



## **Liz Gjellstad**

Curriculum Vitae

### **Work Experience**

1998-present Thor's Ethnic Foods, founder and CEO; Minot, ND  
1998-present Substitute Teacher, Minot Public Schools; Minot, ND  
1995-97 Teacher, Fifth Grade, Velva Public School; Velva, ND  
1994-95 Substitute Teacher, Sawyer Public School; Sawyer, ND  
1994-95 Substitute Teacher, Maddock Public School; Maddock, ND  
1992-96 Velva Community Youth Project, Member  
1992-94 Velva Public School Home Economics Advisory Committee, Member  
1992-93 Velva Public School Curriculum Committee, Member  
1991-94 Velva Music Boosters, Chairperson  
1990-91 Volunteer Teacher Assistant, Velva Public School  
1981-90 Church Education Teacher, Sunday School and Bible School  
1981-90 Superintendent and Music Leader  
1973-76 Teacher, Fourth Grade, Sawyer Public School; Sawyer, ND

### **Education**

1973 Bachelor's Degree. Elementary Education and Physical Education.  
Minot State University; Minot, ND  
1969-70 Student. North Dakota State University  
1969 Diploma. New Rockford High School; New Rockford, ND