

NORTHERN NETWORK NEWS

The Official Newsletter of MSU-Northern

March 29, 2013



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From the Chancellor

In a recent NNN survey, we asked your opinions about the future of the tennis courts adjacent to the Gymnasium. Here are the results from 84 responses:

- Tear out and replace with lawn (6; 7.1%)
- Tear out and replace with an outdoor seating area (9; 10.7%)
- Resurrect as a true tennis court (30; 35.7%)
- Tear out and replace with a covered pavilion of some sort for outdoor activities (17; 20.2%)
- Tear out and replace with a beach volleyball court (11; 13.0%)
- Other (11; 13.0%. Other ideas included basketball courts [2], parking [4], child care center [1], statements of support for tennis courts [4] and recommendations to spend the dollars on other projects [2]).

I am pleased to announce that we have identified adequate funding, so we will proceed with your first choice: rebuilding the tennis courts so that they can be used by our faculty, staff, students, and the community. We are also investigating an option-which you identified as your second choice-that will allow us to embed receptacles for tent poles, thus allowing us to use the area to construct a tent for use for outdoor events.

Work should begin early this summer.

Thanks for your input into this discussion.

This Week on Campus

MSU-Northern Ag Technology Students Attend PAS Conference



Left to Right: Shayna Ortner, Ashley Gordon, Eric Billmayer, Holly Cartwright, Ethan Moberg, Wendy White, Whitney Hoyem, Kipp Schwarzrock, Laramie Pursley, Desirae O'Neil, Jackie Bahnmler, Alysha Bridges

Twelve Montana State University-Northern students recently attended the 2013 National Postsecondary Agriculture Student Organization (PAS) Conference in Louisville, Kentucky from March 17-21. Over 800 university students from various states attended the conference and participated in agriculture-related leadership, knowledge and skill contests. MSU-Northern PAS Club members participated in the team contests of beef, soils, crops and agricultural mechanics. Several members also competed in prepared speaking and job interview contests and served as delegates to the conference.

- Alysha Bridges took first place in the Employment Interview Contest - Agribusiness Sales.
- Shayna Ortner placed 2nd & Whitney Hoyem took 7th in the Prepared Speakers for Agriculture Contest.
- Livestock Beef Specialist team (Alysha Bridges, Whitney Hoyem, Holly Cartwright) placed 6th out of 11 teams.
- Crops Specialist team (Jackie Bahnmler, Eric Billmayer, Desirae O'Neil) placed 11th out of 26 teams.
- Soil Science Specialist team (Laramie Pursley, Ashley Gordon, Wendy White) placed 11th out of 23 teams.
- Ag Machinery Service Technician team (Ethan Moberg, Kipp Schwarzrock) placed 13th out of 21 teams.

The PAS members and their advisor Tom Welch were able to participate in several tours related to Louisville area agriculture. PAS members had the opportunity to interact with agriculture students from many different areas of the United States, meet agriculture industry representatives and listen to several key speakers.

The PAS motto is "Uniting Education and Industry in Agriculture" and is for college students majoring in agriculture and natural resource related studies. MSU-Northern has had an active PAS Club since 1982 and looks forward to the 2014 National PAS Conference in St. Cloud, Minnesota.

Wrestling Team Celebrates Season



Last Friday night the Northern Wrestling team hosted their annual wrestling banquet to celebrate their season by recognizing their players' great achievements. As usual, the event was well attended as the wrestlers and their loved ones gathered to commend one another on an outstanding season.

Bulldazzle

MSU-Northern Booster Club and Rodeo Team hosted the "Bulldazzle" bull-riding event last Friday and Saturday. Everyone in the community was encouraged to attend, as there was something for everyone at this fundraiser. The MSUN Rodeo Team was well supported, and the event was a hit with very exciting bull riding and fun for the whole family.

