

From the Chancellor

By Dr. James M. Limbaugh

The Montana University System presented its budget requests this week to the Joint Appropriations Subcommittee on Education. Using a thematic approach and focusing on the experiences and goals of "end users" of a Montana education, the MUS highlighted its broad scope of educational opportunities and its economic value to the State of Montana in terms of education and job growth. Our institutional thanks go to two individuals who spoke on behalf of MSUN. Mr. Bill Crandall, Vice President for Operations at Modern Machinery and a member of MSUN's Diesel Advisory Board, emphasized the importance of the proposed Automotive-Diesel Technology Center as a key component of MSUN's continued ability to provide trained automotive and diesel technicians to meet the needs of a rapidly expanding industry. Mr. Johnny Figueroa, an MSUN student majoring in Criminal Justice, explained why the program is important to him and the contributions that he feels he will be able to make as a result of his education at MSUN.

As we proceed through the legislative session, please note the Montana University System has two fundamental priorities.

1. The College Affordability Plan is the proposed legislative and gubernatorial agreement on state appropriation levels that enable the Montana University System to ensure that resident students will see no tuition increases in FYs 2014 or 2015. This will require present law adjustments and full funding of any pay plan, currently proposed at \$34 million over the next two fiscal years.
2. The Long-Range Building Plan, also called "the jobs bill," includes as one of its top priorities the Automotive-Diesel Technology Center. Full information is provided for your review in the legislative briefing reproduced below (before our weekly columns).

Governor Visits Auto Diesel Facility



Governor Steve Bullock visited Northern's Havre campus yesterday to see, first-hand, what we are doing in our Auto Diesel program to train the future workforce of Montana. During his visit he met with several people from General Electric and Modern Machinery who were on campus conducting training sessions. He also met with students and toured Northern's 61 year-old auto diesel facility, which we've scheduled to replace as part of the Governor's new jobs bill.

New Diesel Club Holds Fundraiser



One of the newest clubs on Northern's Havre campus is the Northern Diesel Racing Club. The club is made up of a group of Northern diesel and automotive students who want to build a truck to break the world's speed record for the fastest truck run on 100% bio-diesel fuel. Throughout the first semester, the club members researched the current records and discovered what they will need to do to beat those records. Wednesday, they held their first fundraiser, a chili feed, to start raising the funds to begin this exciting and bold adventure. The NNN looks forward to following their progress over the next few years.

First Chancellor's Forum of the Year

This past Wednesday, at noon, the Chancellor conducted the first Chancellor's Forum of the semester, to explain what is happening at the legislative session. His presentation included a discussion about how the Montana University System is making their thematic presentations to the Joint Appropriations Subcommittee on Education. Some of those themes were energy, culture and quality of life, and community engagement. He also discussed the College Affordability Plan and the Governor's jobs bill which includes MSU-Northern's auto/diesel technology building.

Northern Instructor Helps Scout Earn Welding Merit Badge



Vander Swensen (left) discusses his welds with Andrew Johnson, Montana State University-Northern welding instructor, during Saturday's Boy Scout merit badge college. Havre Daily News/Lindsay Brown

Last weekend, around 80 Boy Scouts, all the way from Conrad to Glasgow, rallied in Havre to pursue various merit badges. MSU-Northern's welding instructor Andrew Johnson assisted 17 of these Boy Scouts (ages 12-18) in earning their Welding Merit Badges. In order to earn his badge, each scout had to weld a couple of plates, understand processes of welding, learn safety and hazards, and understand where welding skills could be helpful e.g. repair maintenance, underwater welding, on railroads, pipelines, and in diesel mechanics. Pacific Hide and Steel donated all the steel used throughout the weekend, and Big R donated safety glasses and welding gloves. The Boy Scouts and MSU-Northern were very appreciative of these generous contributions.

All of the welding scouts were really excited, and some even want to come to Northern to pursue careers in welding. The Boy Scouts were so thankful to have such a thorough learning experience. This Merit Badge-College partnership was a first for the Hi-line. The scouts and their leaders are already looking forward to similar partnerships with Northern in the future, and Northern looks forward to training up more workforce contributors.

We Love Northern Ball Tickets Going Fast

Come one, come all to Bourbon Street, Havre-style, on February 9, 2013! This year, the We Love Northern Ball will be a Mardi Gras Masquerade, with a Cajun inspired menu, dancing and entertainment by the Cure for the Common band, and great auction items. Check out the boom box for the band at www.curetheband.com. They will definitely inspire the evening. Tickets for an unforgettable evening are \$50/person, or you can purchase tables of 8 or 10 for \$400 and \$500 respectively. Call the Foundation at 265-3711 to reserve your tickets today.

