



MONTANA STATE UNIVERSITY  
**NORTHERN**

## Northern Network News

The Official Newsletter of MSU-Northern - January 27, 2023

### Students Enjoy Bear Paw Ski Bowl

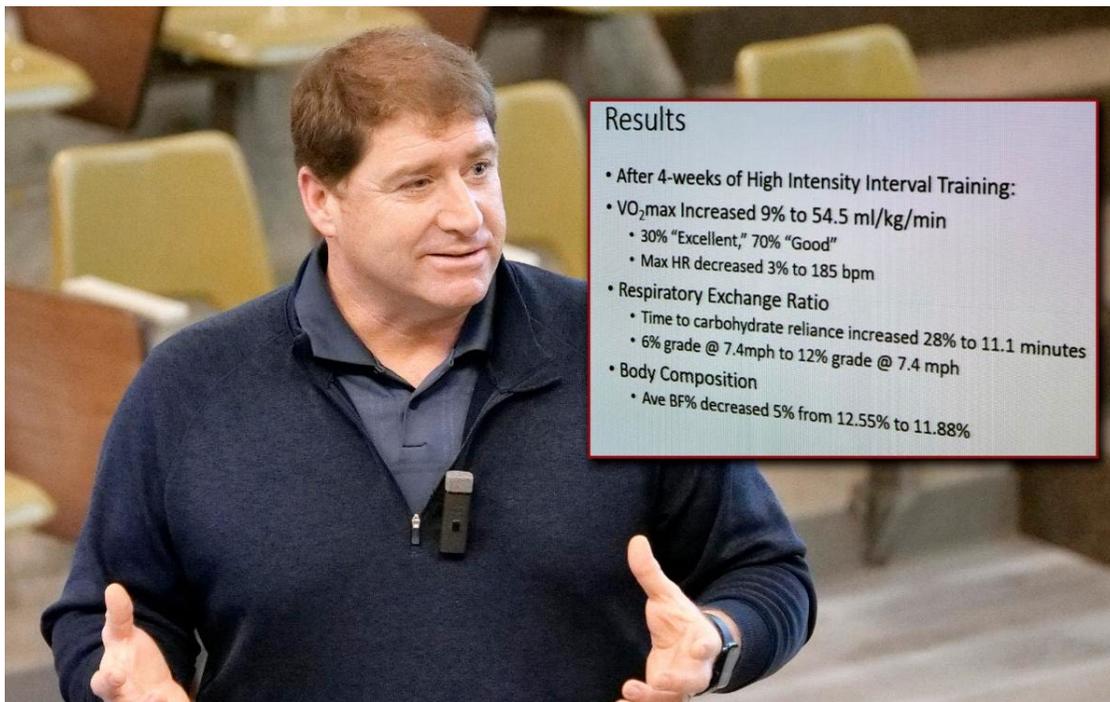


Pictured above are some of the estimated 50 students that showed up at the Bear Paw Ski Bowl on Saturday (Jan. 21), to enjoy an outstanding day of skiing and snowboarding. An MSU-Northern student ID was all the students needed to show to get free equipment rentals and a lift ticket. For several students this was their first time skiing, for others it was realizing that this ski hill was so close and affordable. In fact, if you show your current student ID you can ski/board for free. You can also get free rental equipment from Bear Paw Winter Sports with your student ID.

Bear Paw Ski Bowl is only open during the weekends. It offers an inexpensive, old-fashioned, friendly ski hill experience. It is managed and operated by an all-volunteer group of local skiers and snowboarders. It is a great place to ski

steep, deep, and cheap. Bear Paw Ski Bowl is located 29 miles south of Havre, take 5th Avenue South. Where the highway ends the slopes begin.

