



The Pioneer News

Volume 11, No. 26

Building Futures ...Together

March 2, 2009

Dear Students and Employees:

March Madness is here. We are patiently waiting for spring to arrive.

Next week is spring break, which brings a few things, - the semester is half over and you will probably have midterms or other tests this week before the break. Good luck on these.



If you need help in any of your courses, please check out the Learning Center on both campuses.

Along with the semester being half over, this means that you will soon be registering for courses for summer and/or fall (registration opens on April 1) or you will be graduating. Reminder, graduation applications were due February 27, please submit immediately. Go to <http://www.northlandcollege.edu/graduation/> for more information.

If you still have an outstanding balance due, please pay as soon as possible. If your balance is not paid in full you will not be able to register for future courses, will not be able to receive a transcript, and will possibly receive a late fee. Please check out the website to see if you have a balance <http://www.northlandcollege.edu/eservices/tuition/> You may also pay your balance due online at this same website. Please check your address and make any corrections if needed.

While you are on the website you can check out the eServices. eServices is an online resource that allows Northland students to more easily access many of their important online tools including: Applying for Financial Aid, FACTS Tuition Payment, Student NetMail, Course Schedules/Availability, Registering for Classes, Withdrawing from Classes, Paying Tuition/Fees, Student Username Lookup, Requesting Academic Transcript and Viewing Final Grades.

I would like to close with some quotes:

"Whether you believe you can, or whether you believe you can't, you're absolutely right." - Henry Ford

"Happiness depends on ourselves." - Aristotle

Have a great spring break!

Karla Anderson
Business Manager-EGF campus

THIS WEEK:

Monday, March 2

12:00 & 12:30 pm Winter Merriment Concert,
EGF Commons

Tuesday, March 3

9:00 pm Intramural Hockey, TRF REA

Wednesday, March 4

3:00 pm Free Movie: Pride &
Prejudice, TRF Theater

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

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

Thursday, March 5

1:00 pm Frisbee Golf Club Meeting,
EGF #124

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

Saturday, March 6

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



Pioneer Basketball Results MCAC State Basketball Tournaments February 27-30

Women

Game 1 vs Riverland L- 71-83
Game 2 vs. Mesabi Range W -70-64
Consolation Championship W -65-56

Post Season Awards:

Whitney Langen - 1st Team All State, 1st Team Northern All Division and MCAC All Tournament Team

Shawna Rogalla - 2nd Team All State, 2nd Team Northern All Division

Chelsea Gray - MCAC All Tournament Team

Men

Game 1 vs. Rochester L 75-98
Game 2 vs. MSCTC Fergus Falls L 84-90

Post Season Awards:

Reo Thomas - All State Team, Northern All Division Team

Ricardo Wells - Northern All Division Team, MCAC All Tournament Team

CONGRATULATIONS !!

Motorcycle Training Offered

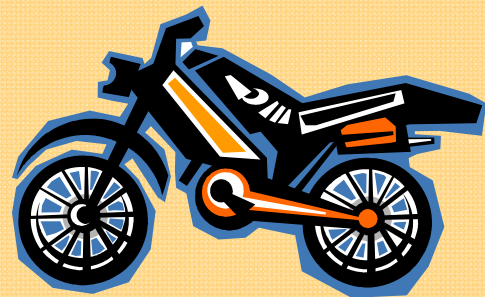
Northland Community and Technical College's Center for Outreach & Innovation is offering basic and advanced motorcycle training at various sites around Northwest Minnesota in May, June, and July 2009.

Basic Rider Course dates and locations are as follows:

May 1, 2, & 3 in Roseau, MN
May 15, 16, & 17 in Roseau, MN
May 29, 30, & 31 in East Grand Forks, MN
June 5, 6, & 7 in East Grand Forks, MN
June 12, 13, & 14 in Thief River Falls, MN
June 26, 27, & 28 in Thief River Falls, MN
July 10, 11, & 12 in Thief River Falls, MN
July 17, 18 & 19 in Bemidji,
July 24, 25, & 26 in Bemidji

MN Experienced Rider Course dates and locations are as follows:

May 12 & 13 in Roseau, MN
May 20 & 21 in Thief River Falls, MN
July 21 & 22 in Bemidji, MN



Registration begins on March 2, 2009. For more information or to register, please contact Trista Lund at (218) 683-8649. You can also visit our website at www.northlandcollege.edu/coi/motorcycle to download our 2009 Motorcycle Training Brochure.

College–Wide News

Can Online Counseling Work For You?

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



From groceries to diamond jewelry, you can have practically anything delivered via the Internet today. That list includes not just merchandise, but personal services as well, including online counseling help, or "cyber counseling" as it's sometimes called.

It's a service a lot of people are using. For someone suffering from a fear of crowds or going outdoors, or who's ill and housebound, online counseling can be a great alternative. But due to its ease and convenience a lot of people are taking advantage of such online services. It's important to remember, however, that it's not right for everyone, or every problem, and it always lacks the face to face interaction that can sometimes help in communicating.

Many highly qualified counseling professionals now offer very effective help via online counseling, but you need to check out any counselor before starting work with them. It takes little effort or expense to create a website and call yourself a "counselor," despite lacking appropriate credentials or training.

Professional organizations, such as the American Counseling Association, have established ethical standards for cyber counseling that provide online counselors with clear guidelines to protect consumers working with them.

These standards require that counselors should offer

complete and honest disclosure about themselves and their services. An online counselor should make it easy to find out what degrees are held and in what fields, what licenses and certifications are held, and professional organizations in which the person participates (such as the American Counseling Association or the American Psychological Association). Does the counselor specialize and have experience and expertise in the area where you are seeking help?

Where is the counselor located? There are now cases in courts asking whether it's legal for someone to be offering counseling services in a state where he or she is not licensed.

Answering such questions still does not guarantee the quality of the services being provided. A legitimate professional will offer a trial period, without requiring an expensive, long-term commitment, so that you can judge if the services offered are helpful for you.

A professional counselor, following the ACA ethical guidelines, will inform a client early in the relationship if cyber counseling is not the correct approach, and should suggest alternatives better suited to the problem.

Online counseling can be a valuable resource for many people, but it does have its limitations. Ask questions and evaluate carefully to make sure it's the best way to get the help you need.

"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,



NOW AVAILABLE

The NEW Northland College Home Page.

Check back often as we continue to upgrade and improve other areas of our website.

As always we welcome your feedback and suggestions.

East Grand Forks Campus News



NCTC-EGF Intramural Sports



**No Intramural sports on
Mar 11th and Mar 14th**

Have a nice spring

Frisbee Golf Club Meeting

Thursday, March 5, 2009

1:00 pm Room # 124

~ New Members Welcome ~

FYI: jacob_parsons@student.northlandcollege.edu

Student Senate Representative Meeting

Mar 16th
12:00 PM
RM 305B

Student Senate meetings are open to all NCTC students. NCTC-EGF Clubs need to send a club representative to these meetings.



2009 Winter Merriment

Northland Jazz Band
EGF Chamber Choir
TRF Chamber Choir

more
LOVE for Sale

Northland College - EGF Cafeteria
Monday, March 2, 2009
12:00pm and 12:30pm

For more information please call Linda Samuelson at 218-683-8717 or Vanessa Martell at 218-683-8702.

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

Soccer Club Wishes you:



A nice Spring Break!

Mar 9-13th

NCTC Students @ the Movies

****FREE movie ticket to River Cinema 12, EGF****

The first 50 NCTC-EGF students to show their NCTC student ID @ the College's Bookstore will get one (1) River Cinema movie ticket FREE
On Mar 4th, from 10 a.m. until gone!

Students must be current NCTC students and show NCTC ID to get the movie ticket; One ticket per student only.

Sponsored by Student Life

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.

East Grand Forks Campus News



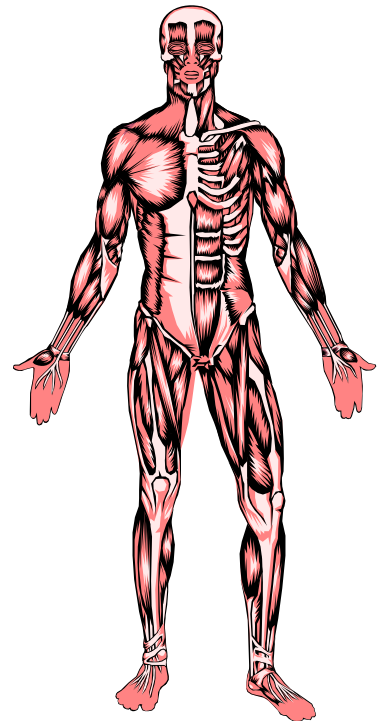
EGF Cardiovascular Club News

On Wednesday, Feb. 25th, the Cardiovascular Technology (CVT) Club sponsored cholesterol screening tests. Approx 40 people participated; some being relieved with their results, and some others were not!

Cholesterol levels can be a risk factor for the development of atherosclerosis, which can lead to a heart attack. Thank you to all participants.

Sitting (L-R): Miranda Cleaver, Emily Holtman, and Cullen Schneider

Standing (L-R): Brandon Ford, Kylee Renden, Nichole Smith, Holly Nelson, Robert Peters, Heather Chrtt, Jeff Stevenson, Betty Garza, and Amanda Nordstrom



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 4** "Pride and Prejudice" will be shown in the theater from 3 p.m. to 5 p.m. Pop and popcorn provided!
- March 17** "Personal Safety Workshop-Express!" a 30 minute workshop will be presented by TRF Police Officer Ginger Alby at noon 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:

218-883-8603
trf.kitchen@northlandcollege.edu

Full Catering
Services Available

The Grand Café Entrée Features Week of March 2 2009

MONDAY

Breakfast

French Toast

1 egg, & Choice of meat

\$3.99

Lunch

Turkey Club Panini

w/side \$4.99

TUESDAY

Breakfast

*2 eggs, toast, choice of meat
with Hashbrowns*

\$3.99

Lunch

Grilled Ham & Cheese

with one side... \$4.79

WEDNESDAY

Breakfast

Pancakes

w/ Two Slices Bacon

\$3.99

Lunch

Grilled Rubeen

with one side..... \$4.99

THURSDAY

Breakfast

*Omelette Bar w/hashbrowns or
toast~made your way~*

\$4.50

Lunch

Hawaiian Ham

with one side..... \$4.99

FRIDAY

Breakfast

Cooks Choice

MONDAY

Salads

\$4.75

Monday

*Tuna Casserole
Veggie, Dinner Roll*

\$5.29

Soup of the Day

Chicken Tortillia

Tuesday

*Taher Taco Salad
made your way*

\$5.25

Soup of the Day

Vegetable Beef

Wednesday

*Swedish Meatballs
Mashed, Corn, Dinner Roll*

\$5.29

Soup of the Day

Chili

Thursday

Lasagna

Salad, Garlic Toast

\$5.29

Soup of the Day

Beer Cheese

Friday

Cooks Choice

TUESDAY

Salads

\$4.75

WEDNESDAY

Salads

\$4.75

THURSDAY

Salads

\$4.75

Thief River Falls Campus News

Intramural Sports

Hockey

Every Tuesday
9:00-10:30 pm
TRF-Ralph Engelstad Arena



Bowling

Every Wednesday
7:00-9:00 pm
TRF Family Bowl



3 on 3 Basketball

Every Thursday
7:00-9:00 pm
TRF-NCTC Gym



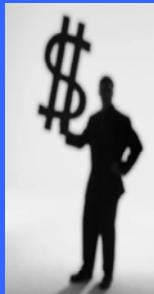
TRF Bookstore
will be open from
9am-11am Friday,
March 6.

Please plan accordingly

Are YOU interested in?



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



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

Contact Jamie Lamb
jlamb81@yahoo.com

LIBRARY NOTES

Midterm alert ...

extended library hours

To help you prepare for finals, the library will be open until 8:00 pm Monday March 2 and Tuesday March 3. Best wishes for good grades on your midterm tests!



Women's History Month

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

With spring break next week, you might find a good book to take home and enjoy ... get your mind off the homework for awhile!

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

Thief River Falls Campus News

Massage Therapy Program now taking appointments for spring clinic



The Massage Therapy program at the TRF campus will hold their spring Massage Therapy Clinic for the general public and students. To schedule an appointment, call the Massage Therapy Clinic at 683-8734.

Prices are \$21.30 for the general public (including NCTC employees) and \$10.65 for NCTC students. Tax is included. Tax will be waived if a doctor's note recommending massage is presented.

WHEN:

March 18 - May 8

WHERE:

Room #654

TIMES:

Mondays and Wednesdays at 10 a.m.,
1 p.m. and
3 p.m.
Tuesdays,
Thursdays
and Fri-
days at 10
a.m. and
1 p.m.

A movie poster for 'Pride & Prejudice' featuring Keira Knightley. The poster shows a woman in a dark dress looking to the right, with a man in a brown coat standing in the background. The title 'PRIDE & PREJUDICE' is written in a classic serif font. Below the title, the names of the cast members are listed: KEIRA KNIGHTLEY, MATTHEW MACFADYEN, ARENDA BEECHEN, DONALD SUTHERLAND, and JUDI DENCH. The poster is framed by a decorative border with the text 'Movie Time' written vertically on the left side.

FREE MOVIE!

Wednesday, March 4th
Location: Theater
3:00-5:00 pm

A colorful poster for 'Spring Semester Second Half Class Offerings'. The background is light blue with a pattern of small white dots. At the top and bottom, there are decorative borders of colorful triangles. The text is in bold, red, sans-serif font. The classes listed are: COLLEGE ALGEBRA, COMMUNITY BAND, GOLF I, INFO RETRIEVAL-21ST CENTURY, INTERMEDIATE ALGEBRA, PHYSICAL GEOGRAPHY, and STRENGTH CONDITIONING. At the bottom, it says 'Classes Start March 16' in a larger, bold, red font.

**SPRING SEMESTER
SECOND HALF
CLASS OFFERINGS**

COLLEGE ALGEBRA
COMMUNITY BAND
GOLF I
INFO RETRIEVAL-21ST CENTURY
INTERMEDIATE ALGEBRA
PHYSICAL GEOGRAPHY
STRENGTH CONDITIONING

Classes Start March 16