



Campus Connection

News and Information from the University of Minnesota, Crookston

www.UMCrookston.edu

WINTER 2006

54-Year Old Grandmother Gets Her Degree On-Line from UMC

The Crookston campus has the University of Minnesota's First online Bachelor's degree.

Online courses provide opportunities to complete courses without attending classes on campus. They offer interactivity with the instructor and other students, convenience of location and time of day, and independent learning for motivated students.



Helen Wamstad

Bachelor of Applied Health

Grand Forks, ND

As an LPN in a nursing home for 16 years, Helen Wamstad has seen just about everything, including fairly rapid turn-over when it comes to administrators at Tri-County Nursing Home in Hatton.

It was when an interim administrator left the nursing home four years ago for a job in Minnesota that Wamstad stood up and took notice.

"I read an article in a newspaper that said he was going to be paid \$85,000," she recalled. "I was like, what the heck? I'm working as hard as he is and I'm sure I know as much about this business as he does."

Knowing that her opinion wouldn't hold much water unless she had something tangible to back it up, Wamstad started pondering her career options.

Should she become an RN? Or should she make the switch to administration? She wasn't sure, but she knew she wanted to keep that newspaper article. So she dug it up again to clip it out, and that's when she saw it: An advertisement in the same newspaper touting the University of Minnesota, Crookston's online program.

"What really jumped out at me was how accepting it was as far as transferring credits from other colleges," Wamstad recalled. "I drove to UMC and said I wanted to talk to someone about it."

The "someone" she was directed to was Dr. David Seyfried, who oversees the Bachelor of Applied Health online bachelor degree program at UMC. It's the first and only such four-year degree offered by the University of Minnesota system.

Fast-forward to about five years later, this past May to be exact, and Wamstad, a 54-year-old grandmother, graduated with a bachelor of applied health degree from UMC's online program. She made it a point to attend UMC's graduation ceremony and walk across the stage to get her degree, along with hundreds of other UMC graduates who earned their degrees the old-fashioned way, in the classroom.

"My mom is 75, and I wanted her to see me walk across the stage," Wamstad said. "I wanted her to see that I had finally done it. I had my bachelor's degree."

Currently, Wamstad is in the middle of her required, 480-hour administrative internship at Valley Memorial Homes in Grand Forks. She's shadowing an administrator there, and learning valuable lessons along the way. She has to travel

Continued . . .

54-Year Old Grandma Gets Her Degree from UMC.....Continued

to Grand Forks, she explained, because “not just any administrator will cut it” when it comes to a qualifying an intern. “The administrator you follow has to have certain credentials, and not all of them do,” Wamstad said.

The internship has been a wonderful experience, she added. “When I’m finished, the sky’s the limit as far as I’m concerned,” she said, adding that she’s checking healthcare employment websites, healthcare associations and other job sites for potential employment opportunities.

“I’m doing a lot of Internet surfing and making as many contacts as I can,” she said. The fact that UMC so readily accepted other college credits was a critical factor for Wamstad, who describes herself as a “lifelong learner” who’s taken classes at several universities over the years.

“I’ve always loved school, but I never really had much focus as far as what I wanted to do or where I wanted my career to go,” she explained. “But when you’re in your fifties, you don’t want to lose a bunch of credits and have to go to school for seven more years. I’d taken a lot of classes over the years and I didn’t think I should have to start over.”

After talking with Seyfried and realizing that the vast majority of her credits would indeed transfer, everything came into focus. She still wanted to work with the elderly in a healthcare environment, but she didn’t want to be a “hands-on caregiver” any longer, and she needed a bachelor of applied health degree to make it happen.

Wamstad started off by taking one semester of classes on campus, something she describes as an “awesome” experience. “It was so much fun to be on campus with the young people; I think I kind of mother-henned them a little,” she recalled. “But I think I gave everyone a little reality check, too.” Including the instructor. “In one lecture she told the class about this form used for rates and other things, and at the next class I brought a manual from work that is used to complete those forms, and it blew everyone’s mind,” Wamstad said. “I think I brought some real-world perspective from the healthcare industry.”

