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Main Hall ^{to} Main St.

Vol. 1, No. 1

Connecting Campus and Community

June 1995

Homecoming'95 Spins Carousel Theme

Festivities will revolve around A Carousel for Missoula this fall as The University of Montana welcomes back alumni in carnival fashion Sept. 22-23.

This year's homecoming theme, "Ride a Painted Pony," comes on the tail of last week's grand debut of the carousel and what promises to be a busy summer at the magical pony barn by the river. "Up With Montana," UM's fight song already is in place as a permanent selection in the carousel's organ rolls.



"It's another way of bridging both sides of the river," says homecoming coordinator Betsy Holmquist. "Homecoming is a community event, not just a campus event."

The possibilities for Homecoming Parade participants are as varied as the painted ponies that parade in circles for young and old. "You can go either fantasy or western, the carousel or the fair," suggests Holmquist.

Chuck Kaporich, the man whose dream set the carousel in motion, and his wife, Beth, will serve as honorary grand marshals for the parade Saturday, Sept. 23. George and Louise Caras, the namesakes of the park that houses A Carousel for Missoula, will join UM President George Dennison and his wife, Jane, as grand marshals.

Newsletter Brings Campus to You

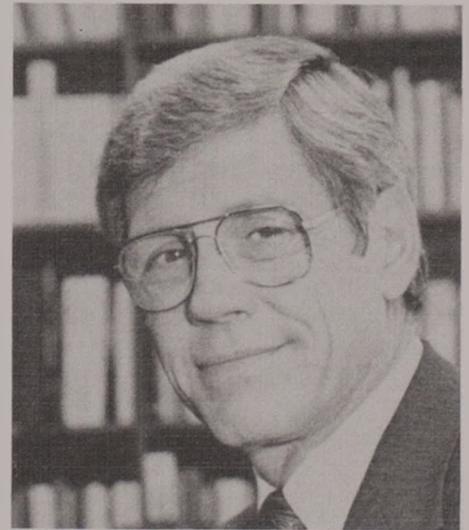
by George M. Dennison, UM President

Greetings! I'm pleased to introduce this inaugural issue of *Main Hall to Main Street*. The University and the city that surrounds it really form one community.

By day the University's 2,000-plus employees go about their business of educating and serving students. But by night and on weekends, these same people attend PTA meetings, play on softball teams and attend community events.

Similarly, Missoulians with no ties to the University might spend their off-hours attending a concert, lecture or athletic event on campus. We are, indeed, one community.

The University of Montana is an extremely active place these days. We've created this monthly newsletter to keep Missoula informed of the events and changes on campus. Each issue will bring you an events calendar, current campus news items, various consumer information columns written by our faculty and staff, and whatever else you tell us you'd like to read about. This is your newsletter; let us know how it can serve you. Thanks for the support you've given your University.



George M. Dennison

Foreign students seek Missoula friendships

The Missoula International Friendship Program is seeking community volunteers to befriend international students who will attend The University of Montana this fall.

Local residents and foreign students learn about each other's cultures while sharing leisure time and family activities. The students do not live in their hosts' homes, but do enjoy being included in holiday dinners, outings and local recreational activities. All participating students speak English.

The program requires a one-year commitment. Matching of hosts and students for the coming year will be done in early September. Requests for matches with students from a specific country will be met if possible. About 500 foreign students from about 60 countries attend UM.

To volunteer to be a "community friend," call UM's Foreign Student Services Office at 243-2226. For more information, call MIFP board member Jan Pruyn at 243-2960 during the day or 728-4555 in the evening.

Network Helps Build Better Businesses

by John Balsam

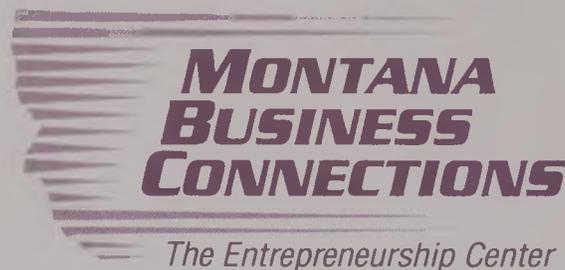
Montana business owners can find the help they need to get ahead by tapping into a Montana University System electronic network.

In today's increasingly competitive environment, access to information and resources is more important than ever for businesses. A vast resource database provided by Montana Business Connections: The Entrepreneurship Center can help people in the business community solve tough questions and clear hurdles that might be in the way of a successful venture.

As the name implies, Montana Business Connections links business owners with the resources they need to move forward successfully. The free service offers the largest collection of information and technical and financial resources ever compiled in Montana.

Started in 1990 as the Montana Entrepreneurship Center, Montana Business Connections is a University System Center of Excellence headquartered at The University of Montana-Missoula. Regional offices are located on the Bozeman and Billings campuses; affiliate offices have been established on the Butte, Dillon and Havre campuses.

The database can be accessed electronically, either by a computer modem or through the Internet.



In its infancy, Montana Business Connections' resource database contained only university resources, such as information on faculty, student programs, research organizations, facilities and equipment, and the library. In response to the business community's needs, the database was expanded to include public and

private resources.

