The Secret Night Life of a Country Dancer

Finally, Thursday arrives. The culmination of days, prepping, practicing, and perspiring, come together in a perfect instance. With sweaty palms and shaking legs, he approaches his would-be partner and...the song ends; the time has passed, and the dancer remains partnerless. Before you begin to wonder too much about who this socially inept person may be, I will tell you. Regrettably, this person is me, as my line hoppin’, girl throwin’, toe tappin’, country swingin’ Thursday night NR self.

Ironically, I look forward to such events. It seems that almost every waking moment is about preparing for Thursday nights. Classes become self-help lectures, where I day dreamingly improve my line form. Nights are nothing more than endless form and technique improvement sessions, where dance moves are performed with flawless precision. Work is done only out of necessity to facilitate my addiction. What type of place can influence a potential forester major in such a way? Club NVO, the country swing dance capital of Utah.

Club NVO is nothing new to Logan. For years, this local hot spot has sat in its current location, 339 N. 50 West, under the name Club Skyline. Now, with nothing more than a new name, Club NVO continues to quell the needs of students.

This country swing Mecca has pulled, and continues to pull, dancers in from across the state. On an average Thursday night, it is not uncommon to dance with people from Salt Lake or Northern Idaho. Fame for such a place has spread primarily by word of mouth, and yet the people come in droves. What is it that drives young people to such extremes?

It may be the music that drives people to near chaos. There is nothing like country music blaring over large speakers. Still, most people who come, don’t particularly care for the music, so it is unlikely the credit rests there.

Possibly, it is the hour of the night. There is something about staying up until the crack of dawn doing the Reggae Cowboy, with a midterm the next day. Yet this is doubtful because most people do not wake up promptly the morning after, which tends to reflect itself in the end of year transcript.

Odds are, the motives can be found in the dancing itself. There is just something about swinging, and hopping, and flying without injury that is exciting. From a physician’s perspective, moves of such a nature should not be, nor can be, safely attempted. While long term effects are questionable, in the short term, country dancing is invincibility in motion.

Whatever the reason, after dancing, one cannot deny the addiction. Once you start, it is doubtful that the habit will die. Maybe someone should start a 21 step program to fight cravings of this sort. I might even join, after I go dancing in 3 days, 12 hours, and 15 minutes.

By Casey Snider

Inside This Issue:
- Secret Night Life of a Country Dancer
- Helga Van Miegroet [Professor Spotlight]
- Kate Eccles is Cool [Student Spotlight]
- Why We Should Live the Simple Life
- The List
- Forestry Club Cuts Down TREES!!
- Events

Best of luck with finals!
Forestry Club’s Tree Cut a Success

By Helena Torgerson-Hall

The Forestry Club had their Christmas tree cut on the weekend of November 19th - 20th, 2004, which turned out to be a lot of fun for those who participated in the annual trip. Those who participated were: Dr. Fred Baker and Oboe (Dr. Baker’s black lab), Dan Ott, Helena Torgerson-Hall, Margaret Gray, Cory and her two girls, Jonny, Eric Valdez, Levi Roberts, Clint and Tina, and Taz. Friday evening, November 19th, everyone met in the CNR Atrium and piled into three trucks and a car. Clint went to retrieve a borrowed trailer, and nearly took a dinky little wooden box trailer that was not even big enough to hold three good-sized trees, and Clint’s hitch was one and a quarter inches too big for the dinky trailer. Luckily, that trailer was the wrong one. The real trailer we borrowed was resting behind the owner’s vehicle, and once hooked up we were off for Deseret Ranch. We stayed in the lodge, had a nice chili dinner, chips, and