



NORTHERN NETWORK NEWS

The Official Newsletter of MSU-Northern

February 28, 2014

Northern Hosts First Playoff Games



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Basketball Playoff Schedule



The Lights, ranked #3, will host #6 ranked UGF tonight at 7 p.m. If the Lights win, they will travel to play #2 Westminster on Friday March the 7th at 7 p.m. If the Lights win that game, they could possibly travel to #1 Rocky (providing Rocky also wins on March 7), but if Rocky loses, our team will host the Men's Championship game on Monday March 10 at 7 p.m.

The #3 ranked Skylights will host #6 ranked Carroll College on Saturday night at 7 p.m. If our girls win, they will travel to play #2 Lewis and Clark on Saturday March the 8th. If the Skylights win that game, they could possibly travel to #1 ranked Westminster (if Westminster wins on March the 8th), but if Westminster loses, we will host the Women's Championship game on Tuesday March 11 at 7 p.m.

Attention students: The Student Activities group on campus has purchased 125 student tickets for the games this weekend, because no passes will be honored for the playoff games. Everyone who attends will have to

pay. Students can pick up their ticket at the Athletic Office (current student ID required). Ticket prices are \$7 for adults and \$5 for students and seniors, so come early to make sure you get your ticket.

MSU-Northern Nursing Program Gets Newborn Simulator



The "stork" (in the form of a Laerdal technician) brought a new arrival to MSU-Northern, the newborn simulation manikin. This model of a newborn child is a computerized simulator that will allow Northern nursing students to practice medical procedures before having to perform them in a hospital room.

The newborn simulator is hooked up to a computer that the instructor uses to send various problems and complications to the newborn for the students to diagnose and treat. The newborn simulator looks and feels like a real newborn baby because it is made of a special silicone that feels like flesh, and the simulator is even filled with lukewarm water or simulated blood to reproduce the various body fluids that can be encountered.

The baby's status can be simulated as desired for effective role playing in relevant scenarios covering normal care after birth as well as standard resuscitation measures. The baby can simulate all forms of cries, breathing, palpable umbilical pulse, heart sounds, lack of oxygen, trauma, seizures and much more. This simulator joins a family of simulators that are part of Northern's Nursing Program. Currently they have a Sim-mom, dad and baby. This newborn rounds out their line of simulators and makes it possible for Northern nursing students to literally practice delivering a baby and then simulate medical problems from all levels of human development from newborn to mature adult.

Learning Success Center Open House



Students, faculty, and staff alike were able to tour and examine the Learning Success Center (LSC) at their open house this Wednesday. The Chancellor's Open Forum also took place in the LSC during their open house and the LSC was the primary focus of the open forum discussion. Many students have become familiar with the "lay of the land" in the Learning Success Center, but the open house provided an opportunity for people who may not use the facility to witness the wonderful setup our school has for the success of our students.

Steven Jamruszka Explores the Skies



This week, avid sky watchers, amateur astronomers, and curious community members were able to enjoy an enlightening presentation on constellations, nebula, black holes, planets, and the cosmos presented by Steven Jamruszka. The MSU-Northern Chancellor's Lecture Series presentation "Eyes to the Sky" included Jamruszka's own observations with many professionally researched tidbits.

Chris Reed- Lets his Light Shine



Chris Reed, a senior pursuing his Bachelor's degree in Secondary General Science Education, is a familiar face on campus, as he is one of Northern's best and brightest serving as a Student Support Service tutor. If you have ever been tutored by Reed, or seen him in action, you probably realized what an intelligent man he is, and it's that intellect that led him to the Navy, and eventually here. Reed graduated from high school in 2003. He then joined the U.S. Navy, not as just any enlistee, but as a nuclear chemist for U.S. submarines. Reed served our country for six years stationed in Connecticut and Washington. In 2009 he completed his duty and started college at the University of Minnesota studying chemical engineering.

While living in Minnesota, Reed engaged in many rigorous physical activities, as was his custom for remaining active and staying in shape. One day while working as a rock wall climbing instructor he met a lovely little spunky blonde, and it truly was love at first sight. Linda is now his wife, and it was her occupation that brought them both to Havre. Linda discovered a loan repayment program through Rocky Boy Clinic, and Reed said he felt very blessed to find a university with his field of interest located so close to Rocky Boy.