Northern Participates in Red Cross Training



Last weekend several of Northern's faculty, staff and students participated in the Emergency Preparedness training that was hosted by the Montana chapter of the American Red Cross. The Red Cross is looking for 12 volunteers from the Havre area who are willing to be part of a Disaster Assistance Team (DAT). Northern is currently updating its emergency plan and this training will help us work closer with the American Red Cross in the event of a disaster.

Wilbur W. Rehmann in Concert



The Chancellor's Lecture Series presented jazz artist Wilbur W. Rehmann this Thursday. Rehmann presented a music lecture entitled "American Art and Democracy Come Together in Jazz." Rehmann described the roots of jazz in the field hollers and work songs of slaves and followed the art form through to the modern jazz era of the 40s, 50s, 60s, and beyond. He illustrated points with examples from recordings, his own saxophone playing, and video footage.

Professional Development Workshop



The ASTAR training cycle presentation by Barb Zuck (author and presenter) was a great learning experience for several faculty, staff, students and community members. Zuck discussed several phases in training others and emphasized that training is not always the solution, but should be

considered as a way to solve a problem. She emphasized active learning and demonstrated several great active learning ideas. She also presented a method of conducting meetings that can save time and encourage participation.

Spring Break Photo Contest



We've had great response to the Spring Break Photo Contest; as a result we are extending the deadline! We have relocated it to the Facebook photo contest app. With this new platform, we will be starting all of the previously submitted photos at the same time and with a fresh start so you have one week to get as many votes for your favorite photo as possible.

The photo with the most votes by Thursday (April 4 at noon) will be the contest winner. We will announce the winner and present the winning photo in next week's Northern Network News. The winner will also receive a \$100 iTunes gift card.

Important Announcements

Advance Registration

Advanced registration for the 2013 SUMMER semester began Monday, March 25

Advanced registration dates for the 2013 FALL semester are:

STUDENT CLASSIFICATION (As of end of Fall semester 2012-your class standing does not include Spring semester 2013 classes.)

SENIORS Tues., Mar. 26 beginning at 8:00 a.m.
(Sem. Cr. Earned: 90 or above)

JUNIORS Thurs., Mar. 28 beginning at 8:00 a.m.
(Sem. Cr. Earned: 60-89)

SOPHOMORES Mon., Apr. 1 beginning at 8:00 a.m.
(Sem. Cr. Earned: 30-59)

FRESHMEN Wed., Apr. 3 beginning at 8:00 a.m.
(Sem. Cr. Earned: 0-29)

NEW STUDENTS Mon., Apr. 8 beginning at 8:00 a.m.

Open registration will continue until the first day of classes.

Graduate & post-baccalaureate students may register at any time beginning March 25, 2013

Why You Should Start Saving for Spring Break Now

Are you planning a great spring break trip next year? Have you figured out how to pay for it? It is tempting to put that vacation on a credit card; however, that may be one of the most expensive ways to

do it if you don't plan to pay it off immediately, and the debt will cause stress in the long term. Instead, why not think about ways to save right now for your upcoming spring break trip? There are many ways you can make money to take a vacation, and just as many ways to save money while on your trip. If you plan carefully, you can take a fantastic spring break trip without breaking your bank-or your credit rating.

For the complete article, <http://cheapscholar.org/2013/03/11/why-you-should-start-saving-for-spring-break-now/>

Last Chance to Read Student Health 101

Last chance to read March's MSU-Northern Student Health 101 magazine - check it out and enter to win \$2,500: <http://readsh101.com/msun.html>

Retirement Reception

There will be a retirement reception on Wednesday, April 24, 2013 from 3:00-5:00 p.m. in the MSU-Northern SUB Ballroom. We will be honoring James Edwards, Michael Ley, Vaughn Rundquist, and Janet Trethewey for their years of dedicated service at MSU-Northern. Refreshments including cake, nuts and oatmeal raisin cookies will be served.

Interesting Fact

By Steve Hesske

At 8:07 tonight (TBS) Florida Gulf Coast University takes on Florida in the NCAA Men's D1 Basketball Tournament.

