

NORTH DAKOTA MEDICINE

THE UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE & HEALTH SCIENCES



Doubles Match

Two 2014 MD grads pair well
personally and professionally

Creating a STTR

A Turtle Islander Meets the Maori

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UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE AND HEALTH SCIENCES

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Climbing Ladders



In the health professions, as in our new building, going from one level to the next is like climbing a series of ladders—no sooner do you arrive at the top of one ladder than you have to climb another. For medical students, it means that first there is college, then medical school, then residency—and then the continuing process of lifelong learning. Just as you are ready to celebrate reaching the top of one ladder, there's the next one to climb. But it is good to pause to savor the moment at least briefly!

And there is a lot to savor. This past May, the School graduated 64 new physicians. Many of the medical students were honored for their academic and service accomplishments at the Senior Awards Brunch held just before commencement. The commencement speaker, Dr. Claire Pomeroy, was as fantastic as anticipated, with an uplifting and stirring address that combined the story of her own survival and eventual victory over abuse and abandonment along with a challenge to the soon-to-be-graduates to change the world—be it Grand Forks or Hettinger. One of the more moving parts of commencement for me is

when I ask all of the graduates to rise and recite the Hippocratic Oath, and I also invite all other physicians in attendance—including faculty and those in the audience—to join the medical students by re-swearing their oaths. As the newly minted doctors prepare for their residencies, we know that they are ready and well-prepared.

It turns out that this year, as in prior years, more of our medical school graduating class chose to enter the field of family medicine than classes at most medical schools. The SMHS was recognized recently for the fourth year running as one of the Top Ten schools in the country, based on the fraction of the class going into family medicine. In fact, this year we are No. 1 in the country, with almost a quarter of the class choosing family medicine (based on a three-year rolling average compiled by the American Academy of Family Physicians).

And at the top of the list of physicians to honor and thank for showing our students the joys and rewards of rural family medicine is Roger Schauer, MD, associate professor in the Department of Family and Community Medicine, who was honored with the prestigious Leonard Tow Humanism in Medicine Faculty Award at commencement. Roger was recognized for his compassion, dedication to patients, and humanism. He has directed our ROME program (Rural Opportunities in Medical Education) for 23 years. ROME is a 24–32 week interdisciplinary experience in a rural primary care setting that is open to third-year students at the School of Medicine and Health Sciences. Students live and train in nonmetropolitan communities under the supervision of physician preceptors. Dr. Schauer has spent many of those years on the back roads of North Dakota, visiting with every one of the more than a hundred students who have completed the ROME experience.

One of the reasons we do so well in producing so many family physicians (given our relatively small class size) is because of the outstanding mentorship and role-modeling provided by our many voluntary clinical faculty who take time out of their busy practices to teach our students and residents. So it is a particular honor for me to recognize some of them at commencement by bestowing several Dean's Special Recognition Awards for Outstanding Volunteer Faculty.

Along with medical students, we also celebrated the Classes of 2014 in Athletic Training, Medical Laboratory Science, Occupational Therapy, Physical Therapy, and Physician Assistant Studies as well as the graduate students in our Department of Basic Sciences. None of the athletic trainers, biomedical scientists, doctors, medical lab scientists, occupational therapists, physical therapists, or physician assistants the School educates will practice his or her profession alone. The School relies on each and every department to contribute to the education of our students as well as the students in programs outside of the SMHS: future nurses, dietitians, teachers, and forensic scientists who also graduated in May. Our graduates will need to practice Team Medicine as they embark on their careers. That is why the SMHS integrates and stresses interprofessional healthcare in teaching our students.

And to top it all off, this year marked the graduation of the first five graduates—ever—of UND's Master of Public Health degree program.

But it takes a village to train medical and health sciences students, and recently I was proud to participate in UND's Staff Recognition Ceremony, where we honored the essential support UND and SMHS staff provide in educating and training the University's and the School's students. The dedication of our staff is evident in the many years of service they have invested in the School. Thank you to all of our staff for

their service to our students and faculty. Of particular note are staff members who have worked for the School for 35 and 40 years:

40 Years of Service

- Lonna Augustadt, Center for Family Medicine, Bismarck
- Cynthia Iverson, Library of the Health Sciences

35 Years of Service

- Sandra Ahonen, Clinical Neuroscience
- Randy Eken, Administration and Finance
- MaryBeth McGurran, Medical Laboratory Science
- Kathleen Monley, Administration and Finance

So quite a lot to savor and celebrate—if only briefly before our graduates start climbing the next series of ladders!



Joshua Wynne, MD, MBA, MPH
UND Vice President for Health Affairs
and Dean

“ Just as you are ready to **celebrate** reaching the top of one ladder, there's the next one to climb. ”

UND School of Medicine and Health Sciences recognizes volunteer faculty

The University of North Dakota School of Medicine and Health Sciences presented the Dean's Special Recognition Awards for Outstanding Volunteer Faculty to the following physicians during commencement ceremonies on Saturday, May 10.

- *Michael J. Dallolio, MD*, Clinical Assistant Professor of Clinical Neuroscience, Minot, North Dakota
- *Thandiwe C. Gray, MD*, Clinical Associate Professor of Internal Medicine, Bismarck, North Dakota
- *Brent D. Herbel, MD*, Clinical Assistant Professor of Radiology and alumnus (MD Class of 1994) Bismarck, North Dakota
- *Derek D. Kane, MD*, Clinical Assistant Professor of Surgery Bismarck, North Dakota
- *Sarah J. Lien, MD*, Clinical Associate Professor of Pediatrics and alumna (MD Class of 2001) Fargo, North Dakota
- *Jerry M. Obritsch, MD*, Clinical Professor of Obstetrics and Gynecology and alumnus (MD Class of 1987) Bismarck, North Dakota
- *Sherry L. Stein, MD*, Clinical Assistant Professor of Family and Community Medicine and alumna (MD Class of 2002) Bismarck, North Dakota

- *Farhan A. Tariq, MD*, Clinical Assistant Professor of Clinical Neuroscience, Mandan, North Dakota
- *Michelle R. Tincher, MD*, Clinical Assistant Professor of Family and Community Medicine and alumna (MD Class of 1995), Bismarck, North Dakota
- *Beverly J. Tong, MD*, Clinical Assistant Professor of Obstetrics and Gynecology, Williston, North Dakota
- *Carla J. Zacher, MD*, Clinical Professor of Pediatrics and alumna (MD Class of 1996), Bismarck, North Dakota

“In large measure, the quality of our medical education program is dependent on the many physicians throughout the state who serve as volunteer faculty members,” said Joshua Wynne, MD, MBA, MPH, UND vice president for health affairs and dean of the School of Medicine and Health Sciences. “They have added and incorporated this activity into their daily medical practices and welcomed our medical students to learn from them and their patients.”

“These physicians have gone above and beyond the call of duty in giving our students the benefit of their time, experience, knowledge, and wisdom gained from years of caring for patients,” Wynne said. “By example, they have served as superior role models and encouraged our students to define and adopt the highest standards of medical service.”

UND confers inaugural MPH degrees

The University of North Dakota School of Medicine and Health Sciences conferred five Master of Public Health degrees at UND's general commencement on Saturday, May 17. The MPH Class of 2014 is the inaugural graduating class.

The following students compose the MPH Class of 2014:

- Lydia Albjerg, Roseburg, Ore.
- Heather Jackson, Minot, N.D.
- Makenzie McPherson, Bismarck, N.D.
- Lucy Nevanen, International Falls, Minn.
- Pearl Walker, Fort Yates, N.D.

“We are very fortunate to have recruited the MPH students who are now graduating, and they will be our best ambassadors,” said Professor Raymond L. Goldsteen, DrPH, who is the founding director of the MPH Program. “They are talented, motivated, and caring. Their goal to improve health in their communities and beyond exemplifies the spirit of public health.”

The Master of Public Health program is a unique graduate program offered by the University of North Dakota that serves North Dakota and the northern plains.

For more information on UND's public health program, please visit <http://bit.ly/1gN955m>.



MPH Class of 2014, from left, Makenzie McPherson, Lucy Nevanen, Lydia Albjerg, Heather Jackson, and Pearl Walker

UND receives top ranking by American Academy of Family Physicians

The University of North Dakota School of Medicine and Health Sciences received the American Academy of Family Physicians Top 10 Award for UND's consistent contributions to building the family physician workforce. The award, presented during the Society of Teachers of Family Medicine Annual Spring Conference, marks the fourth consecutive year the school has received the honor.

Each year during the conference, the AAFP presents its Family Medicine Top 10 Awards to honor medical schools that — during a consecutive three-year period — graduated the greatest percentage of students who chose first-year family medicine residency positions.

“For the past five years, we have seen growth in student interest in family medicine,” said AAFP President Reid Blackwelder, MD. “Much of the credit for that increase goes to the medical schools that have actively supported family medicine as the comprehensive, challenging and professionally fulfilling specialty that it is. These 10 schools have demonstrated their consistent commitment to meeting the nation's need for family physicians, and I commend them, their leadership and their faculty for helping ensure that Americans have access to the care they need.”

Stan Kozakowski, MD, AAFP director of medical education, agreed. “Medical school admissions policies, the academic and clinical experiences with family physicians, and rural medicine tracks have significant influence on students' choices,” he said. “The schools honored today have made important investments in these and other invaluable programs that help students understand the importance of family medicine and the professional satisfaction the specialty brings.”

He commended the University of North Dakota School of Medicine and Health Sciences for its ongoing focus on ensuring North Dakotans have access to primary medical care.

“Four consecutive years of recognition says much about their focus on educating students to meet the needs of North Dakota,” Kozakowski said.

The UND School of Medicine and Health Sciences has several unique programs designed to educate students about the benefits of family medicine. The nationally recognized Rural Opportunities in Medical Education (ROME) program places third-year medical students in several rural communities in North Dakota for a seven-month rotation. In 2010, the UND SMHS signed its first RuralMed Scholar; currently there are 19 students enrolled in the program. The goal of the RuralMed Scholarship Program is to recruit, educate and retain physicians who will practice family medicine in rural North Dakota. The program absorbs the tuition costs for all four years of medical school for students who agree to practice family medicine in a rural area of North Dakota for five years.



Pictured at the AAFP awards ceremony are, from left, Jacqueline Quisno, MD, Assistant Professor, Family and Community Medicine; Kwanza Devlin, MD, Assistant Professor, Family and Community Medicine; AAFP President Reid Blackwelder, MD; Kamille Sherman, MD '99, Assistant Professor, Family and Community Medicine; and Julie Rickert, PsyD, Associate Professor, Family and Community Medicine.

