

# NORTHERN NETWORK NEWS

The Official Newsletter of MSU-Northern

January 20, 2017

*Welcome Back!*

## Feature Videos

### Plumbing Program Video



## *This Past Week*

### **MSUN Observes Martin Luther King Day**



In celebration of the birthday of Dr. Martin Luther King Jr., activist Judith Heilman, Executive Director of the Montana Racial Equity Project (Bozeman, MT) presented last Friday: "Racial Equity and Justice: Then, Now, Future." During her talk, she referred to her views on the civil right movement and how, as a society, we had made some progress. There are still racial tensions in our daily interactions primarily toward individuals of African-American heritage as well as American Indians. Concepts well known in the literature of diversity studies like white privilege, color blindness, systematic oppression and quotations from Dr. King. She also referred to historic events related to segregation like Bloody Sunday and more recent ones related to end discrimination and violence like Black Lives Matter or NODAPL. At the end of her presentation, the audience had the chance of interacting with her asking her questions. Afterwards attendees enjoyed a community feed sponsored by Walmart, Gary & Leo's IGA, Spud's, and Culligan Water. In addition to thanking the generous donations of these sponsors, The Office of Diversity Awareness and Multicultural Programs (ODAMP) would also like to thank the organizing committee: Vista AmeriCorps, Montana Campus Compact, and the Hill County Library.

### **Shawn Huse Honored for Winning 300<sup>th</sup> Game**





Last Friday, prior to the Lights men's basketball game against Rocky Mountain College, Coach Shawn Huse was honored for winning his 300th game as the lights mentor. Huse (already the winningest men's coach in MSU-Northern history), was presented a ball honoring the achievement by MSU-Northern Chancellor Greg Kegel and Athletic Director Christian Oberquell.

The Lights defeated Montana Tech in Butte on December 1 by a score of 76-62 to help Coach Huse achieve the historic win. In addition to his over 300 wins, Coach Huse ranks 17th among active NIAA Division I coaches in total wins, and he ranks sixth in winning percentage at over 66%.

Congratulations, Coach Huse you make Northern Proud!

## HLA Members Get Certified as Peer Educators.



Gabe Benavidez, Nickie Detomasi, Courtney Cota, and Nealey Thompson are now certified peer educators. They earned the CPE credential after completing a weekend workshop and passing a certification exam. The four students are members of Healthy Lifestyle Advocates (HLA), a student club with a mission to promote health and wellness among Northern students. They became interested in becoming certified after HLA members attended a national conference and learned that many colleges use peer education to drive campus health promotion. The new team of peer educators plans to use their skills to teach their Northern peers about different aspects of health. The certification course was led by Chad Spangler, assistant professor of health promotion and HLA advisor.

If you are interested in peer health education, please consider joining HLA. You can email [chad.spangler@msun.edu](mailto:chad.spangler@msun.edu) or just show up to our meeting - 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month at 4PM in the SUB dining room.

## 2016 GRADUATE SURVEY WINNERS

Every year, the Career Center conducts the Graduate Survey of alumni to gather information on where they are working. This survey is a requirement of the accreditation process and also helps with the planning for future recruitment. As an incentive for alumni participation, the Career Center joins forces with the Alumni Foundation and offers prizes for participants. The 2016 Graduate Survey winners are:

FIRST PRIZE: Dana Hellinger - \$200 Gift Card from Amazon

SECOND PRIZE: Marielle Simonson - \$150 Gift Card from Amazon

THIRD PRIZE: Grant Lakey - \$50 Gift Card from Amazon

Congratulations survey prize winners!

## Students Provide Input



Before the break, 250 students took a survey designed to help Northern identify ways we can improve campus life. One of the recommendations that came out of that survey was the need for new mattresses. Therefore, we have brought in three beds for people to lay on and vote for which mattress they like best. The beds will be there for one more week so please stop by the SUB ballroom and tell us which mattress you think has the best feel.

