

Northern Network News

The Official Newsletter For MSU-Northern

Feb. 25, 2011

National TRIO Week



National TRIO Day was established in 1986 - making this year's celebration National TRIO Day's 25th anniversary. This past week, Northern's Student Support Services (SSS) celebrated National TRIO Week by holding an open house with refreshments on Wednesday. The seven TRIO programs- grant funded- by the US Department of Education are as follows: Educational Opportunity Centers, Upward Bound, Veterans Upward Bound, Talent Search, Upward Bound Math and Science, Student Support Services, and McNair Programs.

Blood Drive

March is Red Cross Month. On Wednesday, March 9th, American Red Cross will be here from 11:00 AM to 4:00 PM at the Student Union Building for our Spring Blood Drive. For the blood drive, identification will be required. You may sign up by calling 1-800-RED-CROSS or you may go to redcrossblood.org. Call Jamie Smith RN at Student Health Services 265-3599. Donating is easy. It only takes about an hour; the actual donation procedure itself usually takes less than 10 minutes. It is best to have an appointment to cut down on waiting time but walk-ins are welcome. You can donate whole blood every 56 days. The average adult body holds 10-12 pints of blood, but a donation consists of about one pint. If there is anyone who wishes to donate their time in helping check in donors or with refreshments, please contact Jamie. This is an excellent way to help if you are squeamish about donating. Any help would be greatly appreciated.

Before donation:

1. Get a good night's sleep.

Recycling Facts & Tips

Encourage an artist. If you know someone interested in making art from recycled materials, offer to provide supplies. Many school children need items like paper towel tubes for art projects. Older artists use everything from rubber bands to oven doors. If you know someone who teaches art classes, suggest that an emphasis be put on making art from trash. While you're at it, remind them to use recycled paper and biodegradable, earth-friendly glues, paints, and pencils whenever possible. See below for inspiration and groups that connect artists and students with useful "trash."

Upcoming Events

Feb. 25

3:00 PM - 5:00 PM
Admissions and Standards
Committee meeting

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

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

8:00 PM - 10:00 PM
Montana Actors Theatre
presents: Caught in the Net

2. Have a good breakfast or lunch.
3. Drink extra water and fluids to replace the volume you will donate (avoid tea, coffee, or other beverages with caffeine).
4. Eat iron-rich foods: red meat, fish, poultry, beans, iron-fortified cereals, raisins or prunes.
5. Avoid fatty foods such as hamburgers, fries or ice cream before donating.

During donation:

1. Wear clothing with sleeves that can be raised above the elbow.
2. Relax.

After the donation:

1. Rehydrate by drinking plenty of fluids over the next 24-48 hours.
2. Avoid strenuous physical activity or heavy lifting for about five hours after donation.
3. If you feel light headed, lie down, preferably with feet elevated, until the feeling passes.
4. Take the time to enjoy a snack and a drink in the refreshments area immediately after donating.

Are You a Parent with Cancer?

Would you like some help explaining cancer and it's treatment to your children? When a parent gets cancer, the entire family is affected, especially the children. A series of session will be offered for children 9 years and older. They will have the opportunity to ask questions about cancer and share their concerns. Sessions are scheduled for March 14, 21 and 28 from 5:30 - 6:30 PM at the Hill County Courthouse. For more information or to register, call MSU Hill County Extension at 265-5481 extension 233.

The Singing Sons of Beaches

Northern Showcase is pleased to present The Singing Sons of Beaches on February 26 at 7:30 p.m. in the SUB Ballroom. This is an entertaining vocal trio with acoustic guitars that presents a musical-comedy show full of good conversation, original, general and political comedy songs, and beautiful harmonies. These three Montana men, Steve Riddle, Greg Devlin and Nick Terhaar have entertained together publicly for over ten years. This event will be in a Pub Night setting. Tickets are available at the door \$15/adults \$10/Students. MSU-Northern Students are Free with a current student ID. Refreshments and snacks will be available.