For anyone who’s uneasy about taking online classes because they don’t think they possess the necessary computer skills, Wamstad should be their inspiration.

“Back when I started, I’d had a home computer for a few months and I could save files, most of the time successfully,” she recalled. “But that was about it. I was so nervous about the technology.”

Not wanting to lose some of the large files involved with studying online, Wamstad said she “finally splurged” and replaced her dial-up Internet connection with a high-speed, digital connection. That proved to be half the battle...half.

“Oh, Lord, at the beginning you bet I was intimidated. When I started I could barely turn a computer on,” she said. “But I got wonderful help and tech support when I needed it, and before I knew it, I was tech-savvy.”

Wamstad would visit the UMC campus now and then “just to keep in touch.” Seyfried, who lives near Hatton, also made a couple of trips to deliver text materials to her. “It was a wonderful gesture,” Wamstad said.

“UMC is an absolute goldmine.”

The hardest class she took was statistics. Fearing her grade point average would suffer, she sought a tutor by posting a message on a bulletin board at Mayville State University a few miles down the road from Hatton. In the end, she was tutored during the day by a female student at UMC and for a couple hours in the evening by a male MSU student. She ended up getting an A in stats.

When Wamstad started the UMC online BAH program, she could sense that her colleagues at the nursing home “didn’t really respect” her method of pursuing a four-year college degree. “If I said I had a test in the morning to study for, it’s like they didn’t think it was real,” she recalled. “Let me tell you, it’s real. It’s a big commitment. Now my co-workers know it’s real, and I think online learning is more accepted by the general public than ever before.”

She loved it all so much she wishes UMC had an online master’s degree program. “If it’s as good as the bachelor of applied health program, I’d sign up in a minute,” Wamstad said. “UMC is an absolute goldmine.”

Article by Mike Christopherson

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UMC STAFF PROFILES



Sheila Roux

Hometown: *Ada, MN*
Family: *Mom: Joyce, Dad: Dennis, Brother: Shawn, and soon to be Sister-in-Law Christie*

Position at UMC: *Head Women's Basketball Coach*

Years at UMC: *First year as an employee, 5 years as a student (1995-2000)*

Do you have a hero? *All my wonderful friends. I have some friends who have done amazing things and overcome a lot - they inspire me every day.*

Hobbies/Interests: *I love to golf and love to watch all sports on TV. I am a HUGE Minnesota Twins fan so I try to make it to as many Twins games as possible.*

Favorite Book: *The Bible*

Favorite Music: *I like almost everything*

Favorite Song: *"God Bless the Broken Road" by Rascal Flatts*

Favorite Movie: *Hoosiers*

Favorite TV Show: *Hands down . . . 24! Best show on TV!*

Favorite Food: *Steak and potatoes*

Favorite Color: *Red*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *I would go to an island where there were NO worries in the world. I'd want my friends there with me where we could all just have a 2-week release from the "real world." We'd lay out in the sun and shop and enjoy doing NOTHING!*



David Rolling

Hometown: *Formerly Brandon, Manitoba, Canada; now in Crookston.*

Family: *Wife: Jocelyn,*

Cat: L.J., various unnamed house plants

Position at UMC: *Sport and Recreation Management Program Head, Department of Business; Assistant Hockey Coach*

Years at UMC: *6 months*

Any secret talents you'd care to share? *I'm musical, good with dogs, and can breakdance*

Do you have a hero? *No one specific, though I respect those with persistence, those who are willing to enter a losing fight. I admire the courage of a weed that fights its way through pavement.*

Hobbies/Interests: *Sports, music, traveling, cooking, reading*

Favorite Books: *Men At Work (George Will), Rum Punch (Elmore Leonard), Crossfire (Jim Marrs)*

Favorite Musicians: *Elvis Costello, Jeff Buckley, Aimee Mann, Fiona Apple, Ben Folds*

Favorite Songs: *"Grace" (Buckley), "Humpty Dumpty" (Mann), "Uncomplicated" (Costello), "The First Taste" (Apple)*