## 12 Angry Women - Opens tonight

## 12 Angry Men - Opens tomorrow night



A 19-year-old man has just stood trial for the fatal stabbing of his father. "He doesn't stand a chance," mutters the guard as the 12 jurors go into the bleak jury room. It looks like an open-and-shut case. Until one of the jurors begins opening the others' eyes to the facts. "This is a remarkable thing about democracy," says the foreign-born juror, "that we are notified by mail to come down to this place and decide on the guilt or innocence of a person; of a man or woman we have not known before. We have nothing to gain or lose by our verdict. We should not make it a personal thing." But personal it is, with each juror revealing his or her own character as the various testimonies are re-examined, the murder is re-enacted and a new murder threat is born before their eyes! Tempers get short, arguments grow heated, and the jurors become 12 angry men/women.

This show has two casts... A cast of women and a cast of men so please note which dates have the cast you want to see. Tickets are; \$15/Adults, \$10/Students/Seniors/ Military and MSUN Students are Free with valid ID. Evening shows begin at 8:00 p.m. Doors and Backstage Lounge open one half hour before show begins.

Cast of Women - January 20, 26, and 28 and February 3  
Cast on Men - January 21 and 27 and February 2 and 4

## *Important Announcements*

### **IMPORTANT DATES For Spring Semester 2017**

**Financial Aid Refunds:** Direct Deposits will be processed on Monday, January 23rd and deposited on Thursday, January 26<sup>th</sup> Checks will be processed on Tuesday, January 24<sup>th</sup> and mailed out Wednesday, January 25<sup>th</sup> All Refunds will be processed weekly thereafter

Last day to charge at the Bookstore: .....January 20th  
Payment for Spring 2017 Tuition & Fees Due Date:....Friday, January 6th  
Confirm Attendance & Accept Charges.....Friday, January 20th  
Last Day to Add a Class .....Thursday, January 19th  
Last Day to Drop a Class without a "W" .....Thursday, January 26th  
Last Day to Drop a Class with a "W" ..... Wednesday, March 22nd

#### **Refund Schedule-for Complete Withdrawal**

75% Refund.....Wednesday, January 18th - Monday, January 23th  
50% Refund .....Tuesday, January 24th - Thursday, January 26th

#### **Fee Refund-for Course Load Reduction**

100% Refund.....Thursday, January 26th  
0% Refund.....Starting Friday, January 27<sup>th</sup>

#### **Deferred Installment Payment Schedule: .....(\$30 processing fee is added)**

\* 50% of total fees due:           Friday, February 3rd  
\* 75% of total fees due:           Friday, March 3rd  
\* 100% of total fees due:         Friday, April 7th

Last Day to Waive Student Health Insurance: January 31st, 2017 - NO EXCEPTIONS

### **Listen to "Diverse Northern" Radio Program - Thurs. 11 a.m.**



Next Thursday, "Diverse Northern" will enjoy a show specifically dedicated to celebrate Chinese/Lunar Year 2017. For the occasion, there would be a selection of popular old and new Chinese music along with quotations of the Chinese teacher, philosopher, and politician Confucius. According to the Chinese 12-year animal zodiac, 2017 is the year of the Rooster. People in China and other Asian countries celebrate in their New Year Festivals family time and luck for a prosperous coming year.

### **Order Your Graduation Cap and Gown**

Are you graduating May 2017? The Bookstore now has order forms available for your cap, gown, and tassel packages. Order before March 10, 2017, to avoid a \$5 rush fee. You may also order through [www.jostens.com](http://www.jostens.com). If you are graduating with your Master's, the online ordering will not be available



through Jostens.com. Announcements are available for purchase in the store or you may customize them through Jostens.com. Click Here to download your order form.