The Reeds moved to Havre in March of 2011, and in May, Chris accidentally and coincidentally walked into the SSS while inquiring about a possible job as a tutor. What a great place to start hunting for a tutoring job! Reed was hired by Pam on the spot, and started assisting students two weeks later. He tutors subjects ranging from basic math courses all the way to calculus and physics as well as chemistry and the earth sciences.

Reed has been enjoying his time at Northern. He mentioned the university's class sizes saying, "It's fun to be in smaller classes where you can form personal relationships with professors. It's great because oftentimes you'll have certain professors again and again when studying specific subjects. Then you can build rapport with these professors which can be very valuable when you need letters of recommendation later on." Reed and his wife have also enjoyed the entertainment Havre's surrounding geography has to offer. They love to

stay active hiking, snowshoeing, fishing, rock climbing, and snowboarding at Bear Paw Ski Bowl. They've also traveled to places like Thailand and Patagonia and have taken part in a triathlon in Canada.

As for future plans, Reed will complete his student teaching next fall. Following the completion of his schooling and the conclusion of Linda's loan repayment agreement, the couple will move back to Minnesota to pursue their careers and be near family, since they will soon have a baby Reed traveling along with them. Though the SSS will be sad to see Reed go, Northern is thankful to have talented and dedicated students like Reed. Chris Reed, you make Northern proud.

Important Announcements

Advance Registration for Summer and Fall Semesters- 2014

Advanced registration for the upcoming Summer Semester will be open to all students on Monday, March 24, 2014.

Advance registration for Fall Semester 2014 will be on the following days for the listed student classifications (as of the end of the Fall Semester 2013, so class standings do not include Spring Semester 2014 classes):

Graduate & Post-Baccalaureate Students May Register At Any Time Beginning March 24, 2014

Seniors (90+ credits earned) -Tuesday, March 25, 2014 at 8 a.m.

Juniors (60-89 credits earned) - Thursday, March 27, 2014 at 8 a.m.

Sophomores (30-59 credits earned) - Monday, March 31, 2014 at 8 a.m.

Freshmen (0-29 credits earned) - Wednesday, April 2, 2014 at 8 a.m.

New Students- Monday, April 7, 2014 at 8 a.m.

Open registration will continue until the first day of classes.

Student Excellence Award Nominations

It's time to start nominating students for the Student Excellence Award. Here are the nomination criteria:

- Nominees should demonstrate a commitment to educational goals through academic achievement and participation in extracurricular activities.
- Any current student is eligible who will have earned the equivalent of 60 semester credits by the end of the Spring 2014 Semester but must have been enrolled at MSU-Northern for Fall 2013 Semester.
- The nominee must have a cumulative grade point average of 2.75.

How to nominate a student:

- Complete the attached form and send it to Room 204 SUB, attention: Kim Watson or e-mail Kim Watson at kimberly.watson5@msun.edu with the following information:

- Name of Nominee
- E-mail address of nominee
- Cell number of nominee
- Address the following statement: This student deserves a Northern Student Excellence Award for the following reasons:

Make sure you include your name, title, position, and identification or relationship to the student. The deadline to submit nominations is 5:00 p.m. Friday, February 28, 2014.

The Student Excellence Award Luncheon will be held from 11:30 a.m. - 1:00 p.m. on Thursday, April 17, 2014 in the SUB Ballroom.

Get Your Graduation Garb

It is time to gear up for graduation! If any of you need to order regalia for graduation, please let Sue Solomon (in the MSUN Bookstore) know no later than March 10, 2014.

She will need the following information:

For master's or doctorate (these are rentals), Prices are approximately \$60.00-70.00

Information needed: degree, school, height, and weight
For bachelor's or associate's (these are class keepers) price is \$35.00
Information needed: degree, height, and weight

Upcoming Events

Blood Drive - Mar. 4

Every 2 seconds someone in America gets a blood transfusion. Five million patients will need blood this year. The Red Cross does not need blood, patients do! The upcoming blood drive will take place on March 4, 2014 in the SUB from 11 a.m. to 4 p.m.