If you are the most casual fan of March Madness you have by now heard of this year's Cinderella team, Florida Gulf Coast University (FGCU). The Eagles have reached the Sweet 16 via upset wins over Georgetown and San Diego State. A week ago most did not know of the school's existence, now it is receiving over half a million daily hits at its admissions portal. FGCU's physical location is near Fort Myers, Florida. Current enrollment is over 15,000.

The school was started in 1991, didn't have students until 97 and was, by all accounts, nothing but a collection of trailers in a muddy field until its second president came aboard in 1999. This man, according to FGCU Magazine THE PASSAGE ". . . helped raise \$175 million, tripled the number of students and degree programs and guided UFGC's 14 athletic programs toward NCAA Division 1 competition."

That second president, who served FGCU from 99-07, was Dr. William C. Merwin who also served as Northern's chancellor from 1985-89.

Dr. Merwin passed away in 2011. His legacy (embodied currently by the FGCU men's basketball team) at the Florida school according to a FGCU spokeswoman: "Making it about all of us working together to build something spectacular."

Wind Power Trivia

By Jay Reed

* Wind power is affordable and helps hold down the price of other fuels.

* Wind power helps stabilize consumers' electric rates. Its cost has declined 90% since the 1980s, with improved technology and U.S.-based manufacturing, "making it competitive with other energy sources." Even without government incentives, it cost 6-9 cents per kilowatt-hour in February 2012, Lawrence Berkeley National Laboratory found.

* Utilities like wind because it "acts as a hedge against future volatility of natural gas prices." And it offers a long-term contract - utilities can "lock in a price for 25 years,"⁵ as a fixed-rate home mortgage does versus adjustable rates.

* Electric rates increased two times more in the 40 states with the least wind power between 2005 and 2010, versus the top 10 states for wind generation.

Upcoming Events

Native American Lecture

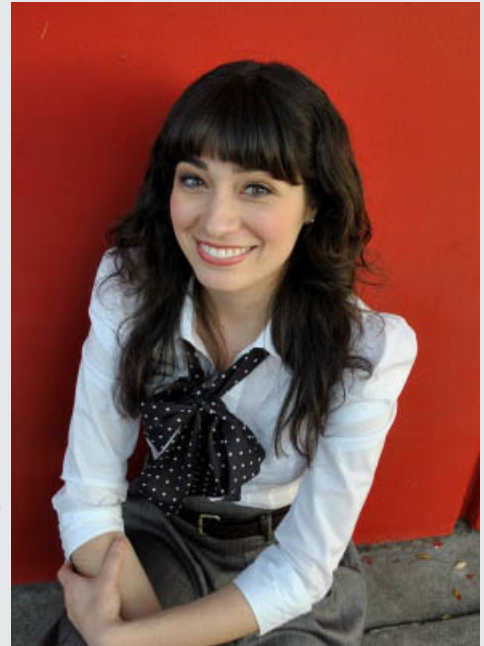
The fourth, and last, in this semester's Humanities Montana funded Native American guest speaker series for NASX 232, "Montana Indians: Histories, Traditions and Contemporary Issues" will be Mr. Robert Four Star, a Red Bottom Assiniboine from Wolf Point, MT. He will present on Wednesday, April 3 from 1-2 p.m. in Brockmann 209 about adjustment to dominant society and relations with other bands in the Fort Peck Reservation. Everyone is welcome and encouraged to attend.

Comedian & Celebrity Impressionist Melissa Villasenor

The Associated Students of MSU-Northern are proud to present America's Got Talent 2011 Semi-Finalist "Melissa Villasenor" ("Vee-uh-sin-ore") on Tuesday, April 2nd at 7 p.m. in the Student Union Ballroom. Hailing from Southern California, comedian and celebrity impressionist Villasenor is most well known as a semi-finalist on "America's Got Talent." Melissa's iconic impressions have been on Comedy Central's Adventureland, Family Guy and Frank TV.