## **Jump Start Your FAFSA - Before Feb. 10**

More good news! The 2017-2018 FAFSA is now available. Starting this year, you can now use your prior year's completed taxes. When filling out the FAFSA, use 2015 tax information. Get a jump start on FAFSA and financial aid by applying now. Be stress-free and apply today! The link to the FAFSA is: <https://fafsa.ed.gov/> Priority deadline is February 10, 2016. If you have questions, contact the financial aid office at 406-265-3787 or [finaid@msun.edu](mailto:finaid@msun.edu).

## *Upcoming Activities*

### **Bitter Pill: Montana Lives Affected by Prescription Drug Abuse - Jan. 23-29**

During National Drug and Alcohol Facts Week (January 23-29, 2017), several MSU-Northern staff and faculty members, and representatives from the Hill County Health Department have organized a week of events to increase awareness of prescription drug abuse for the campus and the greater community. Anyone is welcome and encouraged to attend.

#### **"Bitter Pill" Art Exhibit Opening Reception - Jan. 23**

Monday 1/23/2017, 7:00 p.m. - MSUN Vande Bogart Library  
Through a variety of mediums, Montana artists convey the toll prescription drug abuse has on family members, friends & neighbors. Refreshments will be served

#### **Documentary & Discussion: "Chasing the Dragon" - Jan. 24**

Tuesday 1/24/2017, 12:00 noon-1:30 p.m. - MSUN SUB Ballroom  
View first hand accounts of individuals who became addicted to opioids & the detrimental affects their behavior had on their relationships, careers, as well as legal consequences. Lunch will be served

#### **Prescription Drug Abuse in Hill County - Jan. 25**

Wednesday 1/25/2017, 3:30-5:00 p.m. - MSUN Hensler Auditorium (ATC Building)  
CJ Reichelt, Team Leader for the Tri-Agency Drug Taskforce & Audrey Barger, Judge of the Hill County Drug Court will discuss the impact of prescription drug abuse in our community.  
Refreshments will be served

#### **Panel Discussion - Jan. 26**

Thursday 1/26/2017, 7:00-9:00 p.m. - MSUN Hensler Auditorium (ATC Building)  
Community members in recovery and providers from the local treatment community share their experiences. Refreshments will be served

Questions about the event can be directed to Sherry Kegel, Student Health Services Director ([sherry.kegel@msun.edu](mailto:sherry.kegel@msun.edu)), Cristina Estrada-Underwood, Director of Diversity Awareness and Multicultural Programs ([c.estrada-underwood@msun.edu](mailto:c.estrada-underwood@msun.edu)) or Amber Spring, Counselor ([amber.spring@msun.edu](mailto:amber.spring@msun.edu)).

#### **Jan Leibel: "Diamonds for Dummies" - Jan. 24**

Tuesday, January 24: Applied Technology Center, Hensler Auditorium  
A diamond is a gemstone, but what makes the diamond the favorite? Most people think of diamonds as 'white or clear, but diamonds come in many colors. Gemologist and owner of Heirloom Jewelers in Havre, Montana, Jan Leibel, will discuss "everything you wanted to know about diamonds but were afraid to ask." Diamonds and gemstones will be available for viewing.

#### **Safe Zone- Extension Meeting - Jan. 25**



The next Safe Zone - Extension meeting will take place next Wednesday, January 25th at 6.00 pm at the MSUN Multicultural Center, Cowan Hall 308. This is a safe and welcoming space for LGBTQ individuals and allies. For more information, contact [mcc@msun.edu](mailto:mcc@msun.edu) or call 265-3589.

## Speech and Drama Debate - Jan. 21, 27, 28

Havre High School is hosting the Class A eastern division speech, debate and drama tournament on the campus of Montana State University-Northern Saturday, Jan. 21.

Anyone interested in judging can visit the Facebook page set up for the tournament at [Facebook.com/havredivisional 2017 Montana Class A Eastern Divisional Speech-Debate-Drama Tournament](https://www.facebook.com/havredivisional2017), for more information and to access an online registration form or go directly to the form at [bit.ly/2jpr4XJ](http://bit.ly/2jpr4XJ), or email head coach Tim Leeds at [havrespeech@gmail.com](mailto:havrespeech@gmail.com).