The 2014 award recipients and the percentage of graduates entering family medicine are the following:

- The University of North Dakota School of Medicine and Health Sciences — 23.3%
- University of Kansas School of Medicine — 19.2%
- Oregon Health & Science University School of Medicine — 19.0%
- University of Missouri School of Medicine — 18.8%
- Brody School of Medicine, East Carolina University — 18.6%
- University of Minnesota Medical School — 18.0%
- University of Washington School of Medicine — 17.6%
- University of Nebraska College of Medicine — 16.7%
- University of Wisconsin School of Medicine and Public Health — 16.5%
- Wright State University Boonshoft School of Medicine — 15.9%

These schools earned the award among 129 U.S. allopathic medical schools accredited by the Liaison Committee on Medical Education. The percentages reflect students who graduated during 2011, 2012 and 2013 and who matriculated into U.S. family medicine residency programs accredited by the Accreditation Council on Graduate Medical Education.

“The school is grateful for the recognition bestowed on our efforts by the AAFP Top-Ten Award,” said Joshua Wynne, MD, MBA, MPH, UND vice president for health affairs and dean of the UND SMHS. “Credit our success to Dr. Robert Beattie, chair of the Department of Family and Community Medicine, and Clerkship Director Dr. Roger Schauer, who have worked hard to develop our nationally recognized family and community medicine program, along with the many family physicians throughout the state who help educate our medical students and residents and demonstrate to them firsthand the joys of family medicine practice.”

Frank Low Research Day award winners named

We want to thank all of you who participated in making the 34th Annual Frank Low Research Day a success. We appreciate the high level of participation by students, faculty, and staff at the School of Medicine and Health Sciences. Special thanks to UND Vice President for Health Affairs and Dean of the School of Medicine and Health Sciences Joshua Wynne for ongoing support of this important annual event and for providing opening remarks at the oral session, and to Saobo Lei, PhD, associate professor, and Colin Combs, PhD, professor, from the Pharmacology, Physiology, and Therapeutics Program in the Department of Basic Sciences, for serving as moderators for the afternoon oral sessions.

We were pleased to have Andrew D. Badley, MD, FRCP (C), FACP, FIDSA, Mayo Clinic and College of Medicine, Rochester, Minn., present his keynote address titled “Translational approaches to curing HIV Infection.”

For a list of the award winners, please visit <http://bit.ly/1etNe7e>.

Doctor of Medicine Class of 2014 Award Winners

Medical students of the MD Class of 2014 and faculty of the University of North Dakota School of Medicine and Health Sciences were recognized by the school at the Commencement Awards presentation on Saturday, May 10. For a complete list of award winners, please visit <http://bit.ly/1iYWqAz>.

Dementia Care Services Program Lessens Caregiver Stress, Leads to Cost Savings

The Dementia Care Services Program, funded by the North Dakota Department of Human Services and facilitated by the Alzheimer’s Association Minnesota-North Dakota Chapter, provides caregivers with counseling, peer support, and help in locating services for their loved ones with dementia. The program is unique in that the services are provided in rural and urban areas—no matter where a caregiver lives the service comes to them. The significance of the program gained international recognition through an article published in *Health Affairs*, the leading journal of research on the crossroads of health, healthcare, and policy.

“The Dementia Care Services Program was showing a decrease in caregivers’ stress levels within a year of its implementation,” said Marilyn G. Klug, research director at the University of North Dakota’s Center for Rural Health, and lead author of the *Health Affairs* article. “All of the program’s work translated into potential cost savings. Most importantly, the program provided the caregiver someone to talk to and to work with the specific needs of a person with dementia or Alzheimer’s. Whether the caregiver lives in downtown Fargo or rural Bowman County, the Dementia Care Services Program provides that human touch that helps it succeed.”

The article regarding the Dementia Care Services Program appeared in the April issue of *Health Affairs*. Authors were Marilyn G. Klug, PhD, University of North Dakota Center for Rural Health; Gwen Wagstrom Halaas, MD, MBA, senior associate dean for Academic and Faculty Affairs, University of North Dakota School of Medicine and Health Sciences; and Mandi-Leigh Peterson, MA, research specialist, University of North Dakota Center for Rural Health. To read the full article, please visit <http://content.healthaffairs.org/content/33/4/605.abstract>.

UND doctors honored with Tow Humanism in Medicine Awards



Roger W. Schauer, MD

Roger W. Schauer, MD, associate professor in the Department of Family and Community Medicine at the University of North Dakota School of Medicine and Health Sciences, was honored with the prestigious Leonard Tow Humanism in Medicine Faculty Award at the school’s commencement on May 10. Amy M. Enterline Consson, MD, a 2014 UND medical school graduate, received the Tow Award for graduating medical students.

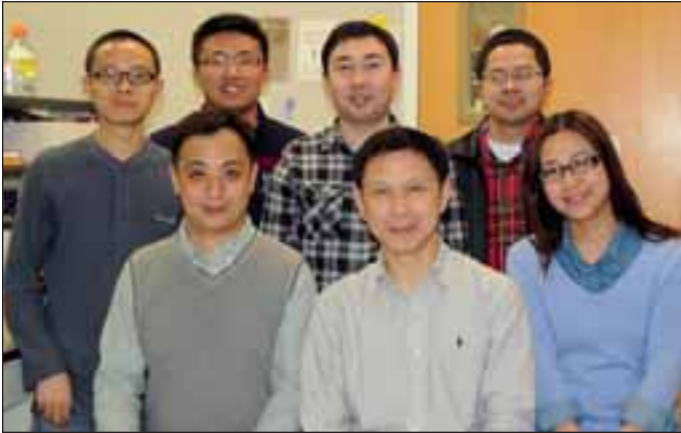
The Leonard Tow Humanism in Medicine Awards are sponsored by the New Jersey-based Arnold P. Gold Foundation.



Amy M. Enterline Consson, MD

The awards recognize a physician and a graduating medical student who best demonstrate the foundation’s ideals of outstanding compassion in the delivery of care, respect for patients, their families and healthcare colleagues, as well as demonstrated clinical excellence. The Gold Foundation sponsors the annual Leonard Tow Humanism in Medicine Awards at 97 of the nation’s medical schools. The awards are made possible through a generous donation from entrepreneur and teacher Leonard Tow. Please read more about Dr. Schauer and Dr. Consson at <http://bit.ly/1v4hv1M>.

UND scientists try to turn down the heat



Dr. Wu's lab team, from left to right, in front are Qiang Guo, PhD; Min Wu, PhD; and Yan Ye. In back are Changpei Gan; Shirui Tan; Rongpeng Li, PhD; and Shuang Zhang, PhD. Not pictured are Xikun Zhou, PhD; and Xuefeng Li.

A University of North Dakota research team, led by Associate Professor Min Wu, PhD, and Postdoctoral Fellow Xikun Zhou, PhD, in the Department of Basic Sciences at the School of Medicine and Health Sciences, reports they have discovered a new molecular fire extinguisher that can help to regulate inflammation during sepsis and other severe infections. Their research was recently published in *Nature Communications*.

Infectious diseases pose a global public health threat, affecting the lives of millions of patients and exacting a heavy cost, with \$120 billion in medical costs in the United States alone each year. Even typically nonlethal infections can be fatal if they gain a foothold in patients who suffer from many diseases such as cancer, heart failure, atherosclerosis, lung dysfunction, and trauma.

One of the defenses the human body employs to fight off infections is inflammation. However, severe infections and sepsis can co-opt the body's thermostat leading to runaway inflammation. Sepsis is a life-threatening medical condition that results from a systemic inflammatory response by the body to fend off a severe infection or to recover from a traumatic injury.

In a last-ditch attempt to save the body, the patient's immune system reacts to the body's signal of impending peril with a defense that goes horribly wrong—it doesn't distinguish between molecular friend and foe. The onslaught of sepsis is frighteningly fast; it can progress from simple sepsis to severe sepsis to septic shock sometimes within hours.

"Although this study is based on infectious disease," said Malak Kotb, PhD, chair of the Department of Basic Sciences at UND, "it is broadly applicable to the inflammation that occurs in many other conditions such as psoriasis, inflammatory bowel disease, cardiovascular diseases, and rheumatoid arthritis, which together torment and kill millions of people globally each year."

UND Physician Assistant Program awards and scholarships

Jessica Hale of Kintson, N.C., had her work selected by a consensus of her peers for the Best Scholarly Project Award at the Scholarly Project Poster Display hosted by the University of North Dakota Physician Assistant (PA) Program on April 30 at the UND School of Medicine and Health Sciences.

In addition, faculty evaluators from the School of Medicine and Health Sciences selected eight individuals to present their posters on May 1 at the annual North Dakota Academy of Physician Assistants Conference held in Fargo, N.D. The students selected were Pete Baker, Palm Harbor, Fla.; Lisa Froemke, Wahpeton, N.D.; Kathryn Gray, Fargo, N.D.; Jessica Hale, Kintson, N.C.; Theresa Koppal, Florence, Ariz.; Chris Seil, Bismarck, N.D.; Jonathan Spellmeier, Holton, Kan.; and Kevin Swenson, Perham, Minn.

The following 2014 PA graduates earned scholarships from the program:

- Eric Sadler, Evansville, Ind.; Patrick Riley, Wrenshall, Minn.; and Pamela Rangen, Bismarck, N.D.—Katherine Maryann Rasmussen Scholarship (\$1,000).

The Rasmussen endowment provides scholarships to one or more high-achieving and qualified students enrolled within the Physician Assistant Program at the UND School of Medicine and Health Sciences. Recipients shall be of high moral character and demonstrate the potential to lead successful lives and careers.

- James Ramos, Sioux Falls, S.D.—Mickey Knutson Scholarship (\$750).

The Knutson endowment provides scholarships to UND students, allowing them the opportunity to complete their studies and pursue careers in the health field. The Knutson endowment is awarded to a graduate who will be working in primary care in a rural or underserved area.

The Physician Assistant Program is located in the Department of Family and Community Medicine in the UND School of Medicine and Health Sciences. Since its inception in 1970, the PA program has had continuous accreditation by the Accreditation Review Commission on Education for the Physician Assistant. Over the course of the program, students rotate between the classroom on the UND campus in Grand Forks and a physician's practice in the student's home community. The medical school has more than 1,600 graduates from the PA program.