"Without Montana Business Connections, we would have spent a lot more time and effort finding the technical help we needed," says the owner of a Butte-based frozen dessert business. "We needed to better understand the health factors associated with our products, and Montana Business Connections put us in touch with a professor who took time to explain these factors and assure us that our process is safe."

Business owners aren't the only ones who use the service. Economic development and business-assistance organizations also tap into the database to find programs and expertise to help their clients.

For more information, call Montana Business Connections at 243-4009.

John Balsam is the Missoula regional director of Montana Business Connections: The Entrepreneurship Center.

Well-Informed by Gordon Opel

As creatures who were never designed to sit, we humans do a lot of it.

We sit on the job (75 percent of workers in industrialized countries have sedentary jobs). We sit while driving to work. We sit through endless meetings. We sit to eat. We sit at Grizzly games and at the Wilma Theater.



Gordon Opel

Sitting, especially in a bad chair or when we are slouching, causes the spine to curve outward, rounding the back and putting pressure on the disks. Conversely, standing and moving with good posture allows the lower back to curve naturally inward toward our bellies. This curve provides the structural strength that bears the weight of the upper back, shoulders and head.

Excessive sitting can cause a host of ailments, including aching shoulders, neck discomfort, chronic pain in the arms and hands, and fatigue, even when we are well-rested.

How much sitting is too much? If we pay attention, our bodies will usually tell us. We get restless and need to get up. On a more

scientific level, researchers have concluded that the mean tolerance time of healthy people for static sitting in an upright posture is 67 minutes, to be exact.

The bottom line is, if you want to keep your back healthy, get up and move. Moving is what the body is designed to do.

Our spine uses a mechanical pump to move nutrient-rich blood to the disks, ligaments, tendons and muscles. This pump is activated by physical activity. When we drive to Glacier Park without stopping, the pump shuts down, leaving our spine thirsting for nutrients. Unfortunately, our bodies don't warn us that this damage is taking place. We usually are not aware of the problem until we're forced to schedule a doctor's appointment for back pain.

Stay fit to sit by getting up and walking around your house or office every 30 to 60 minutes. The same advice applies when driving long distances. Stretch your back and roll out your shoulders and neck. You'll feel much better at the end of the day or when you reach your destination.

Gordon Opel has been promoting healthy lifestyles as director of UM's Wellness Program for the past eight years. He tries to practice what he preaches.

Main Hall to Main Street is published monthly by University Communications at The University of Montana-Missoula. Send questions comments or suggestions to Rita Munzenrider, editor, 317 Brantly Hall, Missoula, 59812, or call 243-4824.



Bear Briefs

Open Your Home—UM's Center for Continuing Education is recruiting homestay families for the Toyo and Kumamoto language, cultural and economics programs that will be hosted by International Conferences and Institutes July through August. The Japanese students are coming to Missoula to study and practice English, interact with American businesses and participate in summer activities. If you are interested in opening your home and sharing your family life with a student, call Jane Bernal or Corie Bakker at 243-2164 by June 26.



Jeanne Sinz

Permanent Post—Jeanne Sinz, interim director of Career Services at UM for the past year, has been named to the post on a permanent basis effective July 1. Sinz replaces

Don Hjelmseth, who retired at the end of the 1993-94 academic year. As interim director, Sinz initiated new programs and services, including the "Ask an Alum" project and "Opening Doors" workshops.

Before coming to UM in 1993 as a doctoral student in the educational

administration program and part-time career counselor, Sinz was regional office manager in the education division and marketing representative for Washington National Insurance Co. From 1981-90, she served as assistant director of Career Services at the University of Alaska, Fairbanks. She also worked in residence life and career counseling at Western Washington University and the University of Wisconsin-Eau Claire. Sinz holds a master's degree in guidance and counseling from the University of Wisconsin-Stout, and a bachelor's degree in sociology/journalism from the University of Wisconsin-Eau Claire.

Campaign on Campus—Employees have been digging into their pockets to help support the UM Foundation's Capital Campaign. Faculty and staff have contributed more than \$108,000, while UM retirees have promised \$185,000 in donations. The campaign's total stands at \$34 million on the way to its \$40 million goal. The money will be used for endowed faculty positions and scholarships, program enhancement, capital development and current challenges.

Seasonal Hours—The Mansfield Library will be closed on Saturdays through the summer. Until July 28, the

library will be open from 8 a.m. to 10 p.m. Monday through Thursday; 8 a.m. to 5 p.m. Friday; and 2 to 10 p.m. Sunday. The library will be closed both Saturday and Sunday from July 29 through Sept. 4. Weekday hours during that time will be 8 a.m. to 5 p.m.



are at students' fingertips with "Dial Bear," a fast and easy telephone service at UM. Students can learn their academic fate in minutes by calling 243-2327 between 8:30 a.m. and 4:30 p.m. Using a touch-tone phone, students simply enter their student identification and personal identification numbers to access their grades.

Stepping Down—Margaret Kingsland, longtime executive director of the Montana Committee for the Humanities, is stepping down from the post she has held since 1974. Kingsland, whose resignation is effective Oct. 31, cited a "wish to serve Montana in other ways." A search is underway for a new executive director.

Student Interns Lend Employers a Hand

From accounting offices in Missoula to rivers in Africa, UM students are gaining hands-on job experience while going to school.

Some don't get paid, but they earn practical knowledge and skills that could help them get jobs after graduation in today's competitive market. Through UM's Cooperative Education office, graduate and undergraduate students are placed as interns in part-time and full-time positions that relate to their fields and career interests.

About 400 students were placed with

employers at the local, state, national and international level during the 1994-95 academic years, says Robin Putnam, employment services specialist for Cooperative Education.

Interns can earn either credit or financial compensation—or a combination of both—while participating in the program.

Student interns have the opportunity to apply theory and skills learned in the classroom while developing new skills and knowledge in the working world. Employers get help with special projects

or during peak times for their businesses, with access to a large group of qualified candidates.

The Cooperative Education staff works with employers to develop positions for students. Some employers make requests for interns, while some students develop their own positions. UM faculty and staff also generate internships through contact with individual employers and agencies.

To find out how to put a student intern to work for you, call Cooperative Education, 243-2815 or 243-4614.

CALENDAR

Tuesday, June 6

Pottery exhibition—Woodstack and Archie Bray Foundation exhibitions through June 24, Gallery of Visual Arts, Social Science Building. Hours are 11 a.m.-3 p.m. Monday-Saturday. Call 243-2813 for more information.



Campus Recreation—kayaking classes, session I, June 6, 8, 13, 15 and 20, at Grizzly Pool; June 24, river trip. Call 243-2802 for more information.

Thursday, June 8

Board of Regents meeting—workshop, Hardin, June 8-9.

Comedy on stage—"Misery II: McManus in Love," by Patrick McManus. Features Spokane actor Tim Behrens, Thursday and Friday, 7:30 p.m., Montana Theatre. Tickets \$10/adult and \$6/youth ages 12 and under, available at TIC-IT-E-Z outlets and at the door. Sponsored by Friends of the Mansfield Library.

Thursday, June 15

Campus Recreation—rock climbing class, June 15, 17, 18. Call 243-2802 for more information.

Monday, June 26

1995 Summer Semester—second five-week session, through July 28.

Tuesday, June 27

Campus Recreation—kayaking classes, session II, June 22, 27, 29, July 6, 11, 15 at Grizzly Pool. Call 243-2802 for more information.

Tuesday, July 4

Independence Day—holiday.

Thursday, July 6

Board of Regents meeting—Helena, Thursday and Friday.

Education After Dark: It's Never Too Late to Learn

Too busy to attend the University during the day? UM offers more than 200 courses after conventional school hours.

The number of courses offered after 4 p.m. weekdays and on weekends continues to increase with a varied selection of subjects, from arts and education to math and computer science.

There's still time to apply for admission to UM, which is a requirement for enrollment in night school. Admissions will close within the next couple of weeks.

If you miss making application this month, you'll have to wait until fall to apply for admission to spring semester courses that start in January 1996.

Night school provides opportunities for students in Missoula and surrounding communities to attend classes that otherwise

would not be available to them. Potential students range from regular degree-seeking students who cannot get into courses they need during the day to community members seeking personal or professional development.

Anyone interested in attending Night School for the first time or those who have interrupted their UM enrollment for one year or more may call the Admissions Office, 243-6266, for application information.

Schedules are available for \$1 from the University Bookstore. For \$3, the bookstore will mail a schedule to you. Call 243-4921 for details.

For general information about Night School, call the Center for Continuing Education and Summer Programs, 243-4626 or 243-4616.

Students: Finish in Four or UM Pays the Rest

by Lilly Tubolske

Students enrolling at UM for the first time can sign a contract that states UM will pick up the extra tab for those who cannot earn a degree within four years.

What's the catch? Students who sign the contract must follow several requirements, including enrolling in 16 to 17 credits per semester and following an adviser's recommendations in each of eight consecutive semesters.

Four-year graduation plans, while not unique to UM, are rare among the nation's colleges and universities, UM President George Dennison said.

The purpose of UM's four-year graduation plan, "Four Bear," is to move more students through the system in a timely fashion, thus allowing the University to serve more students, said Frank Matule, UM director of Admissions and New Student Services.

"A significant number of students have been taking five or six years to get through," Matule said. "Parents are alarmed." As it gets more expensive, parents want their

students to increase their credit loads and move more quickly through the system."

Students take more than four years to finish their degrees for a variety of reasons, Matule said. Some have to take time off from school for personal or financial reasons. But others have been unable to meet graduation requirements because they have been closed out of required courses, Matule said.

"We're providing a guarantee to students that they will be able to graduate," he said. The contract is UM's way of saying that the course offerings and placement within the courses will be sufficient to enable students to get their degrees in four years, Matule said.

The idea for implementing a four-year graduation plan at UM came from Dennison during negotiations that resulted in the new faculty contract, which was approved in September 1994. The contract calls for increased faculty workloads and the addition of Saturday and evening classes to make more courses available to students.