Sign up to donate blood: On line at redcrossblood.org, at the front desk in SUB, or contact Sherry Kegel at 265-3599 or sherry.kegel@msun.edu for an appointment.

Orchestra Concert - A Night at the Movies - Mar. 7

MSU-Northern Community Orchestra is pleased to present "A Night at the Movies" a concert featuring medleys from Sound of Music, Les Miserables, Phantom of the Opera, Star Wars, Indiana Jones, West Side Story and Superman. Several of the songs will be sung by Angela Pratt, Casey Pratt and the Pratt Family Singers. This delightful evening will occur on Friday, March 7, 2014 at 7 p.m. at Fifth Avenue Christian Church. The concert is free but donations are welcome.

MSU-NORTHERN COMMUNITY ORCHESTRA PRESENTS
CASEY PRATT • ANGELA PRATT • PRATT FAMILY SINGERS
Rhonda Minnick Conducting

**AN EVENING OF
MEDLEYS FROM:**

- Star Wars
- Superman
- Sound of Music
- West Side Story
- Indiana Jones
- Les Miserables
- Phantom of the Opera

**A NIGHT AT THE
MOVIES**

Friday, March 7 at 7:00 p.m.
Fifth Avenue Christian Church
Concert is free but donations are welcome

Chi Alpha Hangout Events

Chi Alpha's main meeting takes place at 7 p.m. every Thursday night in the Morgan Hall "Red Room" (now brown), and every week after the meeting (at about 8 p.m.), there's a fun hangout event. Here's the event list for the remainder of the semester (subject to change if an activity becomes impossible to carry out):

March 6- Nachos and fellowship at Uncle Joe's (1400 1st St.)

March 20- Movie night watching "Frozen" at Pastor Jim's house (1032 Lincoln Ave.)

March 27- Karaoke night in the Red Room

April 3- Brian Regan DVD comedy night in the Red Room

April 10- Board games and snacks in the Red Room

April 17- Nachos and fellowship at Uncle Joe's (1400 1st St.)

Weekly Articles

Vintage Northern

By Valarie Hickman



When the first Northern students arrived in the fall of 1929, there was no campus housing. Students had to find apartments or rooms to rent in the community. In 1936 the first women's residence hall was built. It was not until January 1942 that male students had campus housing. In 1941 the Havre Chamber of Commerce purchased a building west of town for \$2000 to be moved to campus for a men's residence hall. The building was previously used as the County Poor Farm. WPA funds were obtained to pay the cost of moving and remodeling the building. A new wing and a lower floor were added to the building. To furnish the building, an ad was placed in the local newspaper asking for donations of beds and desks. In the photograph students are moving in the furniture donated by community members and businesses. The new residence hall was called the Men's Coop.

This Week in Athletics

By Laramie Schwenke

The Lights basketball team split two games last weekend to finish up conference play. The Lights beat Dickinson State University 81-52 and lost to #10 Rocky Mountain College 77-66. The Lights finished third place in the Frontier Conference standings with a record of 11-5 and an overall record of 23-7. In the latest NAIA National Poll, the Lights stayed steady at #18. As the number three seed, the Lights will host a first round Frontier Conference tournament game against the number six seed, University of Great Falls on Friday February the 28th. Tipoff time is set for 7 p.m. in the Armory.

The Skylights basketball team swept the final two games of conference play last weekend. They beat Dickinson State University 65-42 and Rocky Mountain College 74-50. The Skylights finished in third place of the Frontier Conference standings with their record of 10-6 and an overall record of 20-8. In the latest NAIA National Poll, the Skylights moved up one spot to #21. The Skylights are the number three seed for the conference tournament and will host a first round Frontier Conference tournament game against the number six seed Carroll College on Saturday March the 1st. Tipoff time is set for 7 p.m. in the Armory.