Physician assistants are health professionals who practice medicine collegially with and under the supervision of physicians, especially in primary care in rural areas of North Dakota and other rural and underserved areas within the United States. The University of North Dakota Physician Assistant Program is one of 149 PA programs in the United States and is the only PA program in North Dakota.



Tarik Nurkic, MD '14; Associate Dean Joycelyn Dorscher, MD; and Sommer Nurkic, MD '14.

UND Doctor of Medicine Class of 2014 Residency Sites

Name	Program	Location
Daniel Almquist	Internal Medicine	University of Nebraska Medical Center College of Medicine, Omaha, Neb.
Jessie Arnason	Pediatrics	University of Minnesota Medical School, Minneapolis, Minn.
Catherine Arnold	Transitional	University of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak.
	Neurology.....	Mayo Clinic College of Medicine, Rochester, Minn.
Benjamin Axtman	General Surgery	University of Oklahoma College of Medicine, Oklahoma City, Okla.
Mandie Baker	Emergency Medicine.....	Christiana Care Health Services Program, Newark, Del.

Doubles Match

Two 2014 MD grads pair well personally and professionally.

By Juan Pedraza

When Nobel Prize-winning economist Alvin Roth fine-tuned his abstract theory about efficient matching, it's likely he had folks like Tarik and Sommer Nurkic in mind.

Roth, emeritus professor at Harvard who now teaches at Stanford, specifically focused on how to make the country's medical school residency match system work better for married couples.

Call it game, set, and match for this North Dakota couple—who've now both had MD stamped on their transcripts. And, because of Roth's matching algorithm, they now head to the same institution for their residencies in radiology and radiation oncology.

"We both feel really lucky," said Sommer, an Oxbow, N.Dak., native who pursued medical school like aspiring world-class tennis players want a Wimbledon win.

But however you count this game, there's a lot more to it than luck.

"Yes, we worked very hard, like all medical students, to get into the program and to get through it," said Tarik, who was born in Banja Luka, Bosnia, and immigrated to Fargo with his parents when he was eight years old, speaking not a word of English.

"I grew up in Fargo," he said, noting that he grew up in an encouraging family atmosphere as "the endlessly curious child who was always asking questions."

The two re-met in medical school and hit it off—but their own personal match came later, after they'd become study pals, Sommer noted with a very pleasing smile at her husband.

He prepared for medical school with a degree in

biochemistry and Spanish at North Dakota State University.

She collected her degree in chemistry and statistics at St. Olaf College in Northfield, Minn., and then worked in research at the World Health Organization in Geneva, Switzerland, and the Centers for Disease Control and Prevention in Atlanta before medical school.

While pursuing her MD, she took a year "off" to cram a master's of public health degree in one studious year from Johns Hopkins University before getting back to the SMHS to complete medical school at the same time as Tarik.

Sommer was selected to receive the prestigious Sommer Scholarship to go to Johns Hopkins for their accelerated MPH program.

"The name is like mine, but that is a complete coincidence," Sommer said.

This stellar, high-achieving couple, each person with strong gifts and high motivation, heads to the University of Florida, Gainesville.

"We both matched there, I in radiation oncology and Tarik in diagnostic radiology," said Sommer.

Before hitting the halls of Gainesville medical facility, the two will do a transitional year in Wisconsin—another match!

Sommer plans to go into academic medicine, Tarik into clinical practice.

But for sure with this bright, engaging, and perfectly matched couple, that's definitely not the end of the story.



UND Doctor of Medicine Class of 2014 Residency Sites

Name	Program	Location
Julia O'Brien Baltz	Internal Medicine–Preliminary Dermatology.....	University of Virginia Program, Charlottesville, Va. University of Massachusetts, Worcester, Mass.
Joel Beachey	Internal Medicine.....	Mayo Clinic College of Medicine, Rochester, Minn.
Travis Bentz	Specialty Transitional Year.....	William Beaumont Army Medical Center Program, El Paso, Texas.
Brittany Berg	Family Medicine.....	University of Minnesota, Methodist Hospital Program, Minneapolis, Minn.
Stephane Blanchard	Surgery–Preliminary.....	University of Minnesota Medical School, Minneapolis, Minn.

UND Doctor of Medicine Class of 2014 Residency Sites

Name	Program	Location
Ryan Bogner	TransitionalUniversity of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak. DermatologyUniversity of Louisville School of Medicine, Louisville, Ky.	
Nathan Carpenter	TransitionalUniversity of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak. Ophthalmology ...Case Western Reserve University, University Hospitals Case Medical Center, Cleveland, Ohio.	
Amy Consson	Family MedicineUniversity of Montana, Missoula, Mont.	
Abby Davis	Family MedicineUniversity of North Dakota School of Medicine and Health Sciences, Bismarck, N.Dak.	
Stephanie DeJong	Obstetrics-GynecologyMayo Clinic College of Medicine, Rochester, Minn.	
Joseph Dinsmore	Emergency MedicineUniversity of Connecticut School of Medicine, Farmington, Conn.	
Kourtney Dropps	Obstetrics-GynecologyMedical College of Wisconsin Affiliated Hospitals Program, Milwaukee, Wis.	
Joel Erickson	PsychiatryUniversity of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak.	
Scott Erpelding	Surgery-PreliminaryUniversity of Kentucky Chandler Medical Center, Lexington, Ky. UrologyUniversity of Kentucky Chandler Medical Center, Lexington, Ky.	
Elizabeth Ewing	PediatricsUniversity of Illinois College of Medicine, St. Francis Medical Center, Peoria, Ill.	
Christopher Failing	PediatricsUniversity of Michigan Hospitals and Health Centers, Ann Arbor, Mich.	
Dustin Goetz	AnesthesiologyUniversity of Iowa Hospitals and Clinics, Iowa City, Iowa.	
Christina Harmon	Internal MedicineUniversity of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak.	
James Hegvik	General SurgeryCentral Iowa Health System (Iowa Methodist Medical Center), Des Moines, Iowa.	
Jason Henry	Internal MedicineUniversity of Colorado School of Medicine, Aurora, Colo.	
Mamie Hextall	AnesthesiologyUniversity of Iowa Hospitals and Clinics, Iowa City, Iowa.	
Steve English	Emergency MedicineUniversity of Nebraska Medical Center, Omaha, Neb.	
Krishan Jethwa	TransitionalUniversity of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak. Radiation-OncologyMayo Clinic College of Medicine, Rochester, Minn.	
Brian Johnson	General SurgeryUniversity of North Dakota School of Medicine and Health Sciences, Grand Forks, N.Dak.	
Laura Johnson	AnesthesiologyUniversity of Iowa Hospitals and Clinics, Iowa City, Iowa.	
Michael Jundt	TransitionalGundersen Lutheran Medical Foundation, La Crosse, Wis. Radiology-DiagnosticMayo Clinic College of Medicine, Rochester, Minn.	
Lacey Kessler	Family MedicineAltru Health System, Grand Forks, N.Dak.	
Laura Knutson	Obstetrics-GynecologyMedical College of Wisconsin Affiliated Hospitals Program, Milwaukee, Wis.	
Sergey Kulikov	Internal Medicine-PreliminaryUniversity of Missouri at Kansas City, Kansas City, Mo. Radiology-DiagnosticUniversity of Vermont/Fletcher Allen Health Care, Burlington, Vt.	
Patrick Lamb	General SurgeryUniversity of North Dakota School of Medicine and Health Sciences, Grand Forks, N.Dak.	
Tyler Larson	Orthopaedic Surgery ...University of Nebraska Medical Center College of Medicine/Creighton University, Omaha, Neb.	
Natalie Lichter	PediatricsUniversity of South Dakota School of Medicine and Health Sciences, Sioux Falls, S.Dak.	

UND Doctor of Medicine Class of 2014 Residency Sites

Name	Program	Location
Samuel Lohstreter	Surgery-Preliminary.....	Penn State Milton S. Hershey Medical Center, Hershey, Penn.
William Longhurst	Pathology.....	Case Western Reserve University/University Hospitals Case Medical Center, Cleveland, Ohio.
Laura Luick	Orthopaedic Surgery...	University of Oklahoma Health Sciences Center College of Medicine, Oklahoma City, Okla.
Erin Maetzold	Obstetrics-Gynecology	TriHealth (Bethesda North and Good Samaritan Hospitals), Cincinnati, Ohio.
Jared Marquardt	Family Medicine	University of North Dakota School of Medicine and Health Sciences, Bismarck, N.Dak.
Tara Mertz-Hack	Family Medicine	Family Medicine Residency of Idaho (Magic Valley) Rural Program, Boise, Idaho.
Dane Mitteness	Emergency Medicine.....	Grand Rapids Medical Education Partners/Michigan State University, Grand Rapids, Mich.
Brittany Muscha	Internal Medicine.....	Banner Good Samaritan Medical Center, Phoenix, Ariz.
Tara Nelson	Family Medicine	University of Minnesota/St. John's Hospital, Minneapolis, Minn.
Sommer Nurkic	Transitional..... Radiation-Oncology	Gundersen Lutheran Medical Foundation, La Crosse, Wis. University of Florida College of Medicine, Shands Hospital, Gainesville, Fla.
Tarik Nurkic	Transitional..... Radiation-Diagnostic.....	Gundersen Lutheran Medical Foundation, La Crosse, Wis. University of Florida College of Medicine, Shands Hospital, Gainesville, Fla.
Jill Olson	Family Medicine	Altru Health System, Grand Forks, N.Dak.
Tabitha Ongstad	General Surgery	Grand Rapids Medical Education Partners/Michigan State University, Grand Rapids, Mich.
Ira Perszyk	Transitional	University of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak. Ophthalmology
Jerdan Ruff	Internal Medicine–Preliminary	MedStar Union Memorial Hospital, Baltimore, Md. Neurology
Michael Schwalbe	Pathology–Anatomic and Clinical.....	University of Wisconsin Hospitals and Clinics, Madison, Wis.
Paul Selid	Transitional	University of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak. Ophthalmology
Brooke Settergren	Internal Medicine.....	Abbott-Northwestern Hospital, Minneapolis, Minn.
Amanda Skiftun	Anesthesiology	University of Iowa Hospitals and Clinics, Iowa City, Iowa.
Caleb Skipper	Internal Medicine.....	Providence Sacred Heart Medical Center, Spokane, Wash.
Brittany Snustad	Family Medicine	University of North Dakota School of Medicine and Health Sciences, Bismarck, N.Dak.
Sherine Talaat	Internal Medicine.....	University of North Dakota School of Medicine and Health Sciences, Fargo, N.Dak.
Kaleb Topp	Emergency Medicine.....	Grand Rapids Medical Education Partners/Michigan State University, Grand Rapids, Mich.
Zane Young	Vascular Surgery.....	University of Rochester Strong Memorial Hospital, Rochester, N.Y.

