



The Pioneer News

Volume 11, No. 27

Building Futures ...Together

March 16, 2009

Dear Students and Employees:

Welcome back from spring break. We hope that spring break offered you the opportunity to get re-energized for the home stretch and a successful conclusion of spring semester.



While you are busy completing necessary requirements for spring semester, we are busily planning for next fiscal year. The College is facing a 10.7% reduction in state appropriation, and the number one challenge will be how to meet this financial challenge while maintaining high quality services to students.

The College has an annual budget planning process in place that has been expanded this year to include seeking ideas from all employees on ways to balance the budget in light of the appropriation loss. The Finance Committee, comprised of a cross section of employees, is looking at ideas that have been submitted. In addition, the Finance Committee is also generating new ideas to balance the budget. The recommendations of the Finance Committee will be presented to the Cabinet for consideration.

Meanwhile, academic deans are planning summer and fall offerings, administration is planning meetings with student senates and student life committees to discuss tuition rates, and a work plan for the upcoming year is being developed. All of these things are happening while taking into consideration a commitment to not solve the budget reduction with tuition increases alone.

What does this mean to students? Nothing, if you plan ahead. Registration for summer and fall classes begins April 1. Given the recent weather, fall may seem in the distant future; however, early registration will ensure students are able to enroll in the courses of choice and will also assist the deans in making decisions regarding course offerings for fall throughout the summer months.

Dennis Paesler
Chief Financial Officer /Business Office

THIS WEEK:

Monday, March 16

Tuesday, March 17

9:00 pm Intramural Hockey, TRF
Ralph Engelstad Arena

11 am-1 pm Bake Sale, EGF Commons

Wednesday, March 18

12:00 pm Free Movie: Motherhood
Manifesto, TRF Theater

7:00-9:00 pm TRF Intramural Bowling,
Family Bowl

6:30-8:30 pm EGF Intramural Sports, EGF
Middle School Gym

Thursday, March 19

7:00-9:00 pm Intramural 3 on 3 Basketball,
TRF Gym

Friday, March 20

1:00-4:00 pm Open House (Welding, Auto
Body, Automotive Service)

Saturday, March 21

9 am-12 pm EGF Crafting Club,
Commons

2:00-4:00 pm EGF Intramural Sports, EGF
Middle School Gym

Online Events Calendar:

www.northlandcollege.edu/calendar

OUR MISSION:

Northland Community and Technical College is dedicated to creating a quality learning environment for all learners through partnerships with students, communities, businesses, and other educational institutions.

College–Wide News



Basketball players selected for post-season honors

Three members of the women's basketball team and two men basketball players at Northland College have received post season honors.

The Pioneer women's basketball team finished 5th in the MCAC State Tournament held Feb. 27 – March 1, at Ridgewater College in Willmar, MN. The Pioneers finished with an 18-12 record for the season under Head Coach Guy Finstrom.

Whitney Langen was selected as 1st team All-State, 1st team Northern All-Division, and MCAC All-Tournament team. Whitney is a freshman from Kennedy, MN.

Shawna Rogalla was selected as 2nd team All-State and 2nd Team Northern All-Division. Shawna is a

sophomore from TRF.

Chelsea Gray was named to the MCAC All Tournament Team. Chelsea is a freshman from Bagley, MN.

The Pioneer men's basketball team under Head Coach Rick Nikunen finished their season with a 16-12 record and qualified for the MCAC State tournament in Minneapolis. Northland lost to Rochester and Fergus Falls ending their season.

Reo Thomas was named to the MCAC All-North Division team and was selected for the MCAC State Tournament All-Tournament team. Reo is a sophomore from Ville Platte, LA.

Ricardo Wells was named to the MCAC All-North Division team and the MCCC All-Tournament team. Ricardo is a freshman from Cleveland, Ohio.