Melissa grew up in Los Angeles and started her stand up career at 15 years of age performing at the Laugh Factory Comedy Camp. After years of hard work, she is now a regular at the Comedy Store, Improv's, Laugh Factory, and Comedy & Magic Club.

She did her first TV appearance on The Ellen DeGeneres Show and Sarah Silverman impressions on FrankTV. She also was in the Just for Laughs Montreal Comedy Festival as part of the New Faces show in 2010. Recently she played a part as Nora Ephron on Fox's "Family Guy." Melissa wrote and will star in her one woman show, "I'm Not Myself." You can catch Melissa perform and her many voices in stand-up shows all around the US.



Melissa is one of the most in-demand comedians in the college/university market...this is one show you don't want to miss! Admission for this performance is free to MSU-Northern students, faculty and staff. Community members may attend for \$5/adult and \$3/students.

Benefit Dinner for Soup Kitchen

There will be a benefit dinner for the Havre Feed My Sheep Soup Kitchen on Saturday, April 6 in the Olympic Room at the Duck Inn. The dinner will begin at 6:00 p.m. and includes an elegant roast beef dinner, a homemade pie auction, and live music from the "Nerds of Notes." Tickets are \$25/person and are available at: Cavalier's, Creative Leisure, & The Press. For more information call Tim at 265-8482.

Northern Showcase presents The Alley Cats



THE ALLEY CATS will perform at the Havre High Auditorium April the 9th at 7:30 p.m. This will be the last performance of the 2012-13 Northern Showcase Concert Association season.

The Alley Cats began in California, and landed their first professional gig at Disneyland's "Blast to the Past." Soon after, they appeared on TV, radio shows, corporate events, performing arts centers, fairs, festivals, schools, and even a USO show aboard the John C. Stennis aircraft carrier welcoming home the troops from Iraq. Currently, the CATS are the opening act for Jay Leno in Las Vegas.

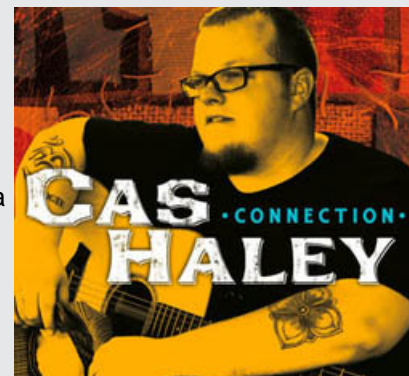
They are a perfect blend of musical talent and comic timing. Their interaction with audiences combined with their spontaneous humor make each show refreshing and exciting. The Alley Cats never miss a beat as they bring their own contemporary style to the great songs of the 50s and 60s. Their combined talent adds freshness and excitement to every show.

Tight harmonies, universal humor and unbelievable a cappella energy have made The Alley Cats "America's Premier Doo-Wop Group".

Individual tickets will be available at the door if you do not have a season pass for \$15/adults and \$10/students. For more information check their website at www.thealleycats.com or call Denise at 265-3732.

ASMSUN Program Council Presents Reggae Artist, Cas Haley

America's favorite homegrown reggae artist, Cas Haley, will be performing at MSU-Northern on April the 16th at the Student Union Ballroom at 7 p.m. Haley first came to national attention in 2007 as a contestant on the second season of the television show "America's Got Talent", where he finished in second place and, in the process, garnered a huge audience of fans. Cas's debut album, which came out quickly to capitalize on the success of AGT, sold over 30,000 units in the US without a marketing campaign or extensive



distribution.

In his new album, Connection, Haley wanted to make a timeless album so he retreated to his home town of Paris, Texas, and took two years to create a record that honestly represented who he is as an artist. The process was long, but Cas has emerged with a strong musical statement.

One track on the album is a cover-version of the Commodores song "Easy," and upon hearing Haley sing his classic hit, Lionel Richie stated "he made it seem easy, and there's nothing easy about it." Since rising to prominence on the world stage, Haley has performed alongside such notables as UB40, Blues Traveler, Al Green, Los Lonely Boys, Martin Sexton, Soulive, Mofro, and Lucky Dube, to name a few.