Feb. 26

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

7:30 PM - 9:30 PM
Northern Showcase Presents:
The Singing Sons of Beaches

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

8:00 PM - 10:00 PM
Montana Actors Theatre
presents: Caught in the Net

Feb. 28

8:00 PM - 10:00 PM
Coed Volleyball

March 1

3:00 PM - 4:00 PM
University Advisory Council

4:00 PM - 5:00 PM
Instruction, Research &
Faculty Development
Committee meeting

6:00 PM - 7:00 PM
Wall Climbing

8:00 PM - 10:00 PM
Coed Volleyball

March 3

Start Day
54th Annual NAIA Wrestling
National Championships

Board of Regents meeting
(Helena)

6:00 PM - 8:00 PM
8-Ball Billiard League

March 4

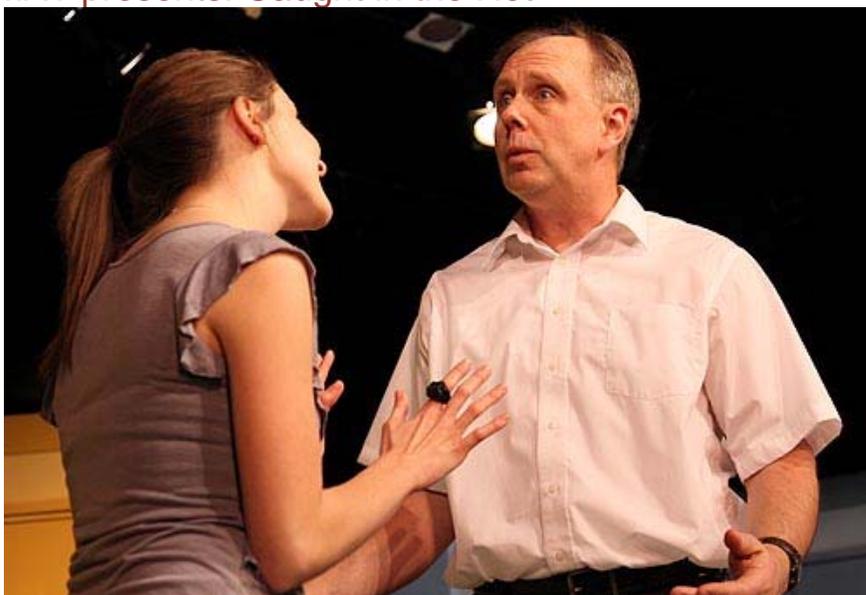
Board of Regents meeting
(Helena)

54th Annual NAIA Wrestling
National Championships

March 5

54th Annual NAIA Wrestling
National Championships

MAT presents: Caught in the Net



Montana Actor's Theatre is presenting the sequel to the very popular show, "Run for Your Wife". The play "Caught in the Net" by Ray Cooney is being directed by Pam Veis. "Run for Your Wife" told the story of a British cabdriver, John Smith, who had two wives - without either knowing about the other. The action of the play escalates as he comes closer and closer to having his dual existence discovered.

"Caught in the Net" picks up years later when Gavin Smith, son of John and Barbara Smith, ends up meeting Vicki Smith, daughter of John and Mary Smith, online. They are very anxious to meet when they discover that their fathers have the same name, occupation, and location. When they finalize a meeting day, their dad John finds out. He enlists the aid of his pal, the not-so-bright Stanley Gardner, who brings along his father. The result is confusion, and all sorts of craziness.

The play's last few shows will be tonight and tomorrow night. The doors and the backstage bar open at 7:30 p.m. with the show beginning at 8 p.m. Tickets are \$15/adults, \$10/students and seniors, and MSU-Northern students are free with a valid student identification card.

Valentine's Day Party



Love was in the air in the SUB Ballroom as Northern staff & faculty celebrated Valentine's Day together. Apologies to the faculty whose wedding pictures were not included in last week's NNN collage. Terry and TC Blosser won Cutest Couple - the big prize of the event! Here are the photos we missed. By the way,

LinkedIn Brown Bag Tutorial Session

Wednesday, March 2 at noon in the Hensler Auditorium, Tracey Jette will share how to set-up a LinkedIn account and how to use it for career and business networking. LinkedIn operates the world's largest professional network on the Internet with more than 90 million members in over 200 countries and territories. The site is used for professional and business purposes. This presentation will help you understand what LinkedIn is, where the value comes from, and how to get proactive and reactive value from this powerful network. This instructive session will be the first brown bag tutorial opportunity. Bring your own lunch or stop and support SIFE by purchasing lunch at their Hot Dog Stand in Brockmann.