Veteran/Disability Office to Hold Open House

In celebration of the new office space (Cowan Hall 309) for the Veteran and Disability programs at MSUN, there will be an open house today (January 25) from 1:00 p.m. to 3:00 p.m. All faculty, staff, students, and interested community members are invited to attend. Cookies, coffee and punch will be provided.

Guest Lecture- Alvin WindyBoy

Humanities Montana sponsored guest speaker Alvin WindyBoy will give a presentation about the significance of land to the Chippewa-Cree, trust status of land, and the relationship between the Chippewa-Cree and the federal and state governments respectively. The lecture will take place today (January 25) in Brockmann 209 from 1-2 p.m. Attendance to the lecture is open to the public.

Northern's Recycling Efforts

Northern has been doing its part to help the environment by recycling paper and aluminum cans. During the past two years Northern has recycled 25,684 pounds of paper. In the last 17 months we have recycled 356 pounds of cardboard and 115 pounds of aluminum pop cans. We want to encourage everyone to keep using the recycling bins around campus, because it is making a significant contribution to our future.

Speech and Debate Judges Needed - Jan 25-26

The Havre High School speech and debate team is hosting the Class A state speech, debate and drama tournament this weekend, and they are in desperate need of some more judges. They have a number of slots open on Friday at 5:30 and there are numerous slots available on Saturday.

If you are interested in judging, please send an e-mail to leeds_tim@yahoo.com, and please let him know what day, times, and events you would like to judge. We can only allow people to judge one round in each event to make certain no judge sees the same student more than once, as per the state rules.

If you cannot judge this year, but would be like us to contact you for future tournaments, please send an e-mail message to the address above to let us know.

The tournament will hold competitions in solo and duo serious and humorous acting, duo classical theatre, pantomime, serious oral interpretation of literature, humorous oral interpretation of literature, original oratory, memorized public address, expository speaking, impromptu speaking, extemporaneous speaking, team policy debate and one-on-one Lincoln-Douglas debate.

Scholarship Applications

The 2013-2014 scholarship applications are now available! Students can apply online by logging into Banner Web-MyInfo:

https://atlas.montana.edu:9002/pls/hvagent/twbkwbis.P_GenMenu?name=homepage

or they can complete a paper version of the form at:

http://msun.edu/finaid/scholarships/ScholarshipApplication_1314.pdf

Students, please apply online and try and stay as "green" as possible.

We also have some scholarships that require additional applications. You can find these applications at: <http://msun.edu/finaid/scholarships/index.aspx> or posted in the Financial Aid Office (Cowan Hall Room 213). The deadline for the applications is January 28, 2013.

Legislative Videoconference

Each Tuesday, at noon, in the Robins School Building in the second-floor Tele-Conference Room, you can view a legislative videoconference. Stay connected with what is going on in Helena by learning what developments could affect you and your business.

The upcoming videoconferences will be on: January 29, February 5, 12, and 26, with the February 19 session held at the Triangle Communications Tele-Conference Room.

Country Band "Aces Up" to Perform February 5



The Associated Students of MSU-Northern are sponsoring a country concert with band, Aces Up, on February 5, 2013 at 7 p.m. in the Student Union Ballroom. Tickets for this concert/dance are \$5/adults and \$3/students with MSU-N students, faculty and staff admitted free of charge.

It has long been said that country music belongs in the South, but the Enumclaw, WA based group, Aces Up, is challenging that notion. With a unique blend of blue-collar country and the raw energy of the famous Seattle rock scene, they deliver hard-hitting, boot-stomping, feel-good country music that consistently sells out the Northwest's premier venues. In addition to receiving national airplay, Aces Up has shared the stage with country music artists Gretchen Wilson, Jake Owen, The Band Perry, Uncle Kracker, Jack Ingram, Steve Holy, Emerson Drive and many more.

Front-man Tyler Adams can croon a heartfelt ballad like "One Lane Road" just as easily as he can growl a blistering barn burner like "Cars, Guitars, & Honky Tonk Bars". Former Marine Jason Adams holds down telecaster duties while a solid rhythm section of seasoned veterans comprised of Joe Henning on bass and Robert Perez on drums keeps the dance floor packed.

It is no surprise that Aces Up has quickly become a favorite of even the most discerning country music fans, and a welcome addition to the playlists of committed rockers. Give them a listen!!

www.acesupcountry.com

Ways to Avoid the Flu

Seasonal influenza is spreading across the country; in its most recent report, the Center for Disease Control cites activity in 48 states. Developed in consultation with Lisa Scheresky-O'Neil (Director of Nursing) and Nicki Branden (Director of Student Health and Employee Wellness), the following information will help you take a proactive stance toward dealing with influenza.