ATTENTION STUDENTS Let Your Voice Be Heard

Complete NCTC's Course Survey by March 27

Log in to D2L:

<http://www.northlandcollege.edu/desire2learn/index.php>

Survey Instructions:

<http://www.northlandcollege.edu/desire2learn/surveys.php>

Your participation in completing these surveys is important. Student Course Assessments are very helpful in determining the effectiveness of courses offered and to better meet student needs

The logo for Northland Community & Technical College Bookstore, featuring the college's name in blue and red, and "Bookstore" in a large, stylized yellow font.

East Grand Forks & Thief River Falls Campus

2022 Central Ave NE
East Grand Forks, MN 56720
1-800-451-3444

101 Hwy 1 East
Thief River Falls, MN 56701
1-800-959-6292

www.northlandcollege.edu/bookstore/

An illustration of several books of various colors (grey, red, blue, yellow) standing upright on a green surface.

Textbooks & Course Materials
School Supplies
NCTC Apparel & Giftware
Greeting Cards
Stamps
G.F. Herald- EGF Campus

Services

- Tuition & Fees Payment Center or Pay Tuition & Fees Online at: www.northlandcollege.edu/eservices/tuition/
- Student Payroll Disbursement
- Student Financial Aid Disbursement

Bookstore Hours

Monday - Friday
8:00 a.m. to 4:00 p.m. *Unless otherwise noted

- Extended hours are posted for the first week of Fall & Spring Semester.

VISA -- MASTERCARD -- DISCOVER Accepted

College–Wide News



Athletes Receive MCAC Academic Recognition

The list of students earning the Minnesota College Athletic Conference Academic Awards for fall semester has been released. To qualify athletes must have a cumulative G.P.A. of 3.0 or better at the end of the semester in which the majority of the sport season occurs with a minimum of 12 credits.

Northland College athletes receiving Conference Academic Recognition in volleyball include Sarah Michaels, a sophomore from Thief River Falls; Kelsi Kiecker, a freshman from McIntosh; Lauren Daniels, a freshman from Thief River Falls; Sasha Magner, freshman from Newfolden; Britany Odberg, a freshman from Thief River Falls, Shawna Rogalla, a sophomore from Thief River Falls, and Jessica Vanderplaats, a freshman from Hendrum.

Student athletes receiving Conference Academic Recognition in football include Nickolas Borowicz, a freshman from Warroad; Anthony Fish, a sophomore from Warroad; Adam Horachek, a freshman from Goodridge; and Ernesto Ramos, a freshman from Pensacola, FL.

"Northland Athletic Department congratulates these individuals on their academic success. Their dedication and hard work is reflected not only on the playing field, but also in the classroom," commented Athletic Coordinator Paul Peterson.

Entrepreneurial Development Course offered

The Swenson Institute for Entrepreneurial Development will be offering *Introduction to Entrepreneurship* (ENTR 1007). This class will be held at the Swenson House in Thief River Falls, Wednesday nights starting April 15 through May 13, 2009, from 6:00 to 9:00 p.m.

The course is geared towards small business owners or anyone interested in starting a business. The course can be taken for one (1) credit or for non-credit. This is the first course in a three-part series. The course is also part of a 16 credit certificate program through NCTC.

For more information, or to register for this course, contact Trista Lund at 218-683-8649 or trista.lund@northlandcollege.edu.

The deadline to register for this course is April 8.

New online screening available to students!

Free!

Confidential and Anonymous!

Online screening for depression, anxiety, alcohol and eating disorders.

This screening does not provide diagnosis. It is provided so that you may find out, in a few minutes, whether or not professional consultation would be helpful to you.