Admission for this performance is free to MSU-Northern students, faculty and staff. Community members may attend for \$5/adult and \$3/student. For more info visit www.cashaley.com

Weekly Columns

@ Your Library

By Vicki Gist

Do you need to scan a picture to share with D2L classmates or digitize a document for your education portfolio? The Library has a new scanner that is attached to one of the computers on the main floor. With this new scanner you can quickly scan and digitize anything from a single photo to a stack of 2-sided papers. The scanner will produce PDFs, PDFs (searchable), JPEGs or TIFF images. Simply load your originals, select the type of document or image you want, select the location where your new file is to go (your Z: drive or a removable drive) and then scan. The scanner also gives you the ability to do some editing prior to saving your digitized file.

Scanners are also handy for personal use. Scanning photographs is a quick way to share treasured photos with family members and friends. Scanned photos or documents can be added to genealogical files. These scans can easily be shared with others through social media such as Facebook, Pinterest, and Snapfish. You can also scan other documents as convenient backups to your original print copy. Contact the Library staff for assistance.

Computer Corner

By Marianne Hoppe

Outlook 2010 Tip

A few Outlook Calendar keyboard shortcuts

If you spend a lot of time in Outlook's Calendar view, or need to do something in Calendar view while working in another view, there are a number of keyboard shortcuts that can help. There are more, but the following shortcuts are some of the more useful ones:

Ctrl 2: Go to Calendar view from any other view.

Alt 1-9: View specific number of days, beginning with the selected day. For instance, if April 14 is selected and you press Alt 4, Calendar will display April 14 through 17.

Ctrl G: Go to a specific date. When you press Ctrl G in Calendar view, Outlook displays a dialog box. Enter a date or choose a date from the dropdown, and click OK. Calendar view will maintain the current view.

Alt -: Switch to Week view.

Alt =: Switch to Month view.

Ctrl Shift A: Create a new appointment from any view.

A Pinch of Salt

By Kimmi Boyce

March's focus for "A Pinch of Salt" is the often-broken resolution of "eat healthier and diet." In my last article I included a list of must-have healthy foods to keep stocked in your pantry and refrigerator. That covered the "eat healthier" part of the resolution, but what about the "and diet" part?

Honestly I've never adopted a diet in my entire life. As a student in my twenties, I haven't reached a point where I felt the need to make a major life change to lose weight. So basically I am not the voice of reason on this subject. I have, however, heard some great testimonials concerning diets centered on proteins and vegetables. I've seen great, healthy, and speedy results from these kinds of diets.

The "3 Fat Chicks on a Diet" website offers this advice concerning protein diets:

1. Eat leftovers. Many dinners are high in protein, so if you eat the remaining portion for lunch, you won't be missing out on your needed protein while eating quickly at school or work.
2. Eat meat during breakfast. The "traditional" breakfast foods like cereal, toast, pancakes, and waffles don't have to be your only options. Try adding some meat into your morning routine.
3. Enjoy eggs. Adding protein to your diet is easy if you incorporate eggs. Hard-boiled eggs are easy to take on the go.
4. Top your salad with meat or nuts. Salads offer many nutrients, but don't forget your protein. Top that salad with some meat slices or tasty nuts.
5. Supplement when you can't get enough protein. Don't replace meals with protein bars, but if you are a super busy person, taking a protein bar for a snack on the go will help you reach your daily protein intake requirement.
6. Eat more beans. This is pretty self-explanatory. They are great for you and have loads of protein. What more can I say? Beans are magical.
7. Drink a smoothie. For another "on the run" option, try whipping up a powerful protein shake to take with you in the car or to class. The peanut butter, banana, cottage cheese, yogurt, nuts, and protein powder will give you a definite protein boost.
8. Try spirulina. This fresh or seawater algae is made up of over 60% complete proteins. This ingredient can be added to a wide variety of recipes to up the protein level of the meal.

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."