Creating a STTR

David Bradley's research has caught the attention of the U.S. Department of Defense.

By Juan Pedraza

David Bradley, a scientist at the University of North Dakota School of Medicine and Health Sciences, is the co-principal investigator on a recently awarded Phase-2 STTR grant from the Department of Defense.

That's the news for Bradley's latest research grant in a nutshell.

But there's a lot more behind the scenes that should be noted.

For one, the STTR, which stands for Small Business Technology Transfer, is a highly competitive grant program.

And for sure, getting to Phase 2 is even more difficult.

According to the federal government's Small Business Innovation Research/STTR home page, the STTR program aims to stimulate technological innovation.

A second key goal is to foster technology transfer through cooperative research between small business and research institutions such as the SMHS.

"It's all about public-private partnerships in research," said Bradley, an immunologist

working on vaccines and immunotherapies for several infectious diseases. His research group will share the 18-month, \$750,000 STTR Phase-2 grant for the research and development of a product that will be effective against a particularly nasty strain of hantavirus infection.

“We know that we can get to **full protection** for the Andes strain of hantavirus as a **result** of this research.”

“A notable feature of the STTR program is that the private entity must formally collaborate with a research group such as ourselves on both Phase 1 and Phase 2 of the STTR,” Bradley said. “Ultimately, the hope is that we come up with a viable product that will provide a therapy for people infected with this strain of hantavirus called ‘Andes.’”

Private companies—Fargo-based Aldevron and Grand Forks-based Avianax—have participated in both Phase 1 and Phase 2 of the STTR. Bradley's laboratory has collaborated with Avianax for several years on a related project using antibodies—fighters of infectious agents in the body—developed from goose eggs.

“The Department of Defense is looking at the ability of goose antibodies to be therapeutic against various hantaviruses, of which we currently have antibodies that recognize six different varieties,” said Bradley. “We produce the antibodies with the genetic code only—not the actual Andes

What is Hantavirus?

Hantaviruses in nature are found mostly in rodents such as rats and mice, and produce many infectious, sometimes fatal, diseases such as hemorrhagic fever with renal syndrome (HFRS) and hantavirus pulmonary syndrome (HPS), according to the U.S. Centers for Disease Control and Prevention. They're named for the Hantan River area of South Korea, where infections related to these viruses were first confirmed among American and Korean troops during the Korean War in the early 1950s.

Humans get hantavirus infections almost entirely from contact with rodent excrement and urine or rodent bites, but several recent cases have been attributed to human-to-human contact.

Several cases of hantavirus-related infections have been reported in North Dakota since 1993.

More detailed information about hantaviruses can be found at the CDC Hantavirus website: <http://www.cdc.gov/hantavirus/>



Members of Dr. Bradley's laboratory team are (front row left to right): Layne Egan; Travis Alvine; Jamie Bradley; Matt Bradley; Isaac Jensen; Nicole Haese; David Bradley, PhD; Erin Bradley; Katie Kucera; Sanghita Sarkar; Ashley Fink; and (back row, left to right) Peter Knopick; Justin Shipman; Scott Allen; Lisa Brown; Steve Adkins; Subramanian Iyer, PhD; Tom Henderson, PhD; Bernadette Meberg; and Jacob Torrison.

hantavirus—because USAMRIID [the U.S. Army Medical Research Institute of Infectious Diseases] won't let us handle the virus. That's OK because we know that DNA vaccines for the geese work extremely well."

Bradley said he and his team will advance the process by which antibodies are made.

"We know that we can get to full protection for the Andes strain of hantavirus as a result of this research," he said. "We're looking for ways to expand the number of effective treatments to include the five other hantaviruses, including the kind we know about very well in rural North Dakota." 🌿

“It's all about public-private partnerships in research.”

Now Under Construction

Work crews begin to lay the foundation for the new building.

By Lonnie Laffen



Pile driving was completed and the first foundation poured at the end of May.

I am happy to be the bearer of big news: the new UND School of Medicine and Health Sciences building is now under construction!

If you walk or drive past the site on the southwest corner of the intersection of Gateway Drive and North Columbia Road, you will see that our construction management team, PCL Construction and Community Contractors, have finished driving 364 piles—over 11 miles of steel pipe weighing 1,144 tons, to be more specific. I'm sure no one was more excited to get started than PCL and Community Contractors, who have been a part of the project team since the kickoff last year as a part of the Construction Manager at Risk (CMaR) delivery method being used.

While relatively new to the architecture-engineering-construction industry, CMaR is a well-traveled path for JLG, PCL and Community Contractors. In a typical design-bid-build delivery method (arguably the most common in our industry), the architectural team fully designs a project and then turns over the construction documents to a series of construction managers, who in turn provide their lowest construction price, or bid. The construction manager with the lowest and best bid is retained for the job. In CMaR delivery, the construction manager is selected based on qualifications, not price, at the beginning of the project and works continuously with

the architecture firm to develop the project along the way.

There are several advantages to CMAr at the UND School of Medicine and Health Sciences:

1. **It keeps a project on budget.** As you well know, North Dakota is in a volatile bidding climate because of the dramatic increase of construction in the western part of the state, which has skyrocketed labor and material costs everywhere. In CMAr, the team can evaluate the cost implications of design decisions in real time and adjust appropriately, and provide regular cost estimates so that everyone knows where the project stands.
2. **It improves quality control.** Everyone is on the same page from the very beginning. The construction managers, architects, engineers, and client all collaborate to eliminate any questions. In addition, while a typical project has roughly 25 bid packages (used to hire the individual construction trades), the SMHS project will require 57 packages, meaning that there are more than double the opportunities for miscommunication in another delivery method.
3. **It keeps a project on schedule,** and can sometimes even increase the speed of delivery through early construction packages and prepurchasing long-lead-time materials—both of which are working to the team's advantage at the SMHS.

This means that even though the project is technically under construction, the architectural team of JLG Architects, Perkins+Will and Steinberg Architects are still finishing up the construction documents—the final phase of the architectural design process. In the days of blueprints, we would be hand-drawing over 400 sheets of documentation for the contractors and construction managers to use to put the facility together piece by piece; today, our tech-savvy design and engineering team uses a program called Revit, from Autodesk software, to develop a three-dimensional building set to make sure all of the pieces fit together properly.



Lonnie Laffen

The complexity doesn't stop there. For example, the new SMHS incorporates 784 doors, all of which require information about the materials and hardware and window glass within the door, the sizing of the door and frame, and the locations. The various types of doors are detailed in a 2,000-page specifications guide, which makes sure every door knob and hinge are installed as expected.

By the time you read this, construction documents will be complete and all of the bid packages will have been assigned to area contractors. Around the same time, the piles will be fully driven, filled with concrete, and capped in preparation for the foundation to be poured. Here is an interesting fact: The amount of concrete used on the site would be enough to provide a sidewalk from the site all the way to Mayville, N.Dak.

Over the course of the next two years, over 1,500 construction workers will step onto the site, not including the 100-plus architects and engineers who have already spent countless hours bringing this project to fruition. True to the ideals of the facility, PCL and Community Contractors have ensured the construction site itself is a healthful and safe environment. Each morning, the jobsite crew does a group full-body stretch to prepare for their workday, which includes pre-job safety inspections and safety meetings about current construction activity topics, such as crane-signaling, fuel storage, and trenching.

I hope you have the opportunity to drive by the site over the coming months and watch the future of North Dakota's healthcare take shape. Here's hoping for a warm summer!

Around the World in

Community Health Needs Assessments focus rural health efforts.

By Nikki Massmann



Ken Hall and Karin Becker.

elevated rate of binge drinking, are not necessarily ones that can be directly addressed by the hospital in an official capacity but by the community as a whole. The main purpose of a CHNA is to guide the hospital's strategic plan to meet the needs of its community, but the outcomes are much broader than that. Oftentimes the prioritized issues within a town lead to action at the community level in the form of an awareness campaign or a newly developed health coalition.

There are several models and toolkits for conducting CHNAs. Many of them are designed to work in urban areas or are pared down versions that have been modified for use in rural communities. The Center for Rural Health has a long history of conducting needs assessments and strategic planning with rural communities and refined the process to meet both community needs and the needs of the hospital under the Affordable Care Act. The CRH's CHNA process has received national recognition and has been presented at national conferences, and the results have been shared with the North Dakota Legislature.

"What makes this process work is that it wasn't developed in an urban area," said Hall. "We started conducting CHNAs in rural North Dakota—this method was built specifically around the characteristics and resources of a small town."

The process used by the Center for Rural Health's CHNA team involves an initial community meeting or focus group, where health data on their specific community are presented. The data include key health indicators such as disease prevalence and health risk behaviors that are present in a community. These statistics are shown in comparison to state and national data, and it serves as a springboard for discussion of local issues. A series of interviews with community leaders is also conducted, and surveys are

Center for Rural Health staff members Karin Becker and Ken Hall have driven enough miles to nearly travel around the earth at the equator—all without leaving North Dakota. They have interviewed rural North Dakota residents about community health issues for 155 hours and facilitated community meetings everywhere from hospital board rooms to bowling alleys.

Since 2011, Karin and Ken have been conducting Community Health Needs Assessments throughout the state. Community Health Needs Assessments (CHNAs) are mandated by the Affordable Care Act. All nonprofit hospitals must conduct a CHNA every three years and address the relevant findings in their strategic plans. Research is conducted to gather input and prioritize health-related issues within a community, such as a high rate of obesity or a shortage of physicians. Several avenues are used to gain insight into the community's needs, including interviewing community leaders, conducting focus groups, and sending surveys to community members. Some issues, such as those regarding healthcare access, can be improved upon by the hospital. Other identified issues, such as an

“But when you dig down, issues manifest themselves very differently in communities that may only be 30 miles away from each other.”

Rural North Dakota

distributed throughout the community. Once survey results are analyzed, a second focus group is scheduled and the results are presented. At that focus group, the citizens in attendance work together to prioritize the needs that were identified in their community. To date, the Center for Rural Health has conducted CHNAs for 21 of North Dakota's 36 rural hospitals, with four more currently in process. This service is provided through the federal Health Resources Services Administration's Medicare Rural Hospital Flexibility Grant Program, administered through the Center for Rural Health.