Favorite Movies: *Rudy, Buffalo '66, Spinal Tap*

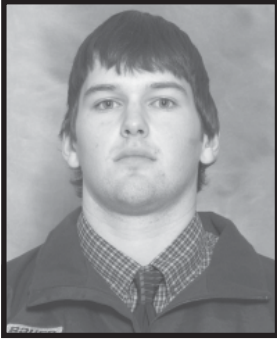
Favorite TV Shows: *Most Extreme Challenge, sports, conspiracy/history shows, Curb Your Enthusiasm*

Favorite Food: *Seafood, BBQ, prime rib*

Favorite Color: *Light blue/purple (but also maroon and gold)*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *I might either go to various games around the country, or maybe to Germany or Ireland to investigate my ancestry*

UMC Student Athlete Profiles



Wyatt
LaVigne
Hockey

Hometown: *Ranier, MN*

Family: *Dad: Pete, Mom: Diane, Sister: Molly, Brothers: Matt, Brady*

Year at UMC: *Sophomore*

Major: *Health Science Pre-Physical Therapy*

Why did you choose UMC:

To get an education close to home and play some hockey.

Where do you see yourself 10 years from now:

As a successful physical therapist

Do you have a hero? *My dad for always setting a great example for me.*

Favorite Musicians: *Jack Johnson, Weezer, Incubus, Big & Rich*

Favorite Songs: *Weezer - "Say it ain't so", Led Zeppelin - "Over the Hills and Far Away"*

Favorite Movies: *Slap Shot, anything with Will Ferrell*

Favorite TV Shows: *Family Guy, Sportscenter*

Favorite Food: *Steak*

Favorite Color: *Blue*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *Northern Ontario fly-in fishing trip.*



Matt
Hann
Hockey

Hometown: *Crookston, MN*

Family: *Dad: Ron - Accountant at Crystal Sugar, Mom: Sue - Paraprofessional at the High School, Brothers: Jerrod - Chiropractor in Edina; Todd - Works at Wells Fargo; Robbie - Attending Broom College in New York*

Year at UMC: *Sophomore*

Major: *Pre-Chiropractic*

Why did you choose UMC:

To play hockey.

Where do you see yourself 10 years from now:

Running a chiropractic clinic, and hopefully coaching a hockey team.

Do you have a hero? *Family and teammates, because they are people I look up to.*

Favorite Musicians: *Varies what time of year it is - Summer: Country, Winter: Rock.*

Favorite Song: *Foo Fighter's - "DOA"*

Favorite Movie: *Wedding Crashers*

Favorite TV Shows: *Family Guy, ESPN Sportscenter*

Favorite Food: *Chicken Alfredo Pizza*

Favorite Color: *Blue*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *The Bahamas*

UMC Student Athlete Profiles



Katrina
Wahlin
Basketball

Hometown: Crookston, MN

Family: Dad: Chris, Mom: Karla, 2 sisters: Kayla and Kamille, 1 brother: Kenley

Year at UMC: Sophomore

Major: Elementary Education

Why did you choose UMC:

To play basketball.

Where do you see yourself 10 years from now: *Hopefully be teaching somewhere and have a family.*

Do you have a hero? *My mom, because she has done such a good job of raising her children and I can talk to her about anything.*

Hobbies/Interests: *Sports, going to the lake, going rollerblading with friends.*

Favorite Musicians: *I like just about anything, but country is my favorite.*

Favorite Songs: *"We Danced", "A Real Fine Place to Start", "Forever for Tonight"*

Favorite Movies: *Wedding Crashers, Dumb and Dumber, The Notebook*

Favorite Food: *Chinese*

Favorite Color: *Blue*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *Australia*



Pat
Posl
Basketball

Hometown: Bird Island, MN

Family: Dad: Larry, Mom: Judy, Older Brother: Mike, Older Sister: Steph, Younger Sister: Christina (also attends UMC)

Year at UMC: Senior

Major: Information Technology Management

Why did you choose UMC:

To play basketball, and for the ITM program.

