to Self Defense course (HPER 212) is open to any registered BSC student and to all skill levels. Hushagen said the class will be offered fall and spring semester, and perhaps in the summer.

Nominations due for excellence awards

Think about your job. Has someone made it easier for you to do it? Maybe that person showed leadership to advance a project beyond expectations or brought innovation and efficiency to old systems. Perhaps they improved office or department communication, mentored co-workers, or found creative solutions to increase productivity while preserving good employee relationships. Whatever the reason, good work can be rewarded with the 2005 BSC Faculty and Staff Awards for Excellence.

The Learning First Managing Excellence Team revamped the nomination and selection process to ensure equal opportunity for all qualified categories of employees. Any staff or faculty member (full- or part-time permanent) with two years service, or adjunct faculty with three years service can be nominated. Anyone, including students and residents of Bismarck, can nominate an employee for outstanding contributions to BSC.

- Two Faculty Award for Excellence recipients will receive \$1,000
- Two Staff Award for Excellence recipients will receive \$1,000
- Two Adjunct Faculty/Part-time Staff Award for Excellence recipients will receive \$250

Nominations are due in the BSC Foundation office Jan. 27 by 5 p.m. Recipients will be announced April 20 at the BSC awards ceremony. Download the document outlining the nomination process and the nomination form at <http://www.bismarckstate.edu/awards>. Forms are also available in most buildings around campus.

CCE brochure receives first place award

BSC was honored for excellence with a first place award in the Best Brochure Design category by the Learning Resources Network (LERN), an international association in lifelong learning. The winning entry was included in a showcase of internationally exemplary programs at the LERN Annual Convention in Toronto Nov. 18-20.

Karen Selensky, conference manager, created the award-winning brochure with design assistance from Image Printing. The brochure promotes conference management services of Corporate & Continuing Education.

BSC's nomination was selected from a field of more than 100 nominations from four countries. The contest chairperson said judging was more competitive than in previous years and judges indicated this year's award nominees were among the highest quality ever submitted. Judging criteria included being at the leading edge of the field of lifelong learning, originality,

innovation, appropriateness as a model for other programs, replicability, and measurable outcomes.

BSC welcomes Fitzgerald

Darvin Fitzgerald joined the multimedia cadre in the Horizon Building Nov. 15 as Enhanced Web Application Developer. He will program the interactive component for the Energy Online classes. Fitzgerald has an AAS degree from BSC in computer information systems and graduated from University of Mary in 2003 with a BS in the same field. He worked for Contact America in Bismarck for three years as a network programmer and database administrator. He also was a database administrator at Medcenter One. A 12-year member of the U.S. Army Reserve, Sgt. Fitzgerald grew up in Bismarck. He and his wife Tara have three daughters.

Faculty & Staff News

Donna Fricke, SW tech prep coordinator, attended the Center for the Advancement of Process Technology's conference on Critical Issues and Best Practices in League City, Texas, Sept. 30-Oct. 1. Fricke participated on the "High Schools That Work" panel and discussed best practices to promote energy careers to North Dakota students.

Three employees and members of the Learning First Infusing Technology Team attended the annual Conference on Informational Technology presented by the League for Innovation in the Community College Nov. 7-10 in Tampa, Fla. Attending were **Tom Stein**, assistant professor of English; **Elmer Weigel**, chief information services officer; and **Michael Lenhardt**, associate vice president for student affairs.

Dr. Donna S. Thigpen, president, attended the American Association of Community Colleges Fall Commission Meetings Nov. 10-12 in Washington, D.C. Dr. Thigpen serves on the Licensure Committee and the Commission on Economic and Workforce Development.

Dave Clark, executive vice president, traveled to San Diego Nov. 17 for the National Association of College and University Business Officers meeting, which related to a curriculum development project for business office staff.

Carla Bickert, associate professor of management; **Shirley Wilson**, assistant professor of accounting; and **Wendy Pank**, assistant professor of sociology, attended the Collaboration for the Advancement of College Teaching and Learning: Learning through Discovery conference in Bloomington, Minn., Nov. 19-21.