

Northern Network News

The official newsletter for MSU-Northern

April 25, 2008

By: Jim Potter, Director of University Relations

We Love Northern Ball – Huge Success



Over 250 people came out in a snow storm to attend the “We Love Northern Ball”. It was a wonderful evening which featured a prime rib dinner, live and silent auctions and dancing to Can Am Entertainment. Last year the Ball raised \$25,000 for student scholarships and although the final tally is not yet in it looks like they will top that figure

Farewell Party

Please plan on attending our upcoming “Farewell Party” in honor of all those Northern employees who have resigned or retired over this past school year. The party will be held from 2:00 pm – 4:00 pm on April 30th (Wednesday) in Donaldson Commons.

Pow Wow

The Sweetgrass Society's annual Pow Wow is on Friday, April 25, and Saturday, April 26th. Grand entry is on Friday at 6 pm and on Saturday at 12 noon. Attendance is free and everyone is welcome to attend. We could use some volunteers for clean-up on Friday night and Saturday.

Flags at Half-Staff

By order of Governor Schweitzer, all U.S. and Montana flags in the State of Montana will be flown at half-staff on Friday morning, April 25th until sundown the same day to honor the memory of firefighter and pilot Gert Marais of Fort Benton, Montana who died in the line of duty the 15th of April 2008.

MSU-Northern Student Wins Addy Award

Graphic arts student, Lindsey Krause, won a Silver Montana Addy Award earlier this winter and has moved on to win a Silver Addy at the district level which includes, Idaho, Washington, Montana, Oregon and Alaska. She is now able to move to the national/international competition. Congratulations Lindsey! Lindsey is also a Student Excellence winner.

Imagine MSU-Northern



Over 60 students, staff and faculty attended the Imagine MSU-Northern workshop this past Thursday, April 24 in the university's Ballroom. The workshop was facilitated by Bliss W. Browne, founder of Imagine Chicago. Bliss has designed and facilitated dozens of collaborative projects, which have transformed communities, incorporating appreciative inquiry and other strength-based approaches into civic projects that harness hope and imagination as resources for public good. *Imagine MSU-Northern* was organized by MSU-N students and faculty. It is sponsored by Hopa Mountain, Imagine Chicago, and Opportunity Link.

To All MUS Employees with Health Insurance Coverage,

We have rescheduled the Spring Health Insurance Presentation for Monday, April 28th from 9:30 a.m. to 11:00 a.m. in the Hensler Auditorium. There will be a presentation on the upcoming changes effective 7/1/08. Also, representatives from each of the health vendors including Delta Dental, EyeMed, Allegiance, New West, and Blue Cross Blue Shield will be in attendance. They will be available to answer your questions or concerns

about coverage. If you are unable to attend, please check out the MUS Health Insurance Podcast at www.mus.edu/choices/ for information about the upcoming year's changes.

NOTE: If you are currently enrolled and want no changes to your coverage, you still need to fill out the enrollment form. Write in your name and indicate default coverage or no change and then sign at the bottom. We need something in your file for every plan year.

MAT Presents Divorce Southern Style



Once again MAT has produced a side-splitting comedy suitable for all ages by Jennifer Jarrett titled *Divorce Southern Style*. Pam Vies does an outstanding job playing the lead role of Eleanor Bander. Included in the comedy are uproarious scenes involving her optometrist (played by Northern's own Joel Soiseth) who is pursuing Eleanor and her alcoholic best friend, Alma Lou, (played by Lena Lamphier) a well-known novelist. The play will run from April 23-26 and April 30-May 3. Shows nightly at 8:00 p.m. Doors and lounge open at 7:30 p.m. Tickets are available at the door and are \$10/adult and \$8/student & Seniors. MSU-N Students are free with ID

Summer Sports Camps

Invitation to MSU-Northern employees with young children: You are invited to enroll your child in one of our camps and receive a 50% discount for the K-6 age group (K-4 for Football). For older children, contact the coach for other discounts. These are special rates for children of MSU-Northern employees only. Take advantage now! The brochures are online now.

To reach the coaches for questions call the following:

For Coach Huse (Men's Basketball) call 4131

For Coach Mouat (Women's Basketball) call 3584

For Coach Ryan (Volleyball) call 4112

For Coach Kyle Samson (Football) call 4184

Please leave your name & number if the coach is not in.

Student Senate Elections Results

We want to thank everyone who participated in the Student Senate Elections. We had the highest spring election turnout for the past six years. We had 239 students vote out of the 976 eligible to vote for 24.5% response. Here is the list of Student Senate members for next year:

President - Kristiny Loret
Vice President - Jordan Chroniger
Business Manager - Yana Khegay
Program Council Coordinator - Trevor McCullough
Recreation Council Coordinator - Christi Bradbury
Media Council Coordinator - Mandee Carrol
Senator at Large (6 open spots)
Josephine Morsette
James Cummins
Andina Markuson

Summer Schedule

If you are looking to register for summer workshops or classes than please go to the Northern web site (www.msun.edu) and click on the sun in the bottom right corner. It will take you to the schedule and it will explain how to register. Printed schedules are available at the Registrar's office.