Rounds will be at 9 a.m., 10:30 a.m., noon, 2 p.m. and 3:30 p.m., and competition will be in all Class A events. The attached letter gives more details, and more is available at the Facebook page as well. We are hosting judges clinics at 6 p.m. in the Havre High School library Monday, Jan. 16, and Wednesday, Jan. 18, for anyone who wants to know more about judging the events, how the tournament will work and how the ballots are set up.

For people who would like to judge more, or who cannot judge the divisional tournament but would like to judge the next weekend, Chinook High School is hosting the Class BC state tournament, also on Northern's campus, the following weekend, Friday and Saturday Jan. 27-28. People interested in judging at that tournament can visit its Facebook page at <https://facebook.com/state2017>.

## Book Discussion Group Starts - Feb. 6

The Multicultural Center is pleased to announce a book discussion group, led by Dr. Valerie Guyant, planned for February 6th. at 4:00 p.m. Anyone interested is invited to come to the Multicultural Center before that date to check out a copy of "Kindred" by Octavia Butler. Butler is recognized as the first American black woman to write science fiction novels and "Kindred" is possibly her most famous work. This combination of slave memoir, fantasy, and historical fiction is a novel of rich complexity, but also an entertaining, easy read. Community members, faculty, staff, and students are all welcome. Please drop by and get a copy before the holiday!

## Spring Career Fair - Feb. 9

2017 Spring Career Fair: Thursday, February 9<sup>th</sup> 9am-noon, Armory Gymnasium  
Employer Registration Deadline: Thursday, February 2<sup>nd</sup>  
Call the Career Center for more information: 406-265-4198

## Women in Traditionally Male Dominated Fields - Feb. 9

The Office of Diversity Awareness and Multicultural Programs (ODAMP) along with the Montana Women's Foundation are sponsoring the event "Women in Traditionally Male Dominated Fields." The objective is to encourage women to learn about programs like Agricultural Technology & Agricultural Mechanics, Automotive, Criminal Justice, Civil Engineering, Diesel Technology, Electrical Technology, Plumbing, and Welding. These presentations, hands-on activities, and panel discussion will take place Feb. 9th, 2017 from 8.30 am to 2.30 pm starting in Hensler Auditorium. Registration is available at [www.msun.edu/multiculturalcenter](http://www.msun.edu/multiculturalcenter). For more information contact [mcc@msun.edu](mailto:mcc@msun.edu) or call 406-265-3589.



## **Yvonne Tiger: "IndiVisible: African-Native American Lives in Americas - A collection of the Smithsonian Institute's traveling exhibit and Yvonne Tiger lecture" - Feb. 21**

Tuesday, February 21: MSU-Northern Vande Bogart Library

Within the fabric of American identity is woven a story that has long been invisible-the lives and experiences of people who share African American and Native American ancestry. "IndiVisible" is the Smithsonian Institute's traveling exhibit that reveals unique information about the little-known history of people with dual African-American and Native American ancestry. It is a display of large panels that discuss the cultural integration of these blended marriages and the ancestors caught between preserving their individual heritage and embracing both cultures. Art historian, Yvonne Tiger, earned a Master of Arts in History and a Master of Arts in Art History from Smith College in Northampton, Massachusetts. Her Art History degree focused on Native Americans. Yvonne Tiger's Tribes (Cherokee, Creek, Seminole) are intrinsically linked into this history and features in the "IndiVisible" display.

## **Joan Bird: "UFOs and Extraterrestrials in Montana" - Mar. 30**

Thursday, March 30: Applied Technology Center, Hensler Auditorium

Author, researcher and zoologist, Joan Bird, will present important, well-documented Montana cases of UFO evidence, including nuclear missile shutdowns, government UFO investigations, and the science behind crop circles. She will also share stories of contact and what we have learned from cosmic visitors. Montana is home to some of the most significant, well-documented and interesting UFO reports in the history of ufology (The study of UFO's).