Both Hall and Becker emphasize that while they facilitate CHNAs, the hospitals and communities lead the process. A steering committee is formed of local community leaders who know the pulse of the community. Hall and Becker rely on the steering committee to select local participants so that there is more community buy-in and engagement. A successful CHNA focus group has representation from many areas in a community: education, public health, transportation, faith-based, youth, families, law enforcement, social services, local businesses, and more.

Health needs and issues prioritized during the focus groups vary from community to community. While most of them mirror national health issues, such as addressing obesity or tobacco use, some of them differ greatly.

"Rural America gets painted with a broad brush," said Hall. "But when you dig down, issues manifest themselves very differently in communities that may only be 30 miles away from each other."

"A mental health need in one town might mean a shortage of counselors," Becker said. "And in another, it is prioritized because of an elevated level of substance abuse."

These differences in community needs

have all been compiled onto a website where a user can compare and contrast the top health needs identified by individual communities in North Dakota. An interactive map shows which communities prioritized certain categories of health issues, and provides ideas for addressing those issues at a community level: <http://ruralhealth.und.edu/projects/community-health-needs-assessment>.

Now that the initial cycle of CHNAs has been completed in North Dakota, Hall and Becker are beginning with the next phase: implementation. They are taking the results of communities' CHNAs and providing technical assistance around strategic planning for hospitals and communities to address their priority issues. Innovative ideas for addressing these issues have been gathered through CHNAs, many of which have been used successfully in communities already and encourage collaboration.

"It's one thing to identify the needs in your community," said Becker. "But what people really want to know is what they can do about it."

What's been rewarding for Hall and Becker is seeing changes being made in communities as a result of the CHNAs. One particular community hadn't realized how acute their need was for mental health services. Within a few months of the assessment, the hospital was working on hiring a psychiatrist.

"It really drives the point home that these aren't just academic exercises—real changes are being made," Hall said.

While traveling around the world without leaving North Dakota has been exhausting at times for the CHNA team, the experience of helping people and communities is altogether rewarding. The CHNA process has resulted in increased awareness within communities of their own unique health issues and is providing resources to address those issues.

CHNAs by the Numbers

CHNAs conducted:21,
with four in process
Miles driven:.....21,446
Surveys:.....Over 4,500
Interviews conducted:.....155
Focus groups:.....38
Focus group participants:402

A Turtle Islander Meets

Jacque Gray shares her work on suicide prevention at international symposium.

By Nikki Massmann



Keri Lawson-TeAho and Jacque Gray

Amid a flurry of activity in her office, Jacque Gray, PhD, is calm. Phones are ringing, staff are knocking on the door, and her computer is giving off the telltale chime that she has received yet another e-mail message. But none of this was able to shake her relaxed demeanor.

Gray had just returned from a month-long trip to New Zealand. Decidedly, she was suffering jet lag, but she was eager to share the experiences from her trip and get started on her projects. When asked about the weather in New Zealand, Gray glanced out her window at the March snowstorm and smiled. "It's summer there," she said.

Through her work with the Seven Generations Center of Excellence (SGCoE) at the Center for Rural Health, Gray was invited to speak on indigenous suicide prevention at a symposium for the public health program at the University of Otago in Wellington. The SGCoE supports Native Americans working toward becoming

mental health professionals in indigenous populations. A colleague at the Society of Indian Psychologists, Keri Lawson-TeAho, is an instructor at the University of Otago and knew Gray's passion for addressing mental health issues in indigenous people would be a great fit for the symposium.

"Keri and I met several years ago at Utah State University," Gray said. "The Society of Indian Psychologists was having a conference there, and Keri had attended to honor a Maori student who was completing his PhD. We have discussed working together in the years since, and it finally came to fruition at this symposium in New Zealand."

New Zealand has an indigenous population known as Maori. The Maori people make up approximately 14 percent of New Zealand's total population, and their culture is an obvious part of life on the island. Their history, language, and traditions are central to New Zealand's identity, a fact that Gray reiterates.

"Everything about the Maori culture is incorporated into everyday life in New Zealand," Gray said.

Travel websites for New Zealand recommend visiting tribal meeting grounds called a marae. During her trip, Gray was lucky enough to experience a meeting at a marae. While at the marae, Gray was able to speak with medical students about working with patients of an indigenous background.

"The Maori chant a song to officially invite you into their marae," Gray said. "The guests respond in the same manner and are welcomed into the marae for a celebration of friendship and trust. It's very moving."

The symposium was attended by many of the leading Maori behavioral health leaders and experts throughout New Zealand. The governor general, who is Queen Elizabeth II's representative to New Zealand, attended one of the mornings and met with suicide survivors during a break

the Maori

following a session. The governor general has security officers similar to the Secret Service in the United States, and one of the officers sat next to Gray for a time.

“That made me a little nervous,” she says. “The security officer’s presence had me on edge—I didn’t want to make any wrong moves!”

Eduardo Duran, PhD, a well-known clinical psychologist practicing in Montana, was also a speaker at the symposium. Duran has written several books, including *Native American Postcolonial Psychology*. Much of his work focuses on dealing with historical trauma. This is when a trauma occurs in families or cultures and is then passed on to the following generation—unless the trauma or “soul wound” is dealt with. He presented on the concept that everything done by the seven generations before you affects who you are, and everything you do affects the seven generations in front of you. Because the Seven Generations Center of Excellence derives its name from this concept, Gray and Duran were able to share perspectives on the concept of intergenerational experience and how this understanding shapes and impacts our society today.

“We’re both from North America, or Turtle Island as it is referred to in native cultures,” Gray said. “We discussed our work in behavioral health and ways to work together in the future through collaborative research.”


Gray also met with administrators at the University of Otago to talk about how the Seven Generations Center of Excellence has built a multifaceted approach to addressing workforce issues and mental health needs in indigenous populations. They discussed potential student and faculty exchanges and other ways that the University of North Dakota School of Medicine and Health Sciences can interact with the University of Otago School of Medicine in the future.

Gray said, “While we have specialized programs to address American Indian health workforce needs, they incorporate culturally appropriate care concepts into their standard curriculum. There is a lot of potential for us to learn from each other.”

The trip to New Zealand wasn’t all work and no play. Her stay in the country happened to be over a national holiday called Watangi Day. It is similar to an Independence Day celebration in the United States. Her host couple, Gay Keating and Ian Harcourt, accompanied her to the festival. Ian makes his living as an actor, and his explanations of New Zealand culture were entertaining.

“**Everything about the Maori culture is incorporated into everyday life in New Zealand.**”

“Ian told me that in all his years of acting, he has been in every movie filmed in New Zealand, with the exception of *The Lord of the Rings*,” Gray said. “He said he was too tall to be cast as a dwarf and not pretty enough to be cast as an elf.”

Gray’s trip was educational and relaxing, and she has brought back a renewed sense of purpose for her work. In the coming months and years, she will be busy with plans for collaboration to strengthen programs both on Turtle Island and in New Zealand that promise to contribute to positive outcomes in both countries. Connections made during the trip have given her a sense of family that will last a lifetime. 

Comprehensive Care

Small-town native wants to make a big difference in family medicine.

By Christalin Casinader



Brennan Hack and Tara Mertz-Hack

Ellendale, N.Dak., native Tara Mertz-Hack didn't know right away that she wanted to go to medical school or practice family medicine. It was her undergraduate experience at UND and the opportunities that came with it that captured her interest.

Mertz-Hack completed her B.A. in Communications with an emphasis on health communication. During her undergrad years, she worked in health communication at the UND Center for Rural Health, and this is where she got her first glimpse into the field of medicine. A job as a certified nurse's aide also helped

her see the value in being able to provide hands-on care for patients.

She followed up this experience by shadowing a rural physician who turned out to be one of her biggest mentors and influencers in propelling her interest in rural healthcare and family medicine. "Just seeing what it's like actually being a real-life day-to-day physician and seeing the opportunity that exists really convinced me to go in this direction," said Mertz-Hack.

Coming to UND's School of Medicine and Health Sciences was an easy decision for her. "Working at the Center for Rural

Health, I was able to see the dedication of UND's faculty and their drive to help students get the best experience possible." The patient-centered curriculum and hands-on learning opportunities were also deciding factors.

For her third-year clerkship in medical school, Mertz-Hack was one of four people to participate in the then new MILE (Minot Integrated Longitudinal Experience) program in Minot. Unlike traditional clerkships, in which students spend a dedicated amount of time in different areas of medicine such as surgery, neurology, and family medicine, students in this new program had a different learning environment. As a MILE-program participant, Mertz-Hack had the opportunity to learn all of these areas in a unified manner throughout the year. "We were learning in a setting that combined all these different areas of medicine all at the same time, and we could follow our own panel of patients over the course of one year," she said. "It was excellent, an interesting approach to things, and I am very fortunate to have had the opportunity," she said of the experience.

A typical week in the MILE clerkship includes spending half a day scheduled in a particular area of medicine. For example, students will spend their time learning about surgery or psychiatry in clinic at the hospital. Later, they may go to the emergency room or the pediatrics wing for the rest of the day. "We are able to follow patients in other areas of their care and, as our director Dr. Scott Knutson says, we go where the learning is," said Mertz-Hack.

The students are given a unique opportunity because they are able to see their panel of patients throughout the year and offer them comprehensive care while treating a variety of conditions. This is exactly the kind of experience Mertz-Hack is hoping to have as a practitioner of family medicine. "I look forward to working with a diverse range of patients and varying medical conditions. I am confident my experiences at UND will allow me to provide excellent care for my patients."

As with any new program, the MILE program experience came with growing pains. Mertz-Hack found that it took time to figure out the best way to do things,

which could be overwhelming, but the students had a lot of support from their faculty. "Our faculty went out of their way to make sure we had a good learning experience; we were able to learn so much from them. They are so dedicated to teaching and always made their time available to us," said Mertz-Hack.

For Mertz-Hack, the biggest challenge was "trying to figure out the ropes in all the areas of medicine but doing it all at once, so it was certainly a slow pick up to feel like you're achieving a comfort level." Interestingly, the biggest advantage of the program stems from its biggest challenge. "Once you do achieve a comfort level, you reach a point where you get to know your patients really well, and what was overwhelming at the start later lends itself to a great experience in the long run."

While medical school was certainly challenging and kept her busy, Mertz-Hack enjoyed her free time as well. "I grew up riding horses, and I still try to do that whenever I can. I do some coaching and judge horse shows." In her first two years of medical school, she taught Pilates classes at the Wellness Center on campus and even had a special reformer Pilates class for medical students. "I am very busy with school, but I like to find some time for myself to relax," she said.