Ten Student Excellence Award Winners



Ten Montana State University-Northern students received their Student Excellence Awards awards during the Student Scholarship and Excellence Awards Convocation which was held last Friday in the Student Union Building (SUB). The winner are: front row (L to R) Michael McPeak, Shannon Walker, Tolan Allen, Amy Sue Barclay, back row (L to R) Chancellor Rolf Groseth, Lindsey Krause, Andrew Pettersen, John Mitchell Jr., and Kristiny Loret not pictured: Chad Arnson and Denise Pankratz.

Campus Improvement Day



Thursday, April 24 was Campus Improvement Day. This has been a tradition at Northern for many years and is a day that faculty, students, and staff participate in a variety of campus improvement activities, (i.e. planting flowers, picking up trash and paper, etc.). This day is devoted to developing a sense of pride among the college community by improving the appearance of our campus. A BBQ for participants was held at the SUB.

“Led Zepelin” & “Doors” Tribute Bands



The Associated Students of Montana State University-Northern (ASMSUN) sponsored the Doors tribute band “American Night” and Led Zepelin tribute band “No Quarter” last Saturday night, in the Armory Gymnasium. Close to 300 people braved the storm to enjoy some great music.

Havre Pride – Clean Up Havre

Join the HAVRE PRIDE Committee, Saturday, April 26th, to clean up our town. Pull the weeds, sweep the sidewalks, pick-up litter around our community, your business, your school and your home. Dumpsters will be located around town to make it easy for you to get rid of your extra garbage. Just let the Chamber know if you

have selected a certain area to pick up by calling 265-4383. Extra help is available from the Youth Diversion office. Call Kim Cripps at 265-4353 to make arrangements.

Voter Registration Cards in Library

Want to get involved and vote in the Primary and General Elections? The Library has voter registration cards at the Circulation Desk. Return the card to your County Clerk & Recorder's Office by 5:00 PM on May 5th to vote in the Primary.

Wellness tips

By Heather Sinclair

Physical activity is an essential component of weight management, but it can also lower your risk of heart disease, diabetes, osteoporosis, anxiety, and depression. It can also help reduce your cholesterol levels and alleviate arthritis pain. Most adults should be doing a minimum of 30 minutes of exercise, five days a week, but we all tend to procrastinate. Don't we? Here is a list of activities that can help you...

- Housework: 45 to 60 minutes
- Brisk walking: 30 minutes
- Gardening: 30 to 45 minutes
- Washing/waxing your car: 45 to 60 minutes
- Bike riding: 5 miles in 30 minutes
- Raking leaves: 30 minutes
- Swimming: Laps for 20 minutes
- Shovel snow: 15 minutes
- Set of steps: 15 minutes

Career Center News

By: Terry Lilletvedt

We are wrapping up the spring recruiting season. Please note that the general information session for Target will be held in Donaldson Commons rather than Hensler Auditorium.

Wyoming Machinery will be making a return trip to MSU-Northern on Tuesday, April 22nd. They will hold a general information session at 9:00 am in Hensler Auditorium. Interviews will follow in the Career Center for both Diesel and Automotive students seeking full-time or Co-op positions. Interested students should sign up for an interview time in the Career Center.

Target will be on campus to recruit students on Wednesday, April 23rd. They will be holding a general information session at 9:00 am in Donaldson Commons. Interviews will follow in the Career Center. Any student pursuing a bachelor degree interested in a retail management career is welcome to apply. A interview sign up sheet is available in the Career Center.

The Bureau of Land Management will be on campus Thursday, April 24th to recruit students in Civil Engineering Technology for STEP (Student Temporary Employment Program), SCEP (Student Career Experience Program) and FCIP (Federal Career Internship Program) with their agency. This recruiting is targeted at freshman, sophomore and junior students. They will hold a general information session in Hensler Auditorium at 9:00 am that morning. A sign up sheet for interviews is available in the Career Center.

Several career fairs for education students graduating this year will be held across the state in April and May. Below please find information on these fairs:

Looking for fall 2008 teaching or counseling jobs? Bring your résumé, wear your interview suit, and plan to attend [Teacher Recruitment Interviews from 9-4PM in the SUB on April 25, at MSU-Billings](#). Read all about this FREE event at <http://www.msubillings.edu/careers/upcoming.htm> After April 15, check the web for info about participating districts and vacancies.