Northern Professor Presents On-Line Journal for Educators

Dr. Smiley just published the first edition of the third volume of "Hi Line Theory Into Practice," (a.k.a HILTIP) an online journal he created a year ago. The journal is for K-12 and higher education educators, and this particular edition was coordinated with Valentine's Day and had "Special Education" as its theme. There are articles from our undergraduate and graduate teacher education candidates, and first-year and experienced educators. Dr. Smiley thanks Dr. Curtis Smeby and Dr. Darlene Sellers for acting as peer reviewers and advisors, and Mr. Del Watson, Mr. Andy Morris, and Mr. Gary Garland for giving technical and web support. The following link will take you to the HILTIP site:

<http://education.msun.edu/fredsmiley/hiltip/v3e1.htm>

Student Surveys

Montana State University-Northern wants to improve your educational experience and you can help by completing the National Survey of Student Engagement (NSSE). Four-Hundred and Forty randomly generated students will be sent an e-mail to their official campus e-mail account and their desire to learn account. This e-mail will contain the link to access the survey. The students who complete the survey will receive (via e-mail) a \$3.00 gift certificate for a free Latté, Mocha or coffee from the coffee cart in the Library. The certificates will be sent shortly after the last survey has been completed (end of March). All participants will be entered into a drawing to win a \$100 gift certificate at the Northern Bookstore.

If you have any questions about the project at Montana State University-Northern or how we plan to use the results, please contact Ms. Lindsey Brown at lindsey.brown5@msun.edu or 406-265-3703.

Your feedback is valuable, and Lindsey would like to thank you personally for taking part in this survey.

Computer Corner

By Marianne Hoppe

Word Tip: Wrapping text around a table

Most of us tend to position tables between paragraphs of text. You might not realize that you can also position a table in a paragraph and wrap text around the table. By default, the table's Text Wrapping property is None and the table aligns to the left margin of the page. You can use the table handle (the crossed arrows that appear at the upper left hand corner of the table when you hover over or click on the table) to reposition the table.

Word does a decent job of defining properties when you drag the table to position it. However, if dragging the table doesn't get it positioned quite the way you want, you can force settings that are more exact. To access these properties:

1. Right-click the table, choose Table Properties, and click the Table tab (if necessary).
2. Make sure the Text Wrapping property is set to Around.
3. If you want the table flush to the left or right, change the Alignment to Left or Right
4. Click the Positioning button. In the resulting Table Positioning dialog box, you can set the following properties:
 - The horizontal position of the table, relative to a column, margin, or page.
 - The vertical position of the table, relative to a paragraph, margin, or page.
 - The distance of the table from the surrounding (wrapped) text.
 - Whether the table should move with the text.
 - Whether the text can overlap the table.

Tidbit

By Bill Lanier

"National TRIO Day" began in February of 1986 and has since been held the last Saturday each February. With this Saturday, February 26th, being National TRIO day, here is a little more information regarding Northern's Association with TRIO programs. Student Support Services (SSS) is one of three federally funded TRIO grant programs at MSU-Northern. SSS has been a part of Northern since 1979. During that time, Northern has received more than 5.2 million dollars to help approximately 6,600 disadvantaged students. The two other programs are the Educational Opportunity Center (EOC), which began at Northern in 1991 and the Veteran's Upward Bound (VUB) program, which is located on the MSU-Billings campus and began the following year in 1992.

Another connection with TRIO programs is that the North Central Montana Upward Bound Program, under the Fort Belknap Education Department, has housed their summer component on the Northern Campus since 1990.

"National TRIO Day," a day on which the nation is asked to turn its attention to the needs of disadvantaged young people and adults aspiring to improve their lives, to the investment necessary if they are to become contributing citizens of this country, and to the talent which will be wasted if that investment is not made.

-- H. Con. Res. 278

(Concurrent Resolution designating February 28, 1986 as National TRIO Day)