1. Please remember that this is a respiratory illness that is highly contagious.
2. Indicators of the current strain include fever, cough, chest pain, and, in some cases, vomiting.
3. The acute phase can last four-five days. However, full recovery can take up to six weeks, depending on your care.
4. Preventative measures include:
 - a. Frequent washing of hands
 - b. Use of antibacterial wipes to cleanse doorknobs, phones, and computer keyboard
 - c. Covering your mouth when coughing
 - d. Drinking plenty of water
 - e. Focusing on good nutrition (e.g., avoiding a lot of sugary foods and snack items)
 - f. Taking additional supplements of zinc, Vitamin C, and Vitamin D

It's also suggested that offices with a high volume of traffic make available antibacterial wipes and clean surfaces of counters and desks periodically.

FLU shots are still available at Student Health services. The cost is \$17 and can be billed to your student accounts. We are encouraging the vaccine due to a high incidence of illness around the country and in Havre. Office hours are 9-3, call 265-3599 or stop in between office hours.

Finally, if you do catch the flu, stay home, take care of yourself, and don't return to work or class until at least 24 hours after your temperature breaks.

Get Some FAFSA Help

Do you need help completing the Free Application for Federal Student Aid (FAFSA)? Well, help is available at MSU-Northern, and it's free!

If you want to attend this helpful meeting, come to MSU-Northern's Vande Bogart Library basement on February 6, 2013 from 4 p.m.-7 p.m. or on February 10, 2013 from 1 p.m.-3 p.m. Be sure to bring your (both parent and student) FAFSA PIN number (www.pin.ed.gov), correct Social Security numbers (student and parent), 2012 federal tax returns (or 2011 tax returns if 2012 returns are not complete), W2s, tribal income, other aid information (TANF, child support, other benefits), and additional asset information (money market funds, other investments). The FAFSA is the key to federal, state and institutional aid. Everyone should apply, so don't wait!

For more information, contact MSU-Northern's Financial Aid Office at 406-265-3787 or finaid@msun.edu. This event replaces College Goal Sunday.

MSU-N Chancellor's Lecture Series

The MSU-Northern Chancellor's Lecture Series presents an intellectually and culturally diverse program that brings the broader MSU-Northern communities face-to-face with notable thinkers, scholars, civic leaders, authors, and artists throughout each academic year. Designed to create campus and community-wide conversation, the 2012-2013 MSU-Northern Chancellor's Lecture Series will consist of talks on vital topics by distinguished guest speakers. The campus community and general public are cordially invited to attend all of the lectures, and admission is free. The next speaker will be:



Terry C. Blosser presenting "Finding Lifelines in Wild Places" on Tuesday, February 19, 2013 at 7:30 p.m. in the Hensler Auditorium.

Our friends and experiences matter most in life and some of the best connections are to be enjoyed through immersion in living, working and playing in wilderness environments. Blosser has taught speech and writing at MSU-Northern for 11 years. During summers, he has immersed himself in the adventurous seasonal employee lifestyles of two major national park wildernesses, amassing a wealth of experiences and friends. Terry will share some of his unique experiences through visuals, stories, and music. Recorded background music by Blosser will softly play and images of Glacier National Park will flow across the screen as the audience assembles.

Legislative Briefing



Project: Automotive/Diesel Technology Center

One of MSU-Northern's most successful academic programs is its Diesel Technology program. Offering two or four-year degree options, the program is currently educating 226 students (fall 2012), through a hands-on technology education. Demand for graduates continues to increase and job placement is currently at 100 percent.

The Automotive/Diesel Technology Center

This project would replace the current 23,000-square-foot auto tech building, which was constructed in 1952, with a new 30,000-square-foot auto and diesel technology facility.

Rationale

- Space limitations: The 23,000-square-foot facility cannot accommodate growth of the program and struggles to meet existing needs.
- Safety and code violations: The current building is not in compliance with up-to-date building and fire codes: fire alarms are not compliant or repairable; there is no sprinkler protection system in the facility; and restrooms are not ADA compliant.
- Inefficient building systems: The 60-year-old building is poorly insulated and has inadequate heating, ventilation, electrical and lighting systems.
- Deferred maintenance: The Auto Tech Center represents a significant portion of deferred maintenance on the Havre campus.