## **International Poetry Reading - Apr. 4**

Campus and community members are invited to help us celebrate a love of poetry and languages at an International Poetry Reading on the evening of April 4th in the MAT. Co-organizers Valerie Guyant, assistant professor of English and Cristina Estrada-Underwood, Director, Diversity Awareness and Multicultural Programs invite members of the community, international students, national students, faculty and staff, whether native speakers or just learning a language for the first time, to join us in celebrating our collective linguistic and cultural diversity by volunteering to read, chant, sing and sign in languages other than modern, standard English. We wish to give people who speak another language a chance to share their language, and we want to give people in the audience the opportunity to enjoy those languages and admire those who speak them.

At this time, we are asking only to know what language you plan to share with the audience in an approximately five to ten-minute presentation. After the first of the year, we will ask that you send in a copy of your selection in the original language and in translation to be included in the program. Please contact Valerie Guyant at [Valerie.guyant@msun.edu](mailto:Valerie.guyant@msun.edu) or 406-265-4173 to volunteer or if you have any questions.

## **Jack Glatzer: "Solo Violin Recital with Integrated Art History Program" - Apr. 10**

Monday, April 10: Applied Technology Center, Hensler Auditorium

Returning to Havre for a sixth year and known for his wealth of instrumental beauty, world-class American violinist who resides in Portugal, Jack will perform a solo violin recital. He introduces each musical work by an informal and intimate commentary and links music to art, history, and civilization.



### Northern Technology Snapshot

by Thomas M. Welch - Agricultural Technology Educator at MSU-Northern

#### Atoms and Electrons at Northern



I have spent a lot of time at Northern converting atoms to digital files and digital files to atoms. This article's text and companion image was created, shared, viewed and stored with electrons. I have used many devices such as digital cameras, flatbed scanners, digitizing tablets and other technology devices to capture images for digital display and archival. Fax machines also digitize pages and send the information via electrons and when printed out on paper the information is once more in atom format. 3-D printers at Northern can even take digital data and make a real object out of plastic. Northern has a learning environment consisting of both things one can touch and electronic data and the conversion from one form to another is rampant on our campus.

Pictured with this article is a digitizing tablet and puck that I once used at Northern. Preceding mice, these devices were coupled to drafting and design computers and were a primary input tool. Pucks and tablets allowed for mouse-like clicks, precise drawing and digitizing of images (note the bull's eye on the puck) and were setup for specific software. This was the era of mid 1980s when few digital images of maps and drawings existed and it took hours of painstaking work to trace maps and other drawings. I distinctly remember taping a state road map of Montana to the top of a digitizing tablet and carefully digitizing Montana's boundary and its counties as a digital line drawing. I used this image in my classes for years, and remember: this was way before Google and ubiquitous image libraries. Enjoy your atoms at Northern and continue to learn from our many ones and zeros.

# Northern Sports Recap

By Kristie Pullin

## January 12

The No. 5 **Lights wrestling** program defeated Dickinson State University 29-11 on senior night in the Armory Gymnasium. The three seniors of the team capped off their final appearances at home by winning at their respective weight divisions: Tommy Cooper (165) won by pin fall, Ben Stroh (197) earned a 6-4 decision, and Taylor Kornoely (285) captured an 8-0 major decision. Also picking up a big win was sophomore Matt Weber (141) with a pin fall.

## January 13

Northern hosted their first Frontier Conference games against the Rocky Mountain College Battlin' Bears. The No. 11 **Skylights** dropped a very close game to a quick RMC 60-58. Senior forward Sierra Richards notched another double double on the season with 15 points and 11 rebounds. With the loss the Skylights drop to 3-2 in conference play (13-3 overall).

The No. 15 **Lights** defeated the Bears 65-55 and improve to 3-2 in conference action (14-3 overall). The Lights' junior forward Ryan Reeves led his team in scoring with 15 points to go along with his nine rebounds.