Mertz-Hack will be moving to Idaho this summer to complete her residency in family medicine. Growing up in a small town, Mertz-Hack was aware of the necessity of providing good healthcare, and this has strengthened her passion for family medicine and rural health in particular. She and her husband Brennan consider themselves to be "lifelong North Dakotans," and she hopes to come back to rural North Dakota to practice after residency. 🌿

“ I am confident my experiences at UND will allow me to provide excellent care for my patients. ”

Thomas Jacobsen

“Dr. Jake” delivered generations of North Dakotans.

By Jan Orvik



Thomas Jacobsen with his patients Evan and Amanda Anderson.

“It was a great place to do what you wanted to do,” said Thomas Jacobsen, MD, ’62, BS Med ’63, about his medical practice in Hettinger, N.Dak. After 44 years, delivering approximately 5,000 babies, caring for countless patients, and turning 75, “Dr. Jake” has retired from West River Health Services and as a clinical assistant professor of family medicine with the UND School of Medicine and Health Sciences.

Along the way, he was named the National Rural Health Practitioner of the Year and the North Dakota Family Physician of the Year, both in 2003.

“I had the best patients in the world,” he said. “I couldn’t ask for better patients

or partners.”

It began when Jacobsen returned to his 10-year high school reunion in Bismarck, N.Dak., and struck up a conversation with his old classmate, Gerald Sailer, also a physician. Jacobsen, who was fulfilling military obligations by working in Fort Yates for the Indian Health Service, liked the work and had ties to the reservation, but knew he would soon be “promoted” to a desk job, and he wanted to continue seeing patients.

Dr. Sailer told him about working in Hettinger at what is now West River Health Services. Jacobsen liked what he heard, and began practicing there in 1969.

“I liked being part of the growth,” he said about WRHS. “The first day, I had 19 patients, 11 of them Dr. Sailer’s. The people here bent over backwards to help me.”

In his 44-year career, Jacobsen served at clinics in Hettinger, Scranton, New England, and Bowman in North Dakota, and Lemmon, S.Dak., and was the primary OB-GYN at the hospital in Hettinger.

The hospital and attached clinic, in southwestern North Dakota, serve patients in a 25,000-square-mile area, including South Dakota and Montana. Fourteen physicians, a variety of specialists, and other professionals staff the hospital, clinic, and seven community satellite clinics.

“It’s the only hospital and clinic in the region with surgery and OB between Bismarck and Spearfish, South Dakota, and between Mobridge, South Dakota and Miles City, Montana,” Jacobsen, said. He enjoyed the independence that WRHS offers. “You can do what you’re trained to do,” he said.

Jacobsen also served as a clinical assistant professor of family medicine for the UND School of Medicine and Health Sciences, driving to Bismarck to teach medical students at the Family Practice Center there. He also mentored UND medical residents at WRHS.

“I enjoyed teaching, and I will miss it,” he said.

“He bent over backwards for his patients,” said Paulette Haar, a cashier at the Hettinger Clinic. Stories abound about “Dr. Jake,” who has delivered two generations of babies. “He had scrapbooks with photos of the babies he delivered, and people sent him graduation announcements of those babies,” said Haar.

“He is such a positive person,” said Neva Scoular, who served as his nurse for 33 years. “Whenever I drove in to work and saw his vehicle, I thought, ‘Yep, it’s gonna be a good day.’ He always went the extra mile for his patients.”

“His memory is unbelievable,” Scoular said. “The first baby he delivered in Hettinger was invited to his retirement party. Children born on his birthday are extra special, and he remembers them with birthday cards well into their 20s and 30s.”

“Dr. Jake delivered my husband and our four children,” said Julie Rafferty of

New England, N.Dak. “He was willing to sit down and talk to people about anything. We trusted him with our lives, and our kids adore him. He’s one of a kind.”

“You felt like you were his only patient, and like he had all the time in the world,” remembered Tammy Sletten of Faith, S.Dak. “Dr. Jake delivered our daughter 27 years ago, who 23 years ago was air ambulated to Fargo for a month. The doctor in Fargo said that in all his years of practice, he hadn’t had a referring doctor call every day to check on his patients. That’s the kind of person he is. We will miss him.”

A Bismarck native, Jacobsen has always liked nature and the outdoors. He started out in wildlife management at Utah State University, and later switched to premed.

He earned a bachelor’s degree in chemistry from UND in 1962, a bachelor’s degree in medicine in 1963, and his medical degree from the University of Pennsylvania in 1965.

Though he often still wakes up at 5:30 a.m., Jacobsen enjoys retirement so far. He still travels to Isabel and Faith, both in South Dakota, to supervise physician assistants there, and likes spending more time with his family. He and his wife JoAnn have three children and three adopted daughters. They plan to travel more often to Minneapolis and Chicago to visit them.

“I’m proud my wife and kids stood by me all those years,” he said. “There were many nights spent at the hospital.”

He plans to stay in Hettinger. “I like it here,” he said.

Upon his retirement, Jacobsen received a UND hockey jersey signed by the team, and he hopes to make a few hockey games now that he has more time.

“I had a good run,” Jacobsen said. “I’ve enjoyed it tremendously.”

“We **trusted** him with our lives, and our kids **adore** him. He’s one of a kind.”

'00s

Joy Froelich, MD '08, is now at St. Alexius Mandan Clinic–North practicing family medicine. She is a member of the American Academy of Family Physicians, North Dakota Medical Association, and Native American Medical Student Association.

'90s

David S. Hanekom, IM Res '99, has been appointed chief medical officer with Symphony Performance Health in Alpharetta, Ga. Hanekom has served as the chief medical officer and vice president of medical management of Blue Cross Blue Shield of North Dakota, where he supervised a spectrum of medical management activities. Hanekom designed and implemented the MediQHome Quality Program in North Dakota.

'70s



Mark Hinrichs, MD '78, has recently joined Sanford Health in Dickinson. Hinrichs is an internal medicine physician and is board-certified through the American Board of Internal Medicine.



Hubert Seiler, BS Med '70, received the 2014 National Rural Health Practitioner of the Year Award. Seiler was honored at the 37th Annual Rural Health Conference in Las Vegas, Nev. April 22–25. Following the conference, Seiler traveled to Costa Rica to help build houses with Habitat for Humanity. Seiler is originally from New Rockford and now resides in Rugby.

Got news?

We want to hear it!

Please send your news items for the next issue of **North Dakota Medicine** to Kristen Peterson: kristen.peterson@med.und.edu or call 701.777.4305.

2014 Sophomore Award Winners

Medical students and faculty are honored.

North Dakota Medical Association Awards

Awarded to second-year students nominated by their peers, the Class of 2016, and recognized for outstanding performance in the following three curricular areas:

Group Leadership and Professionalism

Braden A. Burckhard, Burlington, N.Dak.

Engages in ethical conduct, facilitates group interaction and productivity, motivates others to learn, exhibits personal integrity, and interacts with others appropriately with respect and courtesy.

Peer Teaching—*Rachel M. Fearing*, Williston, N.Dak.

Outstanding contributions to the group's database and facilitating group learning, skillful and accurate presentations, and willingness to assist fellow classmates to learn concepts they do not understand.

Integration of Basic Science and Clinical Application

Michael D. Traynor, Jr., Fargo, N.Dak.

Ability to analyze problems, generate hypotheses, set priorities, test hypotheses and formulate alternative hypotheses, draw appropriate conclusions, and apply the knowledge to patient cases.

Academic Awards

The following awards are presented to second-year medical students in recognition of their overall academic achievements:

The DeBoer Memorial Award

Shaynna M. Mann, Dickinson, N.Dak.

Given in memory of Mrs. Benjamin DeBoer and presented by the Pharmacology, Physiology, and Therapeutics Program in the Department of Basic Sciences.

Dr. Philip H. Woutat Memorial Scholarship Award

Natalie M. Brehmer, Fargo, N.Dak.

Presented by the Anatomy and Cell Biology Program in the Department of Basic Sciences on behalf of Mrs. Philip H. Woutat in memory of her husband for his longtime service as a radiology instructor.

Dr. William Eugene Cornatzer Award—*Anna L. Cymbaluk*,

Crookston, Minn.

Presented by the Biochemistry and Molecular Biology Program in the Department of Basic Sciences in recognition of Dr. William Eugene Cornatzer, the founder of the program, the first chair and a pioneering and innovative leader in medical education and biomedical research.

Dr. James Kelleher Award—*Scott T. Allen*, North Mankato, Minn.

Presented by the Microbiology and Immunology Program in the Department of Basic Sciences in honor of Dr. Kelleher's outstanding service to the School of Medicine and Health Sciences and his dedication and contributions to the teaching of medical students.

Service Awards

Kevin Monk Award—*Annie L. Braseth*, Kalispell, Mont.

Given to a second-year medical student for outstanding service to the School of Medicine and Health Sciences.

Outstanding Teacher Awards



Portrait Award—*Kurt E. Borg*, PhD, Assistant Professor, Family and Community Medicine
For outstanding support of students during their first two years of medical education.

Golden Apple Awards

For excellence in teaching, presented to the instructor whose instruction has had the greatest impact on the class.



Presented by sophomore students to *Richard D. Clarens*, PharmD, Associate Professor, Family and Community Medicine.

Presented by freshman students to *Jane R. Dunlevy*, PhD, Associate Professor, Basic Sciences.





Doctor of Physical Therapy Class of 2014

Front Row: (left to right) Kristen Ryan, Debra Monson, Brittany Stein, Courtney Sailer, Jordan Anderson, Kristian Knutson, Jamie Fenstermacher, Heidi Johnson, Alexa Risan, and Kayla Stevermer.

Row 2: Amanda Sodemann, Leah Peterson, Cheri Boyer, Sarah Byram, Maddi Roth, Maren Paulsen, Erika Edwards, Jessica Plummer, Anna Wicklund, Kimberly Dobrovlny, and Kathryn Bjerke.

Row 3: Lindsey Tellefson, Jenaye Ingebretson, Tricia Vanselow, Abbie Mitchell, Andrew Broden, Melissa Buckentine, Emily Peterson, Lindsay Feigitsch, Kayla Ystebøe, Quinn Griffin, Tyler Pecha, Brian Bartow, and Adrienne Davis.