## Spangler Shares the Results of High-Intensity Training



### Results

- After 4-weeks of High Intensity Interval Training:
- $\text{VO}_{2\text{max}}$  Increased 9% to 54.5 ml/kg/min
  - 30% "Excellent," 70% "Good"
  - Max HR decreased 3% to 185 bpm
- Respiratory Exchange Ratio
  - Time to carbohydrate reliance increased 28% to 11.1 minutes
  - 6% grade @ 7.4mph to 12% grade @ 7.4 mph
- Body Composition
  - Ave BF% decreased 5% from 12.55% to 11.88%

Dr. Chad Spangler, Associate Professor of Integrated Health Sciences, opened the Spring 2023 Brown Bag Lecture Series on Tuesday (Jan. 24) with the presentation, "The Metabolic Effects Related to 4-Weeks of High-Intensity Interval Training: A Pre-season with the Lights Basketball Team." Dr. Spangler demonstrated the value of a sport-specific fitness assessment. He discussed the results and experience related to a recent evaluation of the Northern Lights' pre-season conditioning program. He was able to prove that the Lights pre-season conditioning program was effective in improving their cardio endurance. Sack lunches were provided for those who reserved one in advance.

## Tomac Named Student Coordinator of MSU-Northern Community Center

Please welcome Jennifer Tomac as the Student Coordinator of the MSU-Northern Community Center this semester. Jenn will graduate this spring with a bachelor's degree in Community Leadership and a minor in Psychology.

Jennifer is passionate about serving others. She is compassionate, organized, resourceful, and confidential – all traits that make her a wonderful fit for this position! She will staff the following walk-in hours for the Community Center throughout the semester:

- Tuesdays 4:00-7:00pm
- Thursdays 10:00-1:00pm



Students may schedule an appointment outside of walk-in hours by calling or texting 406-399-1919.

Donations to the Food Pantry, Dress for Success Program and Residential Living (small appliances, cooking materials, hygiene products, cleaning supplies, bedding, furniture, towels, etc.) can also be dropped off during walk-in hours or by making an appointment.

## Library Hosts Open House



This Tuesday (Jan.24), the MSU-Northern Vande Bogart Library hosted an open house to celebrate the New Year, the new semester, and to learn more about their new databases. The new databases include: Anatomy TV, Digital Theatre Plus, Kanopy, and LinkedIn (tentatively). Light refreshments and coffee were served. The \$50 MSU-Northern Bookstore drawing went to Joey Todd.

## Students Learn About Snowshoeing



This Wednesday (Jan 25), MSU-Northern hosted a workshop to introduce students to snowshoeing. The workshop took place on the hill to the north of the SUB. Students from all levels of ability--from beginners to experts--were able to participate in the workshop. A snow hike later this semester is being planned so watch your NNN for more information.

## Students Named to MSU-Northern's Fall Semester Dean's List

The Montana State University-Northern's fall semester Dean's List contains 364 students. To be included in the Dean's List, students must carry a minimum of 12 credits and earn a grade point average of 3.25 or better. Students that received an incomplete or "F" during this semester are not

included on the honor roll listing. The following list of students is organized alphabetically by hometown (please note that many students give a Havre address instead of a hometown address, and thus are listed in the Havre listing).

[Click here for the complete list...](#)

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## ANNOUNCEMENTS

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### **Scholarship Application Deadline - Feb 3**

To learn what types of aid are available, how to apply for financial aid, and gain access to the scholarship application forms.

[Click here...](#)

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### **Important Deadlines**

Mar 2th (Thursday) Midterm grades due to Registrar's Office by Noon  
Mar 13th-17th Spring Break Week (No classes, offices open)

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## UPCOMING EVENTS

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### **MSUN Spring 2023 Career Fair – Feb. 9**



Come to the Career Fair on Thursday, February 9 in the Armory Gym from 9am-12 noon

**Thank you to our Sponsors:**

Modern Machinery Company & Wärtsilä North America  
CHR Solutions, Manhattan Plumbing & Wabtec Corporation

MSUN Career Center reminds students and alumni to attend the Spring 2023 Career Fair on Thursday, Feb. 9. Stop by the Armory Gymnasium between 9am – 12noon to network with potential employers, learn about job opportunities in your area, and share your resume.