Benefits

- Meeting industry needs: Graduates of the Diesel Technology program fill critical needs in agriculture, oil, mining, transportation, heavy equipment sales and service and other industries. Spring 2012 graduates reported 100 percent job placement and 55 companies recruit graduates of the program. Most students report several job offers upon graduation.
- Creating construction jobs: A significant number of jobs would be supported to demolish the existing building and construct the new facility, representing a boost for the Havre economy.

Career Outlook

Growth is expected in the construction and extraction industries according to the "Montana

Employment Projections 2011-2021" report from the Montana Department of Labor and Industry. The report projects there will be 729 positions created between 2011 and 2021. Graduates of MSU-Northern's Diesel Technology program would be well positioned to fill these roles.

Investment

The Board of Regents has endorsed the proposed Automotive/Diesel Technology Center. The cost to demolish and build a 30,000-square-foot facility would be \$7.96 million.

Weekly Columns

@ Your Library

By Vicki Gist

This week we'll look at nursing/health databases. The first database to use for locating nursing articles is the CINAHL database. CINAHL includes more than 600 full-text journals and links to many more articles. Additional full-text journals can be found in "Journals" @ OVID. Many popular nursing journals including AJN-American Journal of Nursing, Nursing 2013, and Nursing Made Incredibly Easy can be read cover to cover. OVID includes more than 80 additional nursing journals. Additional databases to use are the Health Source: Nursing/Academic edition, Global Health, and the Health & Wellness Resource Center.

For print and electronic nursing books, try the library's catalog and ebrary. The library has a nice collection of current print books that can be checked out for home use. Ebrary provides access to electronic books on many topics including nursing.

Additional tips and links to resources can be found in the ASN (<http://libguides.msun.edu/nursing>) and BSN (http://libguides.msun.edu/nursing_bsn) Library Guides. These guides are designed to provide easy access to nursing resources and can also be accessed through the Library's webpage. If you have any questions about these resources, contact the Library Staff.

Computer Corner

By Marianne Hoppe

Windows 7 Tip Calculator

Ok, the standard calculator application has been in every version of the Microsoft Windows operating system since the beginning, but the version found in Windows 7 has added some real value.

The Calculator app is of course located in its standard spot in the **Start** Menu - under **Accessories**. But the easiest way to get to the application is to simply type "**calc**" in the **Start** Menu search box.

Click on **View** and in addition to the **Standard** and **Scientific** modes of the past, you'll also see **Programmer** and **Statistics** modes.

Then there is the **History** mode which keeps track of all the calculations that Calculator performs in a session (in Standard and Scientific modes). With this feature you can change the values in the calculations in your history. While you're editing the calculation history, the result of the selected calculation is displayed in the result area.

You can also use the Calculator to perform **conversions** for different units of measure - like angles, areas, energy, temperatures, weights and much more.

The Calculator can calculate the difference between two **dates**, or to add or subtract days from a specified date.

And under the **Worksheets** menu item you'll see worksheets for calculating **Mortgages**, **Vehicle leases** and **Fuel economy**.

Take some time to check out these features. You just might end up pinning it to your desktop!

A Pinch of Salt

By Kimmi Boyce

Essential to life and the success of any New Year's resolution, especially losing weight and getting fit, is proper water intake. According to the Mayo Clinic, there is no single answer to the questions, "How much water should a person drink per day?" The answer varies depending on gender, health, activity level, and geographical location. The best average Mayo Clinic offered is about 13 cups for a male and 9 cups for a female.

Now, if you're not accustomed to drinking adequate amounts of water throughout the day, the increase in intake could seem inconvenient at first, but here are some strategies to make the transition smoother:

- Take two or three water bottles (depending on size) to work or school. Write directly on the water bottles or on tape, placing specific times of day on the bottles. These times mark when you should drink the specified amount of water by. This blatant visual will help spur you on to consuming your necessary amount of fluids for the day.
- If you have a strong distaste for plain water, invest in some low-calorie tea or light flavor packets to embellish the taste of your necessary H₂O intake.
- If you want to try an upcoming fad, check out the "aqua zinger" water bottles. The bottom of the bottle doubles as a fruit grinder. The ground up fruit and/or other natural flavorful items like herbs. The options are endless.

Whatever strategy you choose, drinking the right amount of water is essential to optimal health and success in losing weight. Find a strategy that works for you.

Mission Statement

"MSU Northern, a teaching institution, serves a diverse student population by providing liberal arts, professional and technical education programs ranging from certificates through master's degrees. The university promotes a student centered and culturally enriched environment endorsing lifelong learning, personal growth and responsible citizenship. The university partners with a variety of community and external entities to enhance collaborative learning, provide applied research opportunities, stimulate economic development and expand student learning experiences."