Row 4: Kaylee Breidenbach, Alexis Korf, Kjerstin Schillo, Tyler Dahlen, Jacob Vossler, Kyle Sell, Abby Graham, Paul McKay, Matthew Fuhr, Cole Miller, and John Altnow.

Doctor of Medicine Class of 2014 (left)

- Front Row:** (seated left to right) Assistant Dean Thomas Hill, Assistant Dean Patrick Carr, Assistant Dean Kenneth Ruit, Associate Dean Nicholas Neumann, Associate Dean Julie Blehm, Associate Dean Joycelyn Dorscher, Associate Dean Randy Eken, Dean Joshua Wynne, Senior Associate Dean Gwen Halaas, Associate Dean Charles Christianson, Assistant Dean Susan Zelewski, Assistant Dean Martin Rothberg, Assistant Dean William Newman, Assistant Dean Steffen Christensen.
- Row 2:** Sherine Talaat, Julie O'Brien Baltz, Mandie Baker, Lacey Kessler, Jill Olson, Natalie Lichter, Roopalakshmi Sharadanant, Brittany Berg, Jessie Arnason, Tara Nelson, Brooke Settergren, Amy Enterline Consson, Brittany Snustad, Zane Young, Abby Davis.
- Row 3:** Michael Jundt, Kourtney Dropps, Erin Maetzold, Christina Harmon, Laura Knutson, Laura Johnson, Mamie Hextall, Laura Luick, Joel Erickson, Amanda Skiftun, Steve English, Dane Mitteness, Travis Bentz, Caleb Skipper, Tarik Nurkic, Sommer Wild Nurkic, Tabitha Ongstad.
- Row 4:** Joel Beachey, Stephanie DeJong, Paul Selid, Joseph Dinsmore, Catherine Arnold, Brittany Muscha, Tara Mertz-Hack, Elizabeth Ewing, Krishan Jethwa, Scott Erpelding, Daniel Almquist, Jason Henry, Dustin Goetz, Patrick Lamb, Sergey Kulikov.
- Back Row:** Brian Johnson, Jared Marquardt, Ryan Bogner, Stephane Blanchard, Christopher Failing, Eric Jacobson, Michael Schwalbe, Samuel Lohstreter, Jerdan Ruff, Tyler Larson, Nathan Carpenter, Kaleb Topp, Benjamin Axtman, James Hegvik, Edward Uriell, William Longhurst, Ira Perszyk.



Occupational Therapy Class of 2014

- Front Row:** (left to right) Teresa Bunn, Macaila Pagel, Megan Meyer, Kara Maatz, Rebekah Miesbauer, Lauren Schneibel, Kaitlyn Radi, and Anna Schumacher.
- Row 2:** Caitlin Layden, Chelsey Jones, Kelsey Lindstrom, Gina Czmowski, Nicole Gronhovd, Renae Witta, Chelsea Hesby, Alyssa Jenkins, Kayley Knapek, Molly Simmons, and Joelle Evenson.
- Row 3:** Alexandra Berdal, Laura (Tvrđik) Notch, Brionna Simenson, Hannah Muehlberg, Justin Fredrickson, Brien Buckentine, Sarah Stutz, Nicolet Sadlowsky, and Terese Boeder.

William Jahnke, BS Med '47, 88 of White Bear Lake, Minn., passed away peacefully on March 17, 2014, surrounded by his family. Bill graduated salutatorian from Johnson High School. He entered the Navy's V-12 program and was sent to St. Lawrence University for training. He did his undergraduate studies at the University of North Dakota and completed his medical degree at Temple University. During the Korean War, he was stationed in Japan as a physician with a beachmaster unit. He went into private practice for a short time. He accepted a position at the VA where he eventually became chief of the Outpatient Clinic. In his retirement, Bill enjoyed golfing, traveling, his family, and his friends. He will be greatly missed.

Gerald Kavanaugh, BS Med '52, passed peacefully into the arms of his Savior on March 1, 2014, while surrounded by his loving and blessed family. Jerry was born on December 5, 1927, in Fargo, N.Dak., to Johanna (Fridgen) and Joseph Kavanaugh. Jerry and his two brothers grew up on North Terrace during the time of the Great Depression. Jerry was a scholar, an altar boy, a fine all-around athlete, and an Eagle Scout. After he graduated from Sacred Heart Academy in 1945, he attended the University of Notre Dame. During this time, he enlisted in the Navy, and served honorably for two years aboard the U.S.S. *Coral Sea*. After completing his service, he resumed his studies at Notre Dame. He then attended and graduated from the UND School of Medicine, and completed his medical studies at Northwestern University, graduating in 1954. After starting his medical career in internal medicine, he later changed his specialty to cardiology. In June of 1954, Jerry married the love of his life, Donna Marie Erickson. They were blessed with four children: Ann, Kevin, Sheila and Peter. They resided in Rochester, Minn., for a time while Jerry was on the staff of the Mayo Clinic, and later returned to Fargo, where they have lived since. He was a gentle physician who cared greatly for his patients. He retired in 1989 from what was then MeritCare Clinic. Jerry's passions included family time at Round Lake (a.k.a. "Tara Woods") near Perham, Minn., woodworking, reading, hunting, fishing, and traveling. He enjoyed long walks with his golden retriever and savoring a cup of coffee with neighbors and friends.


Donald Charles Meredith, BS Med '52, passed away peacefully on March 25, 2014, at the age of 86, in the comfort of his Arizona home with his beloved wife Marjorie at his side. He was born in Fargo, N.Dak., on April 30, 1927, to Dr. Charles and Grace Meredith. He graduated from Valley City High School in 1947, the year his team claimed the state basketball championship. Donald served his country in the U.S. Infantry, 2nd Division, from June 1945 to March 1947. He attended Valley City State University, the University of North Dakota (graduating in three years as a three-year letterman in basketball), the University of North Dakota Medical School, and Washington University Medical School in St. Louis, Mo. Dr. Meredith interned at Anchor Hospital in St. Paul, Minn., (1954–1955). He completed his orthopaedics residency at the University of Minnesota (1955–1959), where he serviced the Veterans Administration as well as the Shriners Hospital. In 1959, Dr. Meredith cofounded with Dr. Paul Gislason the Orthopaedic and Fracture Clinic in Mankato, Minn., which continues to serve patients in Mankato and outlying regions. Dr. Meredith was dedicated to giving back to his community and church (Christ the King Lutheran). He was an active participant and a staunch advocate of education, establishing scholarships with various universities, including Minnesota State University at Mankato, Gustavus Adolphus College in St. Peter, Valley City State University, the University of North Dakota, and Washington University in St. Louis. He created and oversaw the Donald C. and Marjorie R. Meredith Scholarship for Science and Mathematics to further the study of medicine. His accomplishments included induction into the Mankato Chamber of Commerce Hall of Fame and election to the Hall of Distinction at Mankato State University. He served on the board of directors for several companies, consulted as a medical expert, remained a consultant–emeritus to the Orthopaedic and Fracture Clinic, continued as a trustee of the Meredith Foundation, and volunteered his expertise and time, right up until his passing, to the Native American Tribe in Sacaton, Ariz. Dr. Meredith was a longtime hiking coordinator for the Sun Lakes Hiking Club. He was an avid upland game hunter and a master fisherman. He was the "gardener" for Marge's garden and yard in both Arizona and Minnesota. On June 17, 1951, Donald married Marjorie R. Meredith in Dickinson, N.Dak., celebrating 63 years of marriage this June. He was a devoted husband, father, grandfather, father-in-law, great-grandfather, and loyal friend who promoted family values and whose greatest joy came from helping those he loved the most.

Delbert R. Nelson, BS Med '62, 77, was born October 6, 1936 near Berlin, N.Dak. He died March 1, 2014, in New Richmond, Wis. Del is survived by his wife of 55 years, Sharron May Oxenrider Nelson, his sons Dean and David, daughter Kate, grandchildren Megan and Levi, and brother Jim. He was preceded in death by his brother Don and parents Raymond and Marion. Del was a graduate of Ellendale High School, North Dakota State University, the University of North Dakota, and received his MD degree from Baylor University School of Medicine. He practiced medicine in St. Paul for nearly 50 years.

Wendy C. Perryman, PhD Anatomy '98, age 48, died Sunday, April 13, 2014, at her home in Garden City, Kans. She was born Sept. 23, 1965, in Evanston, Wyo., the daughter of Dennis and Cheryl Karn Perryman. Wendy received her bachelor's and master's degrees from the University of Wyoming and obtained her PhD in Neuroanatomy and Cell Biology from the University of North Dakota. A resident of Garden City since 2008, she was professor for 10 years at Oral Roberts University, and recently worked as a paraprofessional and tutor at Garden City Community College.

Richard Paul Swenson, BS PT '71, son of Sanford Paul and Ethel (McDevitt) Swenson, was born with a zest for life on October 17, 1946, in Devils Lake, N.Dak. He graduated from Devils Lake Central in the Class of 64, where he played center for the Devils Lake Satans hockey team and was voted "Ideal Date Boy" and "Most Popular Boy" his senior year. Rick attended the University of North Dakota, where he was a member of the Phi Delta Theta Fraternity. He graduated in 1971 with a degree in physical therapy. He married the "love of his life," Joyce Ann Pedersen on March 17, 1968, at St. Olaf Lutheran Church in Devils Lake, where they both were also baptized and confirmed. In 1972, shortly after their son, Robert Paul Swenson was born, they moved from Grand Forks to Dickinson where they resided for 27 years. In 1996, they bought property on Long Lake, northeast of Bottineau, N.Dak., and in 2000, they built their dream home and called it "Paradise." Until leukemia took his strength, Rick spent his entire adult life rehabilitating his patients and helping return them to better function. He loved his work; he loved his patients and never for one minute regretted his chosen field. In Dickinson, he was the director of Physical Therapy at St. Joseph's Hospital for 17 years, and then went into a partnership with two special friends and former UND classmates. In 1989, Rick and Joyce opened and operated Southwest Physical Therapy, an independent physical therapy clinic in Dickinson. After they sold their business, they moved to Cando, N.Dak., for one year while their house was being built. Rick practiced his final years of therapy at Towner County Medical Center in Cando, where he worked with and took care of so many wonderful people. Rick was an active member of Metigoshe Lutheran Church, where he served as president of the church council. He had a strong faith and loved to study the Bible. He was always up for a good debate on any topic, but especially loved to discuss religion and politics. Over the years, Rick enjoyed golfing, fishing, snowmobiling, skating, and softball. But most of all, he was a die-hard UND hockey fan. He passed away on Thursday, April 10, 2014 at St. Alexius Hospital in Bismarck, N.Dak., after a long, hard-fought battle with cancer, just hours before UND lost to Minnesota in the Frozen Four. He would have said, "Well, they played a good game!"