Where do you see yourself 10 years from now: *Wherever the Information Technology field takes me.*

Do you have a hero? *The troops in Iraq, because they are risking their lives to protect us.*

Hobbies/Interests: *Basketball, Technology, Music, Laura Nosbush (my girlfriend).*

Favorite Musicians: *I like mostly rock and punk, and maybe a little rap and country.*

Favorite Songs: *"Mr. Jones" - Counting Crows, "Comfortable Liar" - Chevelle, "Promise" - Eve 6, "Folsom Prison Blues" - Johnny Cash, "Schism" - Tool*

Favorite Movies: *Super troopers, Walk The Line, BASEketball*

Favorite TV Shows: *Seinfeld, Family Guy, South Park*

Favorite Food: *Steak (well done)*

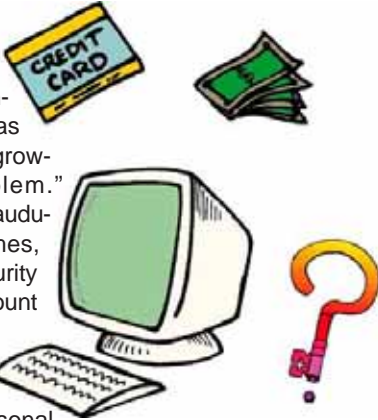
Favorite Color: *I bleed maroon and gold*

If you were offered a FREE 2-week vacation to anywhere in the world, where would you go: *Back to Jamaica*

Protect Yourself from Identity Theft

--Patti Tiedemann

Identity theft occurs so frequently that the Federal Bureau of Investigation cites it as "America's fastest growing crime problem." Thieves steal and fraudulently use the names, address, social security numbers, bank account numbers, bank account information, credit card numbers and other personal information of some 10 million Americans each year, according to the Federal Trade Commission.



I always thought I'd be safe surfing the web and occasionally purchasing items from reputable companies, such as Target, WalMart, Amazon, etc. I was wrong. A few weeks ago, I received a very disturbing phone call from an investigator from the "fraud" unit, representing Target VISA. He asked me if I was making a lot of purchases that day. I told him I was at work and wasn't making purchases. He said red flags were going up because there were a lot of on-line purchases being charged to my account and the charges were continuing all morning. I was shocked. HOW could someone get my number? Almost in tears, I asked him what I needed to do. He told me that I would NOT be responsible for the fraudulent charges and he explained the procedures for handling fraudulent cases. The card was destroyed, the paperwork all taken care of, and the account was closed, but it left me with a sick feeling in my stomach.

I started doing research on identity theft and was astonished at what I found. There are actual "underground" criminal organizations out there working to steal identities of millions of Americans. They sell these numbers to the highest bidders. The larger the credit card limits, the higher demand for the card.

Identity thieves are a lot like car thieves. If they want your information badly enough, they'll probably get it. Many identity thieves will go dumpster diving - actually

dig through your garbage looking for anything with a bank number or a credit card number on it. Others steal identities by sending out official-looking email messages that appear to come from legitimate companies. They ask for credit card numbers, social security numbers or bank account numbers to verify their records.

A good example is an email that I have received many times - the email looks official - saying it is from eBay and they are having a problem with my account. Since I have never visited the eBay website, the first time I received this email, a red flag flew up immediately, but I was curious so I read on. The email goes on to say that they need information to verify that my account is correct. They ask for me to verify my credit card number. I hope that most people see the red flag when they get emails like this, and that they immediately delete them.

Other emails I have received come from various banks, some very familiar, others I've never heard of. They say pretty much the same as the eBay email - they need me to verify my bank account numbers. Most banks do not do business like this through email, so that should be an automatic red flag.

The most ridiculous emails I receive come from a gentleman living in a foreign country. He explains how devastating his life has been and that he and his mother have fled to another country, but his deceased father left them over \$16 million dollars and he wants ME to help him get the money into a US bank. He promises he'll pay me a great deal if I will just help him. All he needs is my bank account information so he can transfer all those millions into my account. Such a thoughtful guy. HUGE red flag on that one.