How to prepare and what to expect:

- Log into your Career Express account today to review which employers are attending and their plans for interviews after the Fair.
- Use Career Express to research companies and their open positions.
- Come to the Fair with your questions. Employers are eager to connect with you.
- Have your resume polished up and ready to hand out.
- Some companies will be interviewing after the Career Fair. Sign up ahead of time on Career Express or directly with employers at the Career Fair.
- Dress appropriately – particularly if you plan to interview with a company after the Fair. Make your first impression a good one!

Remember, many of these companies have traveled a long way to be here in Havre and they are eager to visit with you. Please take the time to stop by each table.

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## **We Love Northern Ball – Feb. 11**

NORTHERN ALUMNI FOUNDATION INVITES YOU TO THEIR

# We Love Northern Ball

"IN THE MOOD"

Call 265-3711  
for Ticket and Table information

Cocktails 6PM • Dinner 7PM • Dancing 8:30PM

SATURDAY  
FEBRUARY 11, 2023

8- Piece Swing  
Jazz Band

3-Course  
wine pairing

The poster features a black background with gold text and accents. On the left, a gold circle contains the date and a silhouette of a couple dancing. On the right, another gold circle lists the entertainment and food. The background is decorated with small gold stars.

Join us for the We Love Northern Ball - "In the Mood" on Saturday, February 11th.

Featuring a three-course wine pairing dinner, live & silent auctions, dance demonstrations, 8-piece swing jazz ensemble, and the unveiling of Don Greytak's MSUN print! All proceeds go to student scholarships. Cocktails start at 6 pm, dinner will start at 7 pm, dancing will begin around 8:30 pm. Visit [msunfoundation.org](http://msunfoundation.org) or call 265-3711 for tickets.

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## NEXT WEEK'S CALENDAR

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### Thursday, February 2

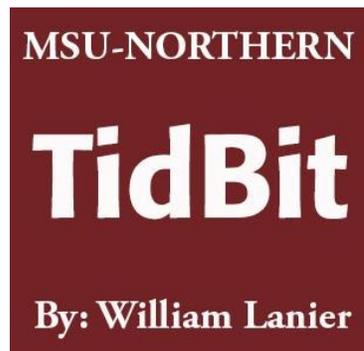
- Skylight Basketball vs Carroll College - 5:00 PM
- Lights Basketball vs Carroll College 7:00 PM

### Friday, February 3

- Scholarship Application Deadline
- Spring Deferred Payment Schedule: 50% Due
- Lights Wrestling 5:00 PM

### Saturday, February 4

- Skylight Basketball vs University of Providence 2:00 PM
- Lights Basketball vs University of Providence 4:00 PM



### (#382) MSU-Northern Time Machine

We are once again going back in time, 65 years to be exact. This time we are landing on January 23, 1958, with that day's edition of "The NoMoCo." The "NoMoCo" was "The Official Student Publication of Northern Montana College." Here are numerous articles from Vol. XXIV, Number 6, of "The NoMoCo"!

This article is on the Morgan Hall's dining area opening up. Prior to January of 1958, Northern students ate their meals in Donaldson Hall.

## Morgan Hall's Dining Area Open

NMC students, upon returning for the winter quarter, immediately changed from the old cafeteria in Donaldson Hall to the new one in the men's dormitory.

Mrs. Chan, dietitian, stated that the new cafeteria has many new facilities and appliances. Almost everything is electrically run, which makes the preparation of meals slower, but much cleaner. A new garbage disposal unit was also installed over the holiday season.

According to Mrs. Chan, there are of course many problems in this change. Recently, the dish machine, stove, and other equipment had to be repaired, and because of this, there was confusion in the kitchen.

The meals are served cafeteria style, and approximately 200 students can be served in 20 minutes.