## January 14

In their second home game of conference action, the No. 11 **Skylights** and No. 15 **Lights** took on the Western Montana Bulldogs.

The **Skylights** bounced back in a big way after their first conference loss to defeat Montana-Western 67-50. Once again, senior forward Sierra Richards added to her double double count by scoring 27 points and collecting 14 rebounds. Northern improves to 4-2 in league action and 14-3 overall.

The **Lights** came up just 13 points shy of knocking off the No. 11 Bulldogs. Freshman Devin Bray connected on four three-point shots and had a team-high 12 points. Northern moves to 3-3 in league play (14-4 overall).

**Lights football** players Garet Fowler and Mario Gobbato were named 2016 Daktronics-NAIA Scholar-Athletes. Fowler, a junior linebacker, is from Belgrade, Montana. Gobbato, a senior wide receiver, is from Blaine, Washington.

## The Computer Corner

By: Marianne Hoppe

### Turn a Word table cell into a picture placeholder

By default, a Word table cell will adapt to the size of an inserted picture, which can wreck a table's format in no time. Fortunately, you can freeze a cell's size so it won't change when you insert a picture file - It will force the picture file to adapt to the cell's size. This solution has some limitations, but it's easier than resizing every picture and cell after the fact.

To control the cell's size, here's what you'll need to do:

1. Determine the cell's size.
  - a. Click inside the cell you want to use as a picture placeholder.
  - b. Click the **Layout** tab.
  - c. In the **Cell Size** group note the height and width.
2. Resize the cell.
  - If you want to change a column's width, use the options in the **Cell Size** group. Use this method when you want all pictures in the column to be the same width. (You could reset both the height and width, but doing so would most likely distort your pictures)
  - To resize a single cell so you can accommodate different widths, select a cell and then drag its right border. You can select a cell by clicking inside the cell and then holding down **Shift** and pressing **Right Arrow**. When a cell is selected, Word highlights the top row in gray. If you don't see that gray highlight, you haven't selected the cell.
3. Disable the cell's ability to adjust its size.

- a. Select the table by clicking the table handle (the crossed arrows in the top-left corner).
- b. Right-click the selection and choose **Table Properties**.
- c. In the Table Properties dialog box, click the **Table** tab (if necessary).
- d. Click the **Options** button in the bottom-right corner.
- e. In the resulting dialog box, uncheck the **Automatically Resize To Fit Contents** option.
- f. Click **OK** twice.
- g.

Note that this is a table property and so you are disabling this feature for all cells, not only those holding pictures. Cells with text will continue to accommodate new content by adjusting the row height if necessary.

In a one-time simple document, adjusting both a picture and cell size isn't a big deal. But if you're doing this a lot, you might consider creating a template or a **Quick Table** so you don't have to tweak the table every time. You might also consider using **SmartArt** as an alternative to using a table. Many of the predefined lists use picture placeholders for consistent sizing.

## TidBit

By Bill Lanier

This week I want to feature Northern Alumni, Mr. Ted Hill. Ted was a two-time All-American for the Northern Wrestling Team, placing 5th at 134 pounds in 1996 and 4th at 142 pounds in 1997. Each of those years, Ted was also recognized as an Academic All-American. In 1997 Ted Hill was a recipient of a MSU-Northern Student Excellence Award. Ted is in his 12th year as the wrestling coach at Laurel High School in Laurel Montana and he was the High School Coach for current Light, Tommy Cooper. In 2011 Coach Hill's Laurel Locomotives, captured the Class A State Championship. But Coach Hill's claim to fame is Abi Gontarek. In 2014 Abi became the first female to place at the Montana State Wrestling Tournament when she took 5th place at 98 pounds. Then earlier this week Abi Gontarek became the first female to sign to wrestle for a Montana College when she signed to wrestle of the UGF Argos new women's wrestling team. Ted is married to Northern Alumni, Cheryl Ingle Hill. Great job Coach Hill!!!

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