Identity thieves also use the phone to get information. They say they are having a problem with my bank account and would I verify my social security number and bank account numbers. Others are from people telling me I have won \$1200 from a sweepstakes I entered months ago. All I have to do is give them my checking account numbers and they'll immediately transfer the money into my account. RED FLAGS!!!!



Here are some simple steps for you to follow to protect your identity:

I **BUY A SHREDDER**



This is one of the easiest ways to guard against "dumpster diving." Identity thieves will dig through public dumps and personal trash bins looking for sensitive documents like credit card statements.

Many of those papers contain all the information a thief needs to hijack your identity. Also, when you receive those letters in the mail that say, "you have been approved for a credit card".....don't just throw them away. Shred them. Identity thieves can send them in and get a credit card in YOUR name.

When an identity thief steals your personal data, the thief "becomes" you by assuming your financial identity. The less sophisticated criminals go on a spending spree with your credit cards, (like they did with mine), sometimes opening new credit cards in your name, writing checks or establishing cell phone accounts.

The more sophisticated thieves will do more than simply spend your money; they'll use your name and identity to get anything they want or need. They'll obtain personal identification, such as a driver's license, and use it to take out car loans, open bank accounts and even file for bankruptcy to, say, avoid eviction from a house or apartment, or get out of making payments on debts they've created in their victim's name. Some of these thieves will also use your identity when they're arrested.

I **DON'T TRUST YOUR EMAIL**

As I mentioned earlier, the latest ploy of ID thieves is to send consumers official-looking email messages that appear to come from companies you've done business with. The email messages request passwords and other personal data. The practice -- called "phishing" -- can dupe even savvy consumers. When in doubt, verify by phone or through the company's Web site that the email is real.

I **PROTECT YOUR SOCIAL SECURITY NUMBER**

Your social security number (SSN) is a critical piece of personal information. Do not print your social security number on any form of personal identification. Never have it printed on your checks. Never carry your social security card in your wallet. Although colleges, medical

clinics, employers and other entities often request your SSN, think twice before giving it out. You don't know who will have access to that data when you're not around. NEVER write your social security number in emails or when using "messenger." Do not give your social security number to anyone over the phone.

I **BEWARE OF THE TELEPHONE**

High-pressure callers often demand personal information with scams such as the promise of an extravagant vacation at an attractive price if only you will act now or lose the offer. To avoid these scams, never provide personal information over the phone. When you do receive calls like these, simply hang up.

I **SAFEGUARD YOUR COMPUTER**

Never respond to unsolicited requests for personal information and always use virus protection. Protect your computer with a password, change it frequently and don't share your password with anyone.

I **PROTECT YOUR WALLET**

Photocopy everything in your wallet, including credit card numbers and the contact numbers of the issuers, and store this information in a secure location. If your wallet is lost or stolen, all the information you'll need to cancel your credit cards will be readily accessible.

I **REPORT SUSPICIOUS ACTIVITY**

If, at anytime, you suspect that an attempt has been made to steal your identity, contact the authorities. File a police report, and file a complaint with the U.S. Federal Trade Commission, whom you can reach at 1-877-IDTHEFT. I was lucky. Target VISA checks for red flags on accounts so I didn't have to report anything. It was all taken care of for me. Many cards have that feature now and it definitely offers peace of mind.

CONCLUSION

Being the victim of identity theft can be devastating not only because it's your money being stolen, but your name. To protect yourself you need to stay alert and knowledgeable.



Match the Celebrity with their baby's name!

- | | | | | | | | |
|------------|-------------|----------------|-----------------|-----------------|---------------|------------------|------------------|
| 1. Julian | 6. Taj | 11. Dashiell | 16. Liam | 21. Gracie | 26. Jett | 31. Rowan | 36. Sam |
| 2. Lourdes | 7. Presley | 12. Dakota | 17. Phinnaeus | 22. Zowie | 27. Conner | 32. Weston | 37. Zola |
| 3. Coco | 8. Beatrice | 13. Emma Marie | 18. Georgia May | 23. Jaz | 28. Chastity | 33. Maddox | 38. Paris |
| 4. Caspar | 9. Apple | 14. Lily Rose | 19. Ava | 24. Milo | 29. Willow | 34. Dylan Jagger | 39. Sean Preston |
| 5. Dweezil | 10. Zoe | 15. Lola | 20. Ireland | 25. Scout LaRue | 30. Alexa Ray | 35. Wolfgang | 40. Rene-Charles |