The University of Montana's 23rd annual Multi-State Educators' Career Fair will be held on Monday, April 28th from 9:00 am to 3:00 pm at the Hilton Garden Inn, 3720 North Reserve Street. The pre-fair school district information sessions and candidate strategy session will be held on the UM campus in the University Center on Sunday, April 27 from 1:00 pm to 6:00 pm. Join us at the most extensive and successful Educators' Career Fair west of the Mississippi! The Fair is an effective and inexpensive way for school district representatives to meet and interview qualified candidates for classroom, special education, counseling and administration positions. It is also an outstanding way for candidates in the field of education to interview in one place for over 1,500 job openings. Last year nearly 400 outstanding candidates from 26 states and Canada attended and interviewed with almost 150 school districts from 17 states, and Siapan. Please visit the web site at <http://www.umt.edu/career/ecf/ecf.htm>

The 7th Annual Teach Montana Educators' Fair will be held on Friday, May 2, from 9:30 am to 11:30 am in the Strand Union Ballroom A. As a "Montana only event", the purpose of this fair is to connect Montana school districts with educators who have a desire to teach grades K-12 in the state of Montana. Time has been set aside for superintendents/principals to conduct interviews during the afternoon hours of 1:00 pm to 4:00 pm if they choose to do so. For more information please visit the web site at www.montana.edu/careers

Students interested in a summer Cooperative Education position should stop by the office and make an appointment to see Terry A.S.A.P. Students currently enrolled in Co-op need to set up their final evaluations. Please contact the Career Center to make those arrangements. All students participating in Co-op over the summer are required to attend one Co-op summer orientation meeting. The meetings will all be held in Donaldson Hall Commons and are scheduled for Monday, April 28th at 3:00 pm; Thursday, May 1st at 12:00 noon; and Tuesday, May 6th at 4:00 pm. Please bring a handbook, which can be purchased at the bookstore with you to the meeting.

Computer Tip of the Week

Excel 2007: Save steps when wrapping text

By: Marianne Hoppe

Excel 2007 contains a number of improvements that make your job easier. Here is one that, prior to Excel 2007, required multiple mouse clicks. Now you can perform this task with a single click of the mouse. Prior to Excel 2007, if you wanted to enter text on two lines in a single cell, you had two choices: You could type your first line of text, press [Alt][Enter], type the second line, and then press [Enter]; or, you could right-click the cell, select Format Cells, click the Wrap Text check box on the Alignment tab, and then click OK. When you typed the text in the cells, it would wrap automatically. In Excel 2007, you can accomplish the same thing with one mouse click: After typing the text in the cell, simply click the **Wrap Text** button which appears slightly left of center on the Home tab.

Tidbit

By Bill Lanier

This week two former Northern wrestlers are competing at the US National wrestling tournament in Las Vegas. Glenn Garrison (1998 NAIA National Champion) will be competing in the senior division at the 132 pound weight class in Greco-Roman. Glenn won this event last year at the 145.5 weight class. Todd Eldredge (1997 All-American) will be competing in the Veteran's division of the competition in freestyle. Also competing will be Casey Phelps who was an Assistant Wrestling coach this past year. Casey will be competing at this

tournament in the senior division at 211.5 pounds. To see results go to:
<http://www.themat.com/specialevents/2008/usnationals/default.php>

Dining Room Menu

The Food Services weekly menu is available on line by visiting the Dining Hall page (<http://www.msun.edu/stuaffairs/housing/dining.htm>) or via the "MSU-N Food Services" channel in the Portal.

Upcoming Events

April 25

MAT performance "Divorce Southern Style" 8:00 PM
Step Aerobics 10:00 AM - 10:45 AM
Yoga 11:00 AM - 12:00 PM
Bowling Alley and Pin-n-Cue Recreation Area Open 5:00 PM - 9:00 PM
Annual Sweetgrass Society Pow Wow 6:00 PM

April 26

Havre Pride Day
MAT performance "Divorce Southern Style" 8:00 PM
Annual Sweetgrass Society Pow Wow 12:00 AM

April 28

Student Art Show
Student Senate Meeting 5:15 PM
Folf 6:00 PM

April 29

Mandatory Loan Exit Counseling

April 30

Mandatory Loan Exit Counseling
Farewell Party 2:00 PM - 4:00 PM
MAT performance "Divorce Southern Style" 8:00 PM

May 1

MAT performance "Divorce Southern Style"
Bowling Alley and Pin-n-Cue Recreation Area Open 5:00 PM - 9:00 PM
NCF ChiAlpha Meeting 7:00 PM

May 2

Student Art Show FINAL DAY
MAT performance "Divorce Southern Style"
Bowling Alley and Pin-n-Cue Recreation Area Open 5:00 PM - 9:00 PM

May 3

MAT performance "Divorce Southern Style"