Jeanette (Jay) Trentzsch, BS OT '72, 65, passed away unexpectedly, Sunday, April 6, 2014, at her Central Point, Ore., home. She was the wife of Michael Trentzsch, who preceded her in death in 1997. Jay recently retired as an independent occupational therapist, specializing in hand therapy in Grants Pass, Oregon. Jay was born September 19, 1948, in Thief River Falls, Minn., to Randall and Verna Noper, who preceded her in death. Her college of choice was the University of North Dakota, where she obtained an occupational therapy degree in 1971. She and her family moved to Medford, Ore., in 1989, where she continued working in her profession. Jay had many interests, including dancing, camping, playing cards, skiing and rafting, and, most importantly, vacationing whenever possible. Her adventures took her to China, France, Norway, Jamaica, and Mexico to name a few. She cherished her membership in the local Slopes and Trails Club, where she enjoyed participating in many activities with fellow members.

Richard Joseph Zauner, BS Med '50, was born February 13, 1927, and died of natural causes on Sunday, February 23, 2014, in La Jolla, Calif. He touched many lives, especially those of his family. Dick was born on a farm and raised in Dickinson, N.Dak. He served as an aviation cadet in the U.S. Navy before attending the University of North Dakota, where he was a member of Sigma Alpha Epsilon. He earned his medical degree from Baylor College of Medicine ('52), and was a general practitioner in Fargo for 11 years until specializing in interventional radiology at the University of Oregon. During his career, he served as chief of staff at Riverside Community Hospital and was a partner at Riverside Radiology Medical Group until he retired in 1992. Dick lived in Riverside for 39 years (1967–2006) and at Casa de Mañana in La Jolla for the past seven years. Known affectionately as "Papa Dick" to his grandchildren, he was a quiet, gentle man who enjoyed reading, spending time near the ocean, listening to classical music, and watching the California Angels. His easy whistle will be missed. 

Charitable Remainder Trusts

By Alyssa Konickson

The first four-year medical student class to graduate from the University of North Dakota School of Medicine and Health Sciences received their diplomas in 1976. One of those graduates was Dr. Mike Vandall.

Vandall is an OB/GYN physician who now performs locum tenens work throughout the state of North Dakota and is looking forward to his assignment in Florida this winter.

In 2001, Vandall and his wife Peggy funded a charitable remainder unitrust through the UND Foundation to support priority needs at the School of Medicine and Health Sciences.

“I think of the UND School of Medicine frequently. So many of us alumni are really grateful for the quality education we got in Grand Forks,” Vandall said.

The Vandalls originally funded the trust with a variety of highly appreciated securities valued at over \$210,000, and have been receiving an annual income of 5 percent of the annual value of that trust. In 13 years, the couple has received \$143,000 back, in addition to an initial charitable deduction.

“By distributing a modest annual payout, the trust has grown handsomely,” said Dave Miedema, senior director of development for the SMHS. “And at the end of the day, Mike and Peggy will provide a wonderful gift to benefit the School of Medicine and Health Sciences.”

At the end of the trust’s 20-year term, the balance of the trust — which was valued at over \$235,000 as of Dec. 31, 2013 — will be used to fund the Michael and Peggy Vandall Endowment, securing their legacy and benefiting students at the SMHS for years to come.

“The charitable remainder trust is a very nice instrument for charitable giving,” Dr. Vandall said.

What is a charitable remainder trust?

A charitable remainder trust (CRT) permits you to make a gift of cash or appreciated property and receive payments for one or more lives or a term of years. The trust will sell your property tax-free and reinvest the proceeds to generate income for you or your loved ones. In exchange, you will receive a charitable deduction for a portion of your gift.

How does a CRT work?

You transfer assets into a trust, which is then invested to pay out an income to you or your designated beneficiaries. With a CRT, there is an element of risk, as with any other investment. When the payment obligations are fulfilled (upon the beneficiary’s death or at the end of the term of years) the remainder assets in the CRT are transferred to the UND Foundation for the benefit of the School of Medicine and Health Sciences.

Should I consider a CRT?

If you have property that has appreciated over time but produces minimal income, a CRT may be a good option. You may want to liquidate the asset, but hesitate to do so because of the capital gains tax that would be realized. A CRT ensures the entire value of your appreciated property will fund the trust while avoiding capital gains tax, in effect a “tax-free” rollover of your investment.



Mike and Peggy Vandall

How do I save on taxes?

- You will receive an immediate income tax deduction. A portion of the value of the assets transferred to the CRT is considered a charitable gift, and you receive a corresponding charitable income tax deduction. The exact deduction amount will depend on a variety of factors, such as the fair market value of the transferred assets, the ages of the income beneficiaries or term of the CRT, and the payout rate from the trust.
- You will bypass the capital gains tax; you incur no capital gains tax at the time you fund the trust using appreciated stock or other assets held for more than one year.
- Typically, income from a CRT is taxed as ordinary or capital gains income. However, payments may be partially tax-free in some cases, depending on the type of asset transferred and how it is invested.
- You will enjoy estate tax benefits; assets transferred into a trust are removed from your probate estate.

What are the options to receive trust payments?

You may choose to receive a fixed dollar amount each year or a percentage of the trust’s value. Payments are generally distributed each quarter or on a schedule that suits your needs.

How can I specify where I want my ultimate gift to go?

When you establish a CRT with the UND Foundation, we will work with you to identify priority areas at the SMHS that meet your philanthropic desires. We can then draft an agreement and direct future CRT residuals to the fund you establish.

Thank you to our thoughtful donors who recently gave gifts or made pledges to support the UND School of Medicine and Health Sciences.

Dr. Donald, BS Med '82, and Linda Lamb of Fargo, N.Dak., have continued their support of the dean's highest priorities at the School of Medicine and Health Sciences. Lamb owns and practices at Lamb Plastic Surgery Center in Fargo. He earned his MD degree at the University of Utah and completed his general surgery residency training at UND, followed by plastic surgery residency at the University of Wisconsin. His and Linda's son Patrick graduated from the UND School of Medicine and Health Sciences this year.

Karen Robinson of Fargo, N.Dak., has established the Howard, Clarine and Karen Robinson Scholarship endowment in honor of her parents who felt they received high-quality healthcare in their hometown of Cavalier, N.Dak., and later Fargo. The fund provides scholarships for medical students at the UND School of Medicine and Health Sciences.

Dr. Andrew Hvidston of Fargo, N.Dak., recently donated copies of the textbook *Essentials of Musculoskeletal Care* to all second-year medical students at the UND School of Medicine and Health Sciences. Hvidston is an orthopedic surgeon for Sanford Health in Fargo. He is also a clinical faculty member for the UND School of Medicine and Health Sciences Department of Surgery. His son Jacob is a fourth-year medical student at the School.



Michaela Heller, Sondra Schultz, and Nicole Samson hold their gift from Dr. Andrew Hvidston.



Contact:

Dave Miedema, '76, CGPA, Senior Director of Development
School of Medicine and Health Sciences
UND Alumni Association & Foundation
davem@undfoundation.org | 701.777.4933

The information presented is not legal or tax advice, but is intended as accurate general information. And, although the UND Foundation's gift planning professionals are knowledgeable about giving techniques and their tax consequences, you should seek the advice of a qualified estate or tax professional.





Master of Physician Assistant Studies Class of 2014

- Top row:** Rhonda McDaniel (staff), Angie Belbas (staff), Theresa Koppal, Karrah Oliver, Dan Brady, Tommy Paul, Chris Seime, Chris Seil, Leon Burns, Shelly Daniels, Kathryn Gray, Pete Baker, Tanveer Khan, Reiner Kremer, Toni Rheault, Ben Johnson, Elaine Hammond, Michelle Jansson, Leah Costello, Lori Steinley, Jeff Brown
- Middle Row:** Susan Kuntz (faculty), Joshua Kelsey, Jessica Hale, Charles Broberg, Holly Savenko, Tim Gilbert, Sommer Anstine, Andrew Brown, Morris Duffy, Desrae Dinius, Jennifer Gannon, Daniel Deutsch, Eric McCue, Jay Metzger (faculty)
- Bottom Row:** Avis Reynolds (staff), Kevin Swenson, Jonathan Spellmeier, Angela Salveson, Lynelle Schneider, Matthew Mattis, Travis Farhar, Sarah Bement, Laura Emer, Vikki McCleary (faculty), Stephanie Johnson, Amber Houge, Kelly Polley, Kelly Krause, Tim Hubbard, Gabriel Davidson, Janelle Pillarsky, Karley Fischer, Ellen Doebler, Lee Akerson, Nomani Benda (staff)



Indians Into Medicine students who graduated during the 2013-14 academic year were honored at the 44th Annual Time-Out Wacipi on April 12 at UND. (Left to right) Board Member David Gipp, Board Member Harold Dusty Bull, Board Member Marcia Hammett, Deanna Rainbow, INMED Director Gene DeLorme, Charity Bishop, Adam Dell, Stephen Drywater, Gina Benson, Kyle Hill, Zane Young, Derek Whitman, Abby Davis, William Longhurst, Adrienne Davis, Pearl Walker, Gregory LeBeau, Roselle Martin, Tyler Parisien, Patrick Marcellais, and Kathleen Fredericks.



Nicole Haese, a graduate student in the Microbiology and Immunology Program in the Department of Basic Sciences, explains her research poster to Associate Professor Othman Ghribi, PhD, on Frank Low Research Day.



From left to right, first-year medical students Hasanga Samaraweera, Zach Fowler, and Bryan LaBore entertain the audience at the annual UND SMHS Talent Show.

2014 Basic Sciences PhDs

Promisree Choudhury, PhD in Microbiology and Immunology from the Department of Basic Sciences; and Brianna Goldenstein, PhD in Pharmacology, Physiology, and Therapeutics from the Department of Basic Sciences.



Athletic Training Class of 2014

From left to right, front row: Kaiti Pahl and Jason Dandino.
 Middle row: Emily Bentow, Brianna Dufault, and Melvina King.
 Back row: James Soldner, Kyle McCuskey, Bennett Leitch, and Erik Collins.



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Join us for Homecoming 2014! October 9–11

**Celebrating Sioux Award winner
Marlys Schuh, BSMT '73, BS Med '77**

www.med.und.edu/events/homecoming-2014
www.undalumni.org