- | | | | |
|----------------------------|------------------------------|---------------------------|-----------------------------|
| 1. Courtney Cox _____ | 13. Alice Cooper _____ | 25. Johnny Depp _____ | 37. David Bowie _____ |
| 2. Claudia Schiffer _____ | 14. Cindy Crawford _____ | 26. Cher _____ | 38. Faith Hill _____ |
| 3. Calista Flockhart _____ | 15. Julie Roberts _____ | 27. Madonna _____ | 39. Mick Jagger _____ |
| 4. Angelina Jolie _____ | 16. Billy Joel _____ | 28. Celine Dion _____ | 40. Reese Witherspoon _____ |
| 5. Wayne Gretzky _____ | 17. Nicolas Cage _____ | 29. Demi Moore _____ | |
| 6. Michael J. Fox _____ | 18. Pamela Anderson _____ | 30. Andre Agassi _____ | |
| 7. John Travolta _____ | 19. Tom Cruise _____ | 31. Michael Jackson _____ | |
| 8. Melanie Griffith _____ | 20. Brooke Shields _____ | 32. Jerry Seinfeld _____ | |
| 9. Frank Zappa _____ | 21. Steven Tyler _____ | 33. Sarah Ferguson _____ | |
| 10. Samuel Jackson _____ | 22. Ricky Lake _____ | 34. Kelly Ripa _____ | |
| 11. Britney Spears _____ | 23. Valerie Bertinelli _____ | 35. Alec Baldwin _____ | |
| 12. Eddie Murphy _____ | 24. Gwyneth Paltrow _____ | 36. Will Smith _____ | |

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 32.(1),33.(8),34.(15),35.(20),36.(29),
 27.(2),28.(40),29.(25),30.(23),31.(38),
 22.(24),23.(35),24.(9),25.(14),26.(28),
 17.(32),18.(34),19.(27),20.(31),21.(6),
 12.(37),13.(11),14.(7),15.(17),16.(30),
 7.(26),8.(12),9.(5),10.(10),11.(39),
 1.(3),2.(4),3.(16),4.(33),5.(13),6.(36)

POTATO FACTS



Did you know . . .



Today potatoes are grown in all 50 states of the USA and in about 125 countries throughout the world.



The potato is about 80% water and 20% solids.



An 8 ounce baked or boiled potato has only about 100 calories.



The average American eats about 124 pounds of potatoes per year while Germans eat about twice as much.



In 1974, an Englishman named Eric Jenkins grew 370 pounds of potatoes from one plant.



Thomas Jefferson gets the credit for introducing "french fries" to America when he served them at a White House dinner.



RECIPE

YUMMY!

Creamy Potato Casserole

- 1 (2 pound) package frozen hash brown potatoes
- 1/3 cup chopped green onions
- 2 cups shredded cheddar cheese, divided
- 1 (10.75 ounce) can condensed cream of potato soup
- 1/4 cup butter
- 2 cups sour cream
- salt and pepper to taste

Directions

- Preheat oven to 350 degrees
- In a small pot, heat the soup, butter and sour cream over low heat.
- Combine potatoes, green onions and 1 cup cheese into a large mixing bowl. Mix in the heated soup mixture. Season with salt and pepper. Pour into a 9 x 13 inch dish. Sprinkle one cup of cheese over the top of the casserole.
- Bake 30 to 45 minutes. Serve warm.

The UMC Campus Connection is a monthly publication created and designed by Patti Tiedemann. It is produced by the Printing & Design Department at the University of Minnesota, Crookston. If you have any suggestions on content or would like to see other items included in this publication, please contact Patti Tiedemann at 218-281-8402 or e-mail: ptiedema@umn.edu
We reserve the right to shorten the length of any profile.