The Lights wrestling team competed in the West National Qualifying Tournament last weekend in Menlo, CA. The Lights finished in third place as a team and had seven individual placers. Cameron Neiss (141), Edward Cheff (157), Ethan Hinebauch (165), and Toby Cheff (197) came away with first place finishes. Jared Miller (174) and Garrett Demers (197) each got third while Jorrell Jones (285) and Brenton Beard (133) came away with fifth place honors. The Lights will be at the NAIA National Tournament on March 7 and 8 in Topeka, KS

The Computer Corner

By Marianne Hoppe

Word 2013

Restore an Image to Its Original Size

In Word 2013, a big picture is automatically scaled if it doesn't fit in the text area. It's also resized if there are columns inserted in the document, or if you insert a picture inside a table. And sometimes while manually resizing images you can cause it to be distorted. Here's how to easily restore an image back to its original size:

1. Right click the picture you want to restore. Select **Size and Position...**
2. In **Layout** window, go to **Size** tab.
3. Under **Scale** section, uncheck **Lock aspect ratio** then click **Reset** button to restore it to its original size.
4. Click **OK** to apply.

This resizing restore can be done even if a document has been previously saved and closed.

From Your Learning Success Center

By Ligia Arango

Connections and the Learning Success Center

"Connections are at the heart of what makes the Learning Success Center successful. I spend more time walking on campus and less time sitting in my office. I spend more money at the coffee cart located in the library and less money on candy at the vending machine located near my office. I spend more time talking to students and professors and less time emailing. I am happy to spend more time and money on these activities. Next time you have a question or want to discuss something, I suggest we meet at the gathering place, the Learning Success Center located in the library."

Associate Professor of Business Barbara Zuck.

To read more go to: <http://msunblogs.org>

@ Your Library

By Vicki Gist

YIPPEEE-Spring Break is almost here! Whether you plan to work on some of your school projects or relax with a good book, the Library has the resources to help you accomplish your plans. Before heading home, stop by the Library for database recommendations and demonstrations, and to check out those print books and journals that you want to take with you. Remember that you can search the databases from home or wherever you have an internet connection. Just use your NetID username and password.

A quick trick to remember when using the databases is to click the limit to full-text box. This way all the articles that you retrieve with your search will be immediately available for you to download, print or email. And, when you get an article, don't forget to copy the pre-formatted APA or MLA citation! This trick can save you time when writing your paper.

For fun reading or for an audiobook to listen to while traveling, checkout the MontanaLibrary2Go database. Here you can download ebooks to your ebook reader (Kindles, Nooks, & others), ipad, android tablet, laptop, or computer. You can also download audiobooks to your MP3 player or smart phone for listening while on-the-go.

Don't forget that the Library is open during Spring Break. The Library will be open 8:00AM-5:00PM, March 10-14 and open 1:00-10:00 PM on March 16. The library will be closed on March 8, 9 and 15. Have a fun Spring Break!

A Pinch of Salt

By Kimmi Boyce

Be Heart Healthy

I know we're at the tail end of February, but the American Heart Month is dear to my heart as February is the month when my family remembers my grandmother's birthday and sorrowfully recalls her last day of life after three open heart surgeries and struggling with her heart problems for years. Sometimes we take our healthy hearts for granted. Sometimes we're not thankful for the ever-working ticker that just keeps on ticking, sometimes in spite of all the abuse it receives. I don't know about you, but I've known more than a handful of people with heart troubles, and I know not all heart conditions are preventable, but that doesn't mean we should neglect being knowledgeable concerning the risks factors, warning signs, and prevention measures.

I'd like to list prevention methods, but the American Heart Association just released new prevention guidelines, and the information is extensive. I encourage everyone to check out these new guidelines which focus on cholesterol, obesity, lifestyle, and risk assessment.

Prevention, if possible, is the best way to go, but if you or someone you know thinks they may be having a heart attack, it's useful to know the warning signs as well, so here they are:

- Chest discomfort that lasts for more than a few minutes or is recurring,
- Discomfort in upper body parts such as arms, neck, back, jaw, or stomach
- Shortness of breath
- Cold sweat
- Nausea
- Lightheadedness

Northern family, be heart healthy in February and the whole year through.

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."

MSU-Northern does not discriminate on the basis of race, color, national origin, sex, or disability.