Here is a picture of the old Morgan Hall dining area from January of 1958. The current dining hall was built in 1971, when MacKenzie Hall was constructed.



Page 2 of "The NoMoCo" had this article that had the headline, "New Rules to Reduce Absences."

Six new rules have been set up pertaining to the handling of student absences and tardinesses at Northern Montana College. They are as follows:

1. Instructors are responsible for keeping an accurate record of class attendance, and it is their decision as to whether a student's absence is excused or unexcused, except for those absences excused by the administration.

2. In the case of an unexcused absence final decision as to whether a student will be allowed to make up his work lies with the instructor.

3. Excessive absences or tardinesses will be reported to the student's faculty advisor and then to the office of the Dean of Student Personnel Services if the former does not bring satisfactory results.

4. A student may be dropped from class after three to five unexcused absences. The number of unexcused absences permitted should be determined by the credit value of the individual course. The instructor sends a drop card to the Registrar's Office and a duplicate copy to the student's faculty advisor.

5. Three unexcused tardinesses will constitute an unexcused absence.

6. Students can be excused only for illness or other emergency reasons by the instructor of the course on the class days prior to and following a college holiday.

## Popular Names Polled In Recent Survey

By VIRGIL CORK

Sixteen Williams and seven Patricias lead the popularity list of NMC student's names.

Following William, for the boys are: John fifteen; James, fourteen; Robert, twelve; Thomas and Kenneth, eight; David, seven; Jerry, Larry, Raymond, Gary, Richard, all six; Darryl, Gerald, and Donald, five; and Wayne, Arthur, Ronald, Leonard, Leroy, Keith, and Edward, all four.

For the girls: Patricia, seven; Carol, six; Shirley, Mary, and Janet, five; Kay, Sharon, Beverly, Donna, and Barbara, four.

Andersons lead the last name list with six. Johnson follows with four. Other last names high on the list are: Beck, Duncan, Jones, McCartney and O'Neil, with three each. There are two each of Hanson, Johnston, and Knudsen.

The longest name at NMC is Charlotte Motschenbacher. The shortest is Leo Wall. One NMC student has a last name beginning with a Q, Dennis Quade. There is only one student with a last name beginning with either X, Y, and Z—Dennis Yeager.

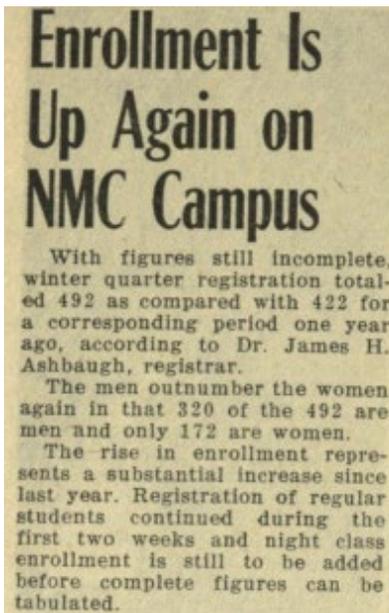
An amusing fact is that a common, and somewhat popular name, Smith, is the handle of only one NMC student.

Among the unusual names are Dolilee, Delia, Con, Bunny, Monty, Arlyn, and Wade.

Gail, Gale, Gayle, and Gael are all similar and present at Northern.

In all, there are 250 first names at NMC.

In case you were wondering, the enrollment at that time was 492. Keep in mind also Northern Montana College was still on the quarter system. Northern did not go to the semester system until Fall of 1992.



To see more of Northern's history click on the following link:

[Home - Archival Collections - LibGuides at Montana State University-Northern \(msun.edu\)](https://msun.edu/archival-collections)

Please continue to check back for more NNN TidBits! If you see anything that you would like me to highlight, please send it to me at [wjlanier1963@yahoo.com](mailto:wjlanier1963@yahoo.com)

Visit our website

Montana State University-Northern | 406-265-3700 | [www.msun.edu](http://www.msun.edu)

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