For your free, confidential screening go to:

<https://www.mentalhealthscreening.org/screening/welcome.asp>

Use NORTHLAND for the Keyword

For Questions Contact:

Kate Schmalenberg, Counselor, EGF campus
(218) 793-2401

kate.schmalenberg@northlandcollege.edu

Kelsy Blowers, Counselor, TRF campus
(218) 683-8543

kelsy.blowers@northlandcollege.edu

Summer Motorcycle Training Course



Basic Rider Course (BRD)

Experience Rider Course (ERC)

LOCATIONS:
TRF, EGF, Roseau ,Bemidji

To register call Trista at 683-8649

Download Brochure:

www.northlandcollege.edu/coi/motorcycle

College–Wide News

Taking Steps for a Mentally Healthier You

(from the American Counseling Association sponsored by the [ACA Foundation](#))

Most of us don't give our mental health much attention unless we are facing a serious problem. That's too bad, because in today's complicated and troubled world most of us could stand to reduce our stress and worry, and to feel better about ourselves.

Think of improving your mental health as similar to improving your physical health. Just as exercise gets your muscles in better shape, there are things you can do to get your feelings and attitudes into better shape.

How to begin? Start by making time for yourself. In today's busy world it's easy to fill our days with work, family and social obligations, leaving little or no time for ourselves.

The fix for that is to include "you" in your daily schedule. Create a real schedule that includes time each day for at least one thing you find relaxing or enjoyable. Maybe it's reading a book, working at a hobby, or just taking a relaxing walk. Put it in your schedule and make sure it happens.

Getting involved with others is another way to reduce stress and feel better about yourself. Today's tough economic times have many community, civic and religious organizations searching for volunteers to help carry out their work.

Giving something back to the community can offer a meaningful escape from your own problems (and often puts such problems in a better perspective) while also providing a sense of fulfillment and self-worth that's essential for good mental health.

And don't ignore staying physically fit as a means to improve mental health. Studies find regular exercise is a great way to fight depression, for example. Plus, as we get ourselves into better shape, we usually start to feel more confident about ourselves - everything from how we look to what we can do. And that's good mental health.

No, you can't make stress and problems just disappear, but building a little relaxation into your life, helping those in need and staying physically active can all improve mental health and make it easier to cope with the

problems you will face.

But if you find that your own actions don't have you feeling better, check out the help that a counseling professional or other mental health professionals can offer.

There are many fixes for better mental health. Whether it's steps you take on your own, or help you get from a counseling professional, good mental health is a goal worth achieving.

"The Counseling Corner" is provided as a public service by the American Counseling Association, the nation's largest organization of counseling professionals. Learn more about the counseling profession at the ACA web site, www.counseling.org.

Nancy Johnson Nursing Scholarships



Applications are now being accepted for the Nancy Johnson Nursing Scholarships to be awarded in May.

The Nancy Johnson Nursing Scholarship is named in honor of the late Nancy Johnson, Crookston, MN. Her vision, enthusiasm, and support of the profession of nursing will serve as a role model for all nurses.

One scholarship for \$250.00 is awarded to a nursing student currently enrolled or accepted into a Registered Nursing Program who meets the requirements. A second scholarship for \$250.00 is awarded to a Registered Nurse who is working towards an advanced degree in nursing. These scholarships are to be considered a grant and the recipient will not be expected to repay any part of the grant.

Anyone interested in obtaining an application for the scholarship or receiving more information please contact: Sheila LeTourneau @ (218) 681-3396 or email firstdistrict@hotmail.com Deadline for application is April 15, 2009.

East Grand Forks Campus News

NCTC-EGF Intramural Sports

Soccer



Basketball



Lift Weights



Wed. 6:30-8:30 p.m. Sat. 2:00-4:00 p.m.
@ EGF Middle School (southend of Bygland Road)

Intramural Sports are open to NCTC students and staff only

Carmike Movie Tickets



\$6.00

Regular price at
the theater: \$6.50

Sold at EGF-Campus Bookstore**

**Movie tickets are good for movies that have been in
the theater for 2 weeks.

NCTC Foundation Scholarship Ceremony

Thursday, March 26, 2009

EGF Commons

7:00 PM

Everyone is invited to attend!

Over \$11,000 will be awarded
to students of NCTC.

Thank you to all NCTC Foundation contributors!

FREE Small Coffee or
Small Cappuccino AND
Monster Cookie!

7:30-9:30 a.m. @ Taher



March 17th



Coffee and cookie are free to NCTC students
only. Enjoy..!



East Grand Forks Campus News

Winter Merriment Concert held March 2

"Love for Sale" was the theme of this year's Winter Merriment Concert held at the Northland College – EGF campus on Monday, March 2.

The combined Chamber Choirs of Thief River Falls and East Grand Forks took the stage together as well as separately, promoting that "loving feeling" with their renditions of classics like *Don't Get Around Much Anymore*, *Think of Me* from "Phantom of the Opera", and *That Old Black Magic*.



Women left to right: Amelia Schmitz, Nicole Kempenich, Megan Hick, Candice Pfeiffer, Julia Holecek, Skyah Westerman, Lauren Picquet, Kelly Spicer, McKenzie Boyer, Kristen Mutnansky, Kathryn LaBine, Arrie McGregor, Lisa Asmus and Sara Mills.

Men left to right: James Freestone, Tyson Panek, Joseph Freestone, Jeremy Qualley, Danny Janes and Robert Stenson.



East Grand Forks Campus News

Crafting @ Commons

The Craft Club will be Crafting
in the Commons
March 21 ~ 9:00 a.m. - 12:00 p.m.



From Spring Break!

Welcome back..



⚽ ⚽ Soccer Club ⚽ ⚽

Thief River Falls Campus News

Women's History Month Events 2009



Several events are scheduled to celebrate Women's History Month on campus.

All events are free and open to students on both campuses as well as the public. Events are sponsored by NCTC's Women's History Month Group.

- March 17** "Personal Safety Workshop-Express!" a 30 minute workshop will be presented by TRF Police Officer Ginger Alby at 12:00 pm, in Room 601. Pizza and pop provided.
- March 18** "The Motherhood Manifesto" will be shown in the theater from noon to 1 p.m. "The Motherhood Manifesto" looks at the obstacles facing working mothers and families and the employer and public policy changes needed to restore work-life balance. It is "a sharp, funny, wry tale about some very unfunny social issues that mothers grapple with daily. If you have a mother, are a mother or know a mother, see this film." Brita Butler-Wall, Ph.D., Seattle School Board
- March 18** **Women's History Month Cookies** Enjoy a cookie and learn more about women and women's history. Starting at 11:30 outside the theater. Served until gone!
- March 24** "North Country" will be shown in the theater from 4:30 p.m. to 6:30 p.m. Pop and popcorn will be provided.
- March 23 and 30** **Self Defense Class** Learn self defense strategies with Shihan, John Leopold. John has 32 years martial arts experience and is currently a police defensive tactics trainer and martial arts instructor. Sessions run from 4-6 pm both days, in room 323. Participants can attend either session, but are encouraged to attend both. Registration encouraged by contacting Nicole at 218-683-8545 or email Nicole.brenny@northlandcollege.edu

Other Opportunities

WHM Library Display

There will be a WHM book display in the library

Display Case

A display focusing on the Victorian Era will be featured in the display cases across from Room 515.

Thief River Falls Campus News

Café Hours:

Breakfast Menu Served:
7:30 a.m. - 10:30 a.m.

Lunch Menu Served:
11:00 a.m. - 2:00 p.m.



Manager:

218-793-2453
trf.kitchen@northlandcollege.edu

**Full Catering
Services Available**

The Grand Café Entrée Features Week of March 16 2009

MONDAY

Breakfast

French Toast
1 Egg, Choice of Meat
\$3.99

Lunch

Sloppy Joe
with one side
\$5.50

TUESDAY

Breakfast

2eggs, toast, hashbrowns
choice of meat
\$3.99

Lunch

Grilled Cheese
\$2.50

WEDNESDAY

Breakfast

Pancakes
2-Bacon
\$3.99

Lunch

Sloppy Joe
w/one side
\$4.50

THURSDAY

Breakfast

Omlette Bar
made your way
\$4.50

Lunch

Mushroom & Swiss
with one Side
\$4.99

FRIDAY

Breakfast

Omlette Bar
Made your Way
\$4.50

Lunch

Cooks Choice

MONDAY

Salad
\$4.75

TUESDAY

Salad
\$4.75

WEDNESDAY

Salad
\$4.75

THURSDAY

Salad
\$4.75

FRIDAY

Salad
\$4.75

Monday

Tator Tot Hotdish
Veggie, Dinner Roll
\$5.29

Soup of the Day

Chicken Tortillia

Tuesday

Fry Bread Tacos
made your way
\$5.29

Soup of the Day

Cream of Broccoli

Wednesday

Mom's Meatloaf
Mashed, Gravy, Veggie. Roll
\$5.29

Soup of the Day

Chili

Thursday

Beef Stroganoff
Garlic Toast, Side Salad
\$5.29

Soup of the Day

Chicken Wild Rice

Friday

Cooks Choice

Soup of the Day

Chili

Thief River Falls Campus News

3+303 <70+0-I 0-30303



A sharp, funny, wry tale about some very unfunny social issues that mothers grapple with daily. If you have a mother, are a mother or know a mother, see this film!!

FREE MOVIE!
Motherhood Manifesto

Wednesday, March 18th
Location: Theater
12:00 - 1:00 pm

3+303 <70+0-I 0-30303



FREE MOVIE!

Tuesday, March 24th
Location: Theater
4:30 - 6:30 pm

College Visits



The following colleges will be on the TRF campus in the month of March. If you are interested in any of these colleges, make plans to visit them at these times:

University of Minnesota-Crookston

Monday, March 23
10 am-1 pm
Student commons

Northwestern Health Sciences

Wednesday, March 25
11 am-1 pm
Theater Lobby

Minnesota State University-Moorhead

Monday, March 30
10 am-12 pm
Theater Lobby

Bemidji State University

Monday, March 30
10 am-1 pm
Conference Room 545
Pre-Registration for BSU

For more information contact Lisa Bottem, Advisor, TRF campus

Thief River Falls Campus News

Massage Therapy Program Clinic

Now taking appointments
Call 683-8734



1 HOUR SESSIONS

TIMES:

Monday & Wednesday: 1 & 3 pm
Tuesday, Thursday, Friday : 10 am & 1 pm

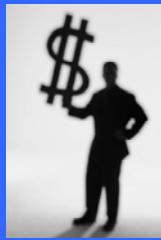
COST:

\$10.65 for NCTC Students
\$21.30 for Employees & General Public

Are YOU interested in?



- Marketing
- Sales
- Small business
- Management
- Retail/Wholesale



Let's Start
**Northland's Entrepreneur
Club!**

Contact Jamie Lamb
jlamb81@yahoo.com

NCTC Foundation Scholarship Ceremony

Monday, March 23, 2009
Swenson House
7:00 PM

Everyone is invited to attend!

Over \$74,000 will be awarded
to students of NCTC.

Thank you to all NCTC Foundation contributors!

LIBRARY NOTES.....

Extended library hours

It's time for mid-terms, the library will be open until 8:00 p.m. on Monday March 16 and Tuesday March 17. Best wishes for good grades on your midterm tests!



Women's History Month

Stop by the library and browse the Women's History Month Display throughout the month. Learn more about some interesting women and their history!

Motherhood Manifesto

Take time to come to the viewing of the film "Motherhood Manifesto" this Wed. March 18, 12:00 - 1:00 p.m., in the theater. Through sometimes humorous and wry observation, the film looks at obstacles facing working mothers & families.

TRF Library contact info:

Cynthia Jorstad, Librarian,
683-8757

cynthia.jorstad@northlandcollege.edu

Robin Langevin, Library Assistant,
683-8756

robin.langevin@northlandcollege.edu

Hours this week:

Mon. - Tue.: 7:30 am – 8:00 pm
Wed. - Thu.: 7:30 am – 6:00 pm
Fri. : 7:30 am – 4:00 pm