



MONTANA STATE UNIVERSITY
NORTHERN

Northern Network News

The Official Newsletter of MSU-Northern - January 19, 2024

Chancellor Kegel Speaks at the 2024 Annual Chamber Meeting



This past Wednesday, Jan. 17, MSU-Northern Chancellor Greg Kegel had the honor of being the main speaker for the 2024 Havre Area Chamber of Commerce's annual meeting. He spoke on the economic impact MSU-Northern has on Havre and the Hi-Line communities. During the meeting, the Chamber also acknowledged the outgoing and incoming members of their board. Shelli Sayers, the new Havre area Chamber of Commerce Executive Director extend her sincere appreciation to the chamber members, event sponsors, committee members, board members, volunteers, and the Havre area as a whole. The meeting served as an excellent reminder that Havre and MSU-Northern are mutually beneficial to each other's prosperity.

MSU-Northern College of Health Sciences Conducts Groundbreaking Study on Vitamin D and Respiratory Illness in Student-Athletes



MSU-Northern's College of Health Sciences is making strides in understanding the relationship between vitamin D levels and respiratory illness in college athletes. Dr. Chad Spangler, MSU-Northern Associate Professor of Integrated Health Science, is leading the charge on the research.

The official title of the study is "Use of Mixed Methods to Study Vitamin D and Respiratory Illness in a Pilot Cohort." The study involves the participation of 19 MSUN men's and women's basketball players and focuses on monthly changes in vitamin D levels and respiratory illness frequency in each individual student-athlete, constituting a longitudinal, observational approach. Notably, participants are not provided with vitamin D supplements during the study. Dr. Spangler said evaluating the effects of supplementation is seen as a logical next step in future research.

The data collection process is halfway complete, and the study has taken a unique approach in blinding both the researchers and participants from the results until the study period concludes at the end of the academic year. This meticulous process aims to ensure unbiased analysis and comprehensive results.

Participants are tested during the first week of each month, regardless of illness status, and thereafter take weekly surveys about upper respiratory illness symptoms. The use of mixed methods, involving both mass spectrometry and automated laboratory methods, will provide a comprehensive understanding of the variations in results.

The broader goal of this research is establishing ongoing research in the College of Health Sciences at MSU-Northern. The study not only contributes valuable insights into the world of health science, but also provides students with opportunities to engage in the scientific process, develop healthcare skills, and foster ethical considerations related to human service.

ANNOUNCEMENTS

Winter Clothing Drive – Library Foyer

Do you have winter gear you're no longer using? Donate gently worn and freshly laundered items to the Vande Bogart Library to benefit students and community members who can use them! They are collecting coats, hats, scarves, gloves, and mittens for students from Jan. 2 through Feb. 2. Students can come claim needed items during this time.

Important Deadlines

Jan 16th (Tuesday) Last Day to Add Classes (for full session courses)
Jan 16th (Tuesday) Last Day to Drop without a W (for full session courses)
Feb 19th (Monday) Presidents Day Holiday (no classes, offices closed)
Mar 1th (Thursday) Midterm grades due to Registrar's Office by Noon
Mar 8th-15th Spring Break Week (No classes, offices open)

UPCOMING EVENTS

HILL COUNTRY REVUE VARIETY SHOW – Jan. 26, 27 Feb. 2, 3, 9, 10

A variety show in the vein of Hee-Haw, Saturday Night Live and Rowan & Martin's Laugh-In. This production will feature a weekly Local Musician playing original music with comic interludes commenting on life in Havre and the Hi-Line. Get ready for an unforgettable evening of music, laughter, and entertainment as we bring together the finest local talents in one spectacular event!

[Click here for tickets...](#)

Next Brown Bag Lecture – Jan 23

Right to Teacher Quality



On: Tuesday, Jan 23, 2024 — noon to 1:00pm in Hensler Auditorium (ATC)

Presented by:

- Dr. Praveen K. Dubey, Assistant Professor of Education/Director of Clinical Experience and Partnerships
- Dr. Angela R. Crevar, Postdoctoral Scholar, CIRCLE, Texas Tech University

Summary: Teacher quality is one of the most important factors influencing student achievement (Hanushek, 2011). A meta-analysis on teacher effectiveness suggests that teachers account for over 30% of the variance for student learning (Hattie, 2003). As education is the means to increase knowledge, increase opportunities, improve health, and reduce poverty, access to a quality teacher stands to increase human capital.

[Click here for more information...](#)



MSUN COMMUNITY INVOLVEMENT FAIR

Connect with volunteer + service opportunities!

**FEBRUARY 1ST, 2024 | 1 - 5PM
SUB BALLROOM, MSUN CAMPUS**

Community Involvement Fair – Feb. 1

Plan to attend the 2024 MSUN Community Involvement Fair, which is scheduled to be in the SUB Ballroom from 1:00-5:00pm on Thursday February 1st.

This event aims to celebrate Martin Luther King, Jr.'s National Day of Service by encouraging Americans to volunteer & improve their communities. This event will provide an opportunity for students to learn more about ways they can serve their community, both on and off campus. Community members will also be invited to attend. Local non-profits and service organizations, as well as campus clubs and organizations are invited to share their missions and goals and how individuals can participate in their service work.

Research consistently supports the benefits of volunteering and serving others, including positive impacts on both emotional and physical health, as well as increasing connection with others and building a sense of community. Many of the top employers participating in our career fairs seek students with volunteer experience to fill their internship and position vacancies.

Online registration is open for any student clubs or organizations, as well as local non-profits and/or service organizations:

<https://forms.gle/n34ukcSLkz5MwZfs6>

CALENDAR

Friday, January 19

- Lights Wrestling @ Missouri Valley Collegiate
- MAT Hill Country Revue Variety Show – Cowan Hall Little Theatre

Saturday, January 20

- Lights Wrestling @ Missouri Valley Collegiate
- Skylights Basketball @ Carroll College - 2:00 PM
- Lights Basketball @ Carroll College - 4:00 PM

Thursday, January 25

- Skylights Basketball @ Montana Tech - 5:00 PM
- Lights Basketball @ Montana Tech - 7:00 PM

Friday, January 26

- Lights Wrestling vs Southern Oregon University - 7:00 PM
- MAT Hill Country Revue Variety Show – Cowan Hall Little Theatre

Saturday, January 27

- Lights Wrestling @ Tyler Plummer Classic
- Skylights Basketball vs Montana Western - 2:00 PM
- Lights Basketball vs Montana Western - 4:00 PM
- MAT Hill Country Revue Variety Show – Cowan Hall Little Theatre

if you have an idea for the NNN TidBit, send me an e-mail at wjlanier1963@yahoo.com .

Visit our website

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STAY CONNECTED



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