

Festival Days Success



Hill County celebrated its 100th anniversary with the 32nd Annual Havre Festival Days. Like years past, MSU-Northern was a primary supporter of the Festival Days Parade. Many Northern students, faculty and staff enjoyed the festivities by walking or riding in the parade.

The Great Roll Out for Veterans



"The Great Roll Out" is a toiletries drive that provides veterans with necessary hygienic items. The drive took place last week, and in Havre alone, they collected approximately 364 items for veterans.

State-wide they collected:

Total number of toiletry items collected: 4088

Total number of pounds of coffee collected: 61

Total cash/in-kind donations received: \$1,154.58

MSU-Northern Named a Military Friendly School

Victory Media, the premier media entity for military personnel transitioning into civilian life, has named MSU-Northern to the coveted Military Friendly Schools® list. The 2013 Military Friendly Schools® list honors the top 15 percent of colleges, universities and trade schools that are doing the most to embrace America's military service members, veterans, and spouses as students and ensure their success on campus.

"Inclusion on the 2013 list of Military Friendly Schools® shows MSU-Northern commitment to providing a supportive environment for military students," said Sean Collins, Director for G.I. Jobs and Vice President at Victory Media. "As interest in education grows, we're thrilled to provide the military community with transparent, world-class resources to assist in their search for schools," said Sean Collins. Complete survey methodology is available at

<http://www.militaryfriendlyschools.com/Article/methodology-press-kit>.

The Military Friendly Schools® media and website, found at www.militaryfriendlyschools.com, feature the list, interactive tools, and search functionality to help military students find the best school to suit their unique needs and preferences. The 1,739 colleges, universities and trade schools on this year's list exhibit leading practices in the recruitment and retention of students with military experience.

"The honor of being included on this renowned list means veterans will know that they can come to MSU-Northern with the assurance that they will be treated fairly and with the respect they deserve," said Pete Everingham, Veteran's Affairs/Disability Coordinator at MSU-Northern.

MSU-Northern strives to provide quality education for students with diverse needs, interests, and/or

inhibiting geographical situations. The Veterans Upward Bound (VUB) program stands out as an extremely valuable resource provided by Northern. The program is federally funded through Trio and equips cities and universities around the state of Montana with accessible education including its main focuses: in-class instruction, online instruction, and reserve/guard instruction. Through VUB, veterans are able to master basic skills needed for successful completion of a high school equivalency program and/or for admission to post-secondary education programs. Short-term remedial or refresher classes are available for veterans who are high school graduates but have delayed pursuing a post-secondary school education. Other facets of VUB include assistance with applications to the post-secondary schools, help applying for financial aid, personal counseling, academic advice, and exposure to cultural events, academic programs, and other educational activities not usually available to disadvantaged people.

Constitution Day



Do you know what Benjamin Franklin, James Wilson, Robert Morris, George Clymer, Roger Sherman, and George Read have in common? Each of these men signed both the Declaration of Independence and the U.S. Constitution. On Sept. 17, 1787, the United States Constitution was signed by 39 men at Independence Hall in Philadelphia. During September, MSU-Northern has been and will continue to celebrate the anniversary of the signing of the Constitution. Come visit the Constitution Day display in the Vande Bogart Library.

Upcoming Flu Clinic

MSU-Northern's flu clinic will take place on October the 9th from 7:00 a.m. - 11:00 a.m. in the MSU-Northern, SUB Ballroom. No Appointment Necessary! Simply stop by and bring your insurance ID card with you!

This will be the only day employees can receive their free flu shots, so be sure to stop by if you need your flu shot. All insured plan members, (employees, spouses, retirees are eligible for a free flu shot (not Medicare Advantage Program retirees). Children of any age are NOT eligible. Non-insurance plan members are not able to come and pay for a shot.

Please email Nicki Branden (at nicki.branden@msun.edu) if you have any other questions.

Flu Shots for Students

Students can get a flu shot for \$17.00 at the MSU-Northern Student Health Service Office, located in the Student Union Building Room 228. The Student Health Service Office is open Monday-Thursday at 9 a.m. to 3 p.m. (Closed Friday)

A Physician's Assistant is also available on Tuesdays from 1-2:30 p.m. and Thursdays from 10:30a.m.-Noon

2012 HOMECOMING SCHEDULE

Next week is Homecoming, so take a look at the schedule and show your school spirit by being a part of these activities. Students will need to vote online for the Homecoming court.

Monday, September 24th

AMERICAN INDIAN HERITAGE DAY

- 11 a.m.-1 p.m.-Indian Taco Sale (Cowan 308)
- 1-2:30 p.m.- Tipi Raising Ceremony (Front Cowan Lawn)
- 4 p.m. - Guest Speaker, Dr. William Thackeray
- "James Welch-Northern Montana Cultures"
- 6 p.m. - Int/Rec Folf Singles - (Meet at the SUB)
- 6:30 p.m.-Monday Night Football-(Food Court)

Tuesday, September 25th

- All Day - Homecoming Election (online)
- 1 p.m. - Hello Walk Painting
- 4:30 p.m. - BBQ (SUB Lawn)
- 6 p.m.- Int/Rec Folf Doubles-(Meet at the SUB)

Wednesday, September 26th

- All Day - Homecoming Election (online)
- Noon-Line Dance (Food Court)
- 6:30 p.m.- Native American Film Series "In Whose Honor"
- American Indian Mascots in Sports- (SUB Pin-n-Cue)

Thursday, September 27th

- All Day - Homecoming Election (online)
- 7 p.m.-Skylights VB vs. MT Tech-(GYM)
- 7:30 p.m.- Hypnotist Gabriel Holmes (SUB Ballroom)

Friday, September 28th

- 1 p.m.-Alumni Golf (Prairie Farms)
- 4 p.m.-Alumni BBQ (SUB East Lawn)
- 7 p.m.-Skylights VB vs. Lewis-Clark-(GYM)
- Dusk-Bonfire (Physical Plant Parking Lot)

Saturday, September 29th

- 10 a.m.-Alumni Brunch/Tours (ATC Lab)
- 1 p.m.- Lights Football vs. Rocky Mountain College (Blue Pony Stadium)
- 9 p.m. - Homecoming Dance (SUB Ballroom)

American Indian Heritage Day Celebration

The Tipi Raising ceremony will be presented by Mr. Merle Tendoy, tribal elder at Rocky Boy. The ceremony involves a blessing of the new MSU-Northern Tipi lodge, and a smudge ceremony. The buffalo sage used for the ceremony is universal to North American tribes for the purpose of cleansing, purification and the banishment of negative spirits during a ceremony. Mr. Tendoy will also share the history of the tipi and its significance to the Native American people.

Everyone is invited to observe or participate in the ceremony.

Dr. William Thackeray, a professor Emeritus of MSU-Northern, has been published for his reviews of James Welch's literary works, *Winter In the Blood*. In addition, Dr. Thackeray played what he calls a small insignificant role in the recently filmed *Winter in the Blood*, to be released in December.

See Homecoming Schedule for the list of American Indian Heritage Day activities

Hypnotist Gabriel Holmes

September 27, 2012, 7:30 p.m. - SUB Ballroom



The ASMSUN Program Council is proud to present Thursday, September 27 at 7:30 p.m. in the Student Union Ballroom, one of the hottest, most hilarious, and unforgettable hypnotic stage shows in the country. Gabriel Holmes has performed over 1100 shows to date all over North America.

Gabriel's performances are unique, hilarious and very enlightening. He has an outstanding reputation for bringing a fun, fresh and purely entertaining approach to hypnotism while dispelling the mysterious and degrading myths that often surround this fascinating state of mind. Gabriel's hypnotic induction features a completely observable process during which the audience becomes the witness to a remarkable transformation from the conscious to a subconscious state of mind. Once this hypnotized state is achieved, Gabriel creates the enormously entertaining performance, enjoining participants and audience members alike into an unforgettable performance. Every participant on stage will react differently to the suggestions offered, thus no two shows are ever alike!

This performance is free to MSUN students, faculty and staff with a current Student ID. Please bring your ID to the show and students may earn NorthPoints towards a chance at winning prizes later this semester. Community members may attend the performance for Adults \$5 and Students \$3.

www.hypnotistgabriel.com

Travel Opportunities for Students, Faculty, Staff and Community Members

There are two wonderful opportunities for students, faculty, staff and community members to expand their horizons with overseas travel in 2013.

First, over spring break, March 10-18, a group is leaving from Great Falls and heading to explore Ireland with an escorted tour. The trip starts in Shannon/Killarney then heads south to the Ring of Kerry, east to Blarney and Cork, then north to Dublin where they will experience St. Patrick's Day. There is also an optional tour to Belfast. If you are interested, please contact Carol Reifschneider (265-4126), Tracey Jette (265-3566) or Randy Bachmeier (265-4152).

The second opportunity is to Turkey. Brenda Skornogoski is the group leader. The group leaves Great Falls May the 14th for a 13-day adventure that circumnavigates Turkey. The tour starts in Istanbul, continues through Troy to Izmir (also known as Smyrna) with an optional side trip to Ephesus and the last home of Mary of Nazareth. The trip continues to Anatalya which is located on the Mediterranean Sea. This area is referred to as the "Turquoise Coast". From there the tour goes to Cappadocia which is an area similar to our "Badlands" with very unique building structure - sort of like our local "hoodoos". The tour continues through the capital of Ankar and then back to Istanbul. If you are interested, check out the specifics at: <http://www.gate1travel.com/Skornogoskigroup.aspx#hotels> or contact Brenda Skornogoski (262-7776), Randy Bachmeier (265-4152) or Carol Reifschneider (265-4126).

Weekly Columns

@ Your Library

By Vicki Gist

Friday, September the 28th is Montana American Indian Heritage Day (AIHD). In celebration of this day, the Vande Bogart Library will have a display with photos of Indian artifacts from the Hagener collection. Also, be sure to participate in the various American Indian Heritage Day activities on campus next week and visit the Hagener Science Center to view the Hagener collection. For more information about AIHD and Indian Education for All, visit

<http://opi.mt.gov/programs/indianed/IEFA.html>.

Faculty members-do you like to read The Chronicle of Higher Education? The Chronicle is one of the major newspapers in the higher education field. The library has an electronic subscription to the Chronicle. You can read it on campus at <http://chronicle.com>. From off-campus, come in through the library's <http://www.msun.edu/infotech/library/DbDescript.htm> page, and proxy authenticate with your Banner ID or NetID Username and Password.

Alumni in Action

By Autumn Elliot



The countdown has begun! Only 8 days till Homecoming 2012. Go to <http://events.r20.constantcontact.com/register/event?oeidk=a07e6aven3bd1d86b4f&llr=cy9dmwcb> and make sure you get signed up for our great events. Also show your Northern spirit and decorate! You could win some great prizes. Click on the link <http://events.r20.constantcontact.com/register/event?oeidk=a07e6aven3bd1d86b4f&llr=cy9dmwcb> to sign up to win a great prize and show your Northern spirit.

Computer Corner

By Marianne Hoppe

Excel 2010 Tip

Create a table of contents in an Excel sheet using hyperlinks

Hyperlinks have been around for a long time, but some Excel users just don't use them. One way to put them to good use is to create a simple table of contents sheet for a workbook. Using the table of contents sheet is an alternative to browsing sheet tabs.

To create a quick table of contents sheet, do the following:

1. Insert a sheet and select a cell.
2. Press **Ctrl K** to display the **Insert Hyperlink** dialog (it's also located on the **Insert** tab).
3. In the left pane, click **Place In This Document**.
4. Find the sheet you want to link to under **Cell Reference**.
5. Highlight the sheet. In the **Text To Display** control, Excel will combine the sheet name with a reference to cell A1.
6. You can change any or all of the name if you want. For example, highlight the cell reference (A1) and press **Delete**. That way, the link will display only the sheet name.
7. Click **OK**.

Repeat steps 2 through 7 until you've added a hyperlink for each sheet you want on this table of contents page. To improve readability, you can also turn off the gridlines, headings, and the Formula bar. (the **View** tab has checkboxes for these options.) You can also remove the underline from the hyperlinks just as you would for regular text.

In just a few minutes, you can create a reasonable table of contents page for easy sheet navigation.

A Pinch of Salt

By Kimmi Boyce

September is National Yoga Month.

A few years ago I participated in the Miss Montana's Outstanding Teen Pageant. Our preliminary events schedule included practicing yoga together. I groaned a little as I imagined myself sitting on a mat, cross-legged, in silence for an hour. At the time I did not fully comprehend the purpose or

benefits of yoga. Today I have a better understanding of yoga, and I encourage everyone who longs for better health and wellness to consider taking up yoga.

Here are some of the health benefits yoga can provide:

- Lower blood pressure
- Greater flexibility
- Enhanced brain function
- Lower cholesterol
- Better skeletal alignment
- Strengthened bones and joints
- Weight loss
- Decreased stress
- Mental focus
- Mind-body integration

If you've ever considered trying yoga for any reason, September is the perfect time to try it. Celebrate National Yoga Month by bettering your health and trying something new. Try yoga!

Health information from: <http://yogahealthfoundation.org/>

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."