



February 15, 2008

By: Jim Potter, Director of University Relations

The Northern Network News is the official internal newsletter of MSU-Northern. When you have information you would like the campus to know about, e-mail it to Jim Potter at potterj@msun.edu and clearly mark it as for the NNN.

Sorry- No Photos

I am having technical problems with my computer this morning so unfortunately I am unable to put any photos in this issue. Hopefully I will get it fixed by next week. Sorry for the disappointment.

Show Your Colors

Chancellor Rolf Groseth is encouraging everyone on campus and in the town to make Fridays "Northern Days" by wearing your favorite Northern attire. The Northern Lights and Skylights have their last two home games this weekend so put on your Northern garb and cheer on the team. This will also be your last chance to hear the Northern Pep Band for this season.

Faculty and Students Win Addy Awards

Last weekend was the Montana Addy Awards. This is an award ceremony for design firms from the state of MT. It also starts the national competition, encompassing all design firms in the Country.

Although this is primarily for professionals, it allows for student entries at the student level. Two of Northern's GDSN majors walked away with awards. Lindsey Krause received a Bronze and Silver Addy for illustration. Caleb Hutchins received a Gold Addy for his flash site (sparkycat.com). Although there were 8 entries in Caleb's category, his award was the only given. Only MT schools applied for the awards. The Gold Addy is for work of exceptional quality.

On the professional side, Norton Pease received a Gold Addy in the category of Flash web, for consumer. This was for helphillcounty.org. This award is a tremendous honor as all of the major design firms in the state submitted for this award. The Bronze and Silver Addy for this category went to a firm in Missoula and Bozeman. The Gold went to Havre!

This is a 3 tier competition. Winners (silver and gold) will move on to the next level, District. The winners of District will be forwarded on to the National competition.

With over 60,000 entries annually, the ADDY® Awards are the world's largest and arguably toughest advertising competition. The ADDY® Awards represent the true spirit of creative excellence by recognizing all forms of advertising from media of all types, creative by all sizes and entrants of all levels from anywhere in the world. The American Advertising Federation, a not-for-profit industry association conducts the ADDY® Awards through its 200 member advertising clubs and 15 districts. It is the only creative awards program administered by the advertising industry for the industry.

College Goal Sunday – Huge Success

College Goal Sunday is a nationwide annual event designed to help students fill out their financial aid forms. Sixty-two people attended and 34 FAFSA applications were filed. This is the fourth year it has been held in

Montana. We want to thank Cindy Small, Lexy Fisher and their 9 volunteers for making this event a huge success.

The name of every person from the seventeen sites in Montana who filed out a FAFSA application was put into drawing for a \$500 scholarship to be used at the college of their choice. This year the MSU-Northern site will give away 3 of these scholarships. The scholarships were donated by US Bank, Montana Guaranteed Student Loan Program, and Montana Credit Unions for Community Development.

SkillsUSA State Conference Plans Underway

The SkillsUSA State Conference will be here at MSU-Northern April 7, 8, and 9.

The secondary and postsecondary SkillsUSA State Officer Team met in Helena on Sunday February 10 and Monday February 11 to work on the plans. Chad Arnson is a SkillsUSA State Officer and a senior in Diesel Technology at MSU-Northern. Arnson is the postsecondary president. He served double duty this last weekend as he not only demonstrated excellent leadership capability as a SkillsUSA State Officer, but he was also able to perform his assigned duties as the bus driver for the Havre High School DECCA Chapter, who attended their state conference.

Chuck Jensen's Going Away Party

Chuck Jensen's going away party will be Tuesday February 26th at 3:30 to 5:00 in Donaldson Commons. Please mark your calendar and plan to attend.

Grant Helps Improve Skills

MSU-Northern is participating in a grant for \$120,000 per year for the next two years for Northern's College of Education, Arts & Sciences, and Nursing to partner with the Montana North Central Education Service Region to provide teachers with the training needed to improve their student's writing, math and science skills. The federal Title II grant is flowing through the Montana Office of the Commissioner of Higher Education's and is entitled, "Technical Writing Essentials for Math and Science (TWEMS).

This grant provides intense training to some 20 practicing 6-12 grade teachers from the northern region. The training will concentrate on "technical writing essentials for math and science". There will be approximately 10 different school districts involved along with personnel from the Golden Triangle staff development pool of consultants, as well as representatives from MNCESR and five consulting faculty from MSU-Northern representing the program areas of English, math, science and education.

MSU-Northern will host two 3-day summer training institutes. Our faculty will serve as consultants in areas of expertise aligned with intricate aspects of the training, and provide for the earning of three (3) credits for each of the two-year training design.

Kyle Samson Named Offensive Coordinator

Kyle Samson has been promoted to Offensive Coordinator for the Northern Lights. Samson was a 3-time All-Conference performer for the Lights from 2004-06, as well as All American for 2 years (2005-06) and Conference MVP in 2006. According to Lights Head Coach Mark Samson, Kyle is more than ready to assume his new duties. "Kyle is a great teacher, great motivator and does a tremendous job recruiting for the Lights. He is a perfect fit for the program and I have all the confidence in Kyle to lead our offense for the upcoming years."

Coach Samson also announced that Jake Eldridge will assume the duties as Running Backs coach. Jake was a 4 year starter for the Lights and was a 2 time All-Conference performer.

Jason Christenson has replaced Casey Haldeman as Defensive Line Coach. Jason had been in charge of the Offensive Line the past three years for the Lights.

The Story Behind the Ball

By Sharon Caven

Did you know that the We Love Northern Ball was the brainchild of some Soroptimist members in December of 1984 to show support for Northern while other campuses picketed the proposed cuts in University system budgets? Fifty-seven organizations and businesses worked together for two months. On Valentine's Day 1995 the first "Ball" was held. Everyone in the community participated from the Girl Scouts handling the coat check, Boy Scouts helping with cleanup, Bacchus Club setting up a non alcoholic bar, Tavern Association setting up the bars, students helping Loendorf's Florist make corsages, R & R Studio set up for "Ball" pictures, Marge Holt played dinner music, Roger Barber was Maitre D and coaches and students were the waiters and waitresses.

Do set aside April 19th to show continued support for Northern at the 23rd We Love Northern Ball; you will have a grand time and raise scholarship money.

Chem Screen Info

By: Nurse Sue (Sue Swan)

There will NOT be a spring Faculty/Staff Wellness screen this year on campus. For those folks who want Chemistry screens, etc., please call my office and make an appt. to have your blood drawn here. There are no longer "free years", but blood tests are offered at a substantially reduced rate, so you can have it done as often as your health provider recommends. I can print off the results right here in a few days if you are taking them to your provider. Prices are as follows:

Chem screen (Thyroid, Cholesterol panel, Sugar, Liver/Kidney function, Iron)--\$25

PSA (Prostate Specific Antigen)—free annually to men over 50, under 50--\$25

CBC (Complete Blood Count)--\$16

C-Reactive protein (Heart Disease risk)-- \$34

Hemoglobin A1c (for known Diabetics)--\$30

TSH (Thyroid) only--\$21

Homocystine (Heart/Stroke Risk)-- \$44

The Chem Screen is a fasting test.

MUS is offering a Diabetes program in which testing supplies can be obtained. Known diabetics should have been contacted by now.

If you know of anyone not on the Faculty/Staff insurance, the Hill County Health Dept. and the Billings Clinic are hosting a Spring Wellness Screen at HRDC (2229 5th Ave.) on Thursday, March 6th from 6:30 AM- 10:30 AM with the same tests being offered at a slightly higher rate than ours. Apts. are recommended and can be made by calling 265-5481 x 266.

I will still be glad to monitor blood pressures here at my office during regular hours (M-F, 9-3).

Daffodil Days

The American Cancer Society is once again sponsoring the Daffodil Days campaign. This year there is something new – an exclusive edition Boyd's Bears "Bea R Hope" bear and bunch of flowers! Please give your order and a check to the American Cancer Society to Janet Trethewey in the gym by Friday, February 22.

Bunch of 10 flowers - \$10

Flowers & Vase - \$15

Bear & Flowers - \$25

Gift of Hope – a bouquet and vase delivered to a cancer patient (you can designate or one will be chosen) - \$15

For more information check <http://www.msun.edu/hr/bboard-pdfs/DaffodilDays.htm>

Conference Phone Services

Did you know you can sign out a conference phone from the ITS Help Desk? All you have to do is let the ITS Help Desk know well in advance when you need the phone **AND** which room you will be using and they will help you with the rest. It does not work in every room on campus so for your convenience, here is a list of rooms that are set up to work with the conference phone:

Cowan Hall: West Conference room and 317
Library: Conference Room and Learning Center Lab A
Donaldson Hall: the Commons and 213
SUB: Crowley Conference room and the Fireside room
Food Services: Small Dining Room
Brockmann: 104E
Hagener: 117

Dyrland signs with Skylights

MSU-Northern Volleyball Coach Greg Ryan announced today that Natasha Dyrland from North Star High School has signed a National Letter of Intent to compete for the Skylights in 2008. Natasha has been a standout athlete in Volleyball, Basketball and track since her freshman year when she was the Gatorade player of the year in Volleyball.

2008 Football Signees

This is a list of new football signees as of February 8th.

Robert The Boy	OL	5-11, 245	Havre, MT
Jordon Chroniger	DL	6-2, 260	Shiloh, NJ
Zach Evans	WR	5-11, 195	Seeley Lake, MT
Robert Fife	OL	6-3, 305	North Canaan, CT
Ryan Halko	LB	5-11, 200	Sand Coulee, MT
Jordon Hoge	LB	5-9, 190	Harlowton, MT
Kyle Kercher	WR	5-11, 180	Leduc, AB Canada
Bryce Kristel	OL	6-6, 315	Stony Plain, AB Canada
Ethan May	DB	5-11, 155	Fairfield, MT
Tony May	RB	5-10, 180	Fairfield, MT
Shaughn McKeon	WR	5-7, 165	Butte, MT
Damon Moe	DB	5-10, 175	Florence, MT
Louden Shearer	DL	6-5, 235	Meridian, ID
Anthony Tate	DB	5-11, 205	Prescott Valley, AZ
Sean Thornton	DL	6-2, 235	Helena, MT
Lucas Topp	DB	5-10, 180	Florence, MT
Matt Van Winkle	LB	6-2, 195	Malta, MT
Levi Walker	WR	5-11, 165	Bigfork, MT

Evans Signs to Play Volleyball

MSU-Northern Volleyball Coach Greg Ryan announced today that Montana Shaina Evans from Flathead High School in Kalispell has signed a National Letter of Intent to compete for the Skylights in 2008. Shaina is a multi-talented athlete having competed for her school in Basketball, softball and swimming in addition to her Volleyball commitment. "Shaina is a leader" said Coach Ryan as evidenced by her selection as Varsity Team Captain. At 5'8" she will add depth to the outside hitting position for the Skylights. Shaina is also a terrific

student. She is Academic All-State, she has been on the Honor Roll since grade 9, as well as being a published writer and is enrolled in honors classes.

ID Theft Seminar

The Havre Chamber and Havre Businesses are sponsoring an identity theft seminar on Tuesday, February 26, 2008 at Noon - 1:00 p.m. The cost is \$5.00 for a "Brown Bag Lunch" Please call the Chamber, 265-4383, to reserve your lunch by Monday, February 25th.

The seminar will be at the Triangle Communications Meeting Room (east door entrance).

The seminar will be presented by Katie Huff, certified Identity Theft Risk Management Specialist.

How I Learned to Drive

Montana Actors Theatre is pleased to present the play "How I Learned to Drive". This Pulitzer Prize-winning play is about physical disassociation; about owning your body and your memories; about the emotional changes in a teenager's psyche, about the physical changes in a woman's body, and about the way the one fits into the other. This is where the imagery of driving, steering and shifting and the way the play's narrative commutes between the past, present and future. This is for an adult audience.

Co-Directed by Northern's own Brenda Skornogoski and Jay Pyette, show dates are February 6- 9 and 13-16. Tickets are available at the door for \$10.00/ person and free to students with current student IDs. Students are encouraged to pick up your tickets in advance at the SUB info desk.

Auditions Coming Soon

Auditions for the next MAT play entitled "Divorce Southern Style" will be February 26th and 27th at 7:00 p.m. in the Northern Little Theatre.

Wellness Tips

By: Heather Sinclair

My name is Heather Sinclair and I am staffing the wellness office on Tues. and Thurs. from 9-3. The wellness office is located in the old post office in Cowan Hall.

Who said health-related lifestyle changes had to be all or nothing? Making small changes can add up over time to give you a big health boost. Here are some suggestions:

- Add 5 more grams of fiber to your daily meal plan.
- Cut out refined carbohydrates, such as white bread, white rice, and sweets
- Avoid foods with trans-fats
- Add two more servings of veggies at lunch and dinner
- Drink three more glasses of water each day
- Add 10 minutes of walking to your daily exercise regimen
- Take a break every hour at work and walk 500 steps in place (2,000 steps burns 100 calories)
- Wake up 15 minutes earlier and walk before work

Presentation on the Consequences of Chewing Tobacco

MSU-Northern has been fortunate to be chosen among many applicants as a site for a Gruen VonBehrens presentation on consequences of chewing tobacco use. He will be here on campus for a presentation that is open to the public on Tues., Feb. 26th at 5:30 PM in the SUB. The students working on the project will be putting up posters shortly. Refreshments will be served and there will be a drawing for an iPod for attendees. If there are any faculty who wish me to keep names of their students attending (possibly for extra credit, etc.), Sue Swan will be happy to do that. Just let her know.

Library Corner

By: Vicki Gist

The Library hours for the Presidents' Day weekend are Saturday & Sunday (Feb. 16 & 17)—closed; Monday (Feb. 18)—7:30 AM-9:00 PM.

Have you recently read a good book that was set in Montana and/or the surrounding states and Canadian provinces, and that was published last year? Nominations are now being accepted for the High Plains Book Award. This will be the 2nd year an award will be given to a book that examines and reflects on life on the High Plains. For more information about the award and a nomination form, go to <http://www.billings.lib.mt.us/hpba/hpba.htm>. Nominations will be accepted through April 1, 2008.

You can find the following 2007 winners at the Library: *Indians And Emigrants: Encounters on the Overland Trails* by Michael Tate (2007 Book of the Year Award) and *Jay Cooke's gamble: the Northern Pacific Railroad, the Sioux, and the Panic of 1873* by M. John Lubetkin (2007 Best New Book Award). Larry Watson won the Emeritus Award for 2007. The Library has copies of his *Sundown, yellow moon: a novel*, *White crosses: a novel*, and *Montana 1948: a novel*.

Career Center News

By Terry Lillevedt

The on-campus recruiting schedule for February is filling up! Sign up sheets for interviews are available in the Career Center. The current recruiting schedule includes:

The Montana Department of Transportation will be on campus Thursday, 2/21/08. They will be holding a general information session at 11:00 in Hensler Auditorium. Interview times will be scheduled only with students who have applied for the summer internship program. However, all Civil Engineering Technology and Design Drafting students are encouraged to attend the general information session to learn more about career opportunities with MDOT.

Steffes Corporation, a steel manufacturer out of Dickinson, ND is recruiting on campus on Tuesday, 2/26/08. They are looking for Welding, Machining, CIS, Industrial Tech, Electrical, Drafting, Computer Engineering Tech, and Electronics majors for co-op and full-time positions. A general information session is scheduled at 9am in Hensler Auditorium with interviews to follow in the Career Center.

Stillwater Mining is recruiting on campus on Wednesday, 2/27/08. They are looking for Diesel, Auto & Electrical majors for co-op and full-time positions. A general information session is scheduled at 9am in Hensler Auditorium with interviews to follow in the Career Center.

Hoven Equipment, Great Falls is recruiting on campus on Thursday, 2/28/08, for a full-time Customer Service Rep & a Co-op and full-time Service Tech. Ag, AOT, Business, Auto & Diesel majors may apply. A general information session is scheduled at 9am in Hensler Auditorium with interviews to follow in the Career Center.

Several Career Fairs are scheduled around the state during February. Northern students are invited and encouraged to attend these fairs. Information about the fairs and the employers planning to attend are available on the web sites listed below. Please take some time to review these web sites and the employers scheduled to attend to determine if attending one (or possibly more) of these fairs may be worthwhile. Remember, career fairs are a wonderful opportunity for students to interact, one-on-one, with potential employers looking for both full-time and Co-op employees. While students are not normally hired at a career fair, it is an important first step in the employment process. Some fairs also include interviewing on the day following the fair. Upcoming Career Fairs include:

The University of Montana is sponsoring its Annual Big Sky Career Fair on Wednesday, 2/20/08 from 9am - 3pm. It will be held in the University Ballroom. More information is available on their web page at www.umt.edu/career.

MSU-Bozeman will a fair in February. They will have their 3rd Annual Almost Spring Job and Internship Fair on Thursday, 2/21, 9am - 3pm in the Strand Union Ballrooms. More information is available on their web page at www.montana.edu/careers.

If you have questions concerning the Career Fairs please see Terry or Jennifer in the Career Center located in Donaldson Hall.

Computer Tip of the Week

Are you seeing the current version of web pages

By: Marianne Hoppe

In order to speed up web browsing, Internet Explorer downloads and stores copies of web pages on your computer. The problem with this is that you may not be seeing the current version of those web pages. Here's how to change your Internet Explorer Cache settings:

1. From the menu bar, select **Tools** then Internet **Options**.
2. On the **General** tab in the **Browsing History** section, click the **Settings...** button.
3. There are four options under **Check for newer versions of stored pages**., you should make sure either the first or second option is selected. Here are all the options and their descriptions:

Every time I visit the webpage: When you return to a page you viewed previously, Internet Explorer should check to see whether the page changed since you last viewed it. If the page has changed, Internet Explorer displays the new page and stores it in the Temporary Internet Files.

Every time I start Internet Explorer: When you view a Web site that you have visited before in the same Internet Explorer session, Internet Explorer uses the cached temporary Internet files instead of downloading the page. If you press F5 or click Refresh, Internet Explorer downloads the page.

Automatically: If you select this setting, Internet Explorer checks for new content only when you return to a page that you viewed in an earlier session of Internet Explorer or on an earlier day. Over time, if Internet Explorer determines that images on the page are changing infrequently, it checks for newer images even less frequently.

Never: Internet Explorer does not check the Web server for newer content.

Tidbit

By: Bill Lanier

Did you know... That one of the more popular student activities on campus years ago was the MDA Superdance. This was a 48 hour marathon dance that raised money for the Muscular Dystrophy Association. In 1979 Northern student, Zarren Pasma, personally presented Jerry Lewis a check for \$34,272.00 on the MDA Labor Day Telethon.

Upcoming Events

Feb. 15

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

Skylights Basketball vs. Lewis-Clark State College 6:00 PM - 7:30 PM

Lights Basketball vs. Lewis-Clark State College 8:00 PM - 9:30 PM

Montana Actors Theatre presents: "How I Learned to Drive" 8:00 PM - 10:15 PM

Feb. 16

Skylights Basketball vs. Westminster 6:00 PM - 7:30 PM

Lights Basketball vs. Westminster 8:00 PM - 9:30 PM

Montana Actors Theatre presents: "How I Learned to Drive" 8:00 PM - 10:15 PM

Feb. 18

President's Day ~ No Classes, Administrative & Service Offices *OPEN*

Student Senate Meeting 5:15 PM

Badminton Tourney 8:00 PM - 10:00 PM

Feb. 19

Wall Climbing 6:00 PM

Badminton Tourney 8:00 PM - 10:00 PM

Feb. 20

Step Aerobics 10:00 AM - 10:45 AM

Yoga 11:00 AM - 12:00 PM

SSS Pancake Supper 6:00 PM - 8:00 PM

Feb. 21

Mardi Gras Dinner 4:30 PM - 6:30 PM

Bowling Alley and Pin-n-Cue Recreation Area Open 5:00 PM - 9:00 PM

NCF ChiAlpha Meeting 7:00 PM

Feb. 22

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

Skylights Basketball @ University of Great Falls 6:00 PM - 7:30 PM

Lights Basketball @ University of Great Falls 8:00 PM - 9:30 PM

Feb. 23

Lights Wrestling @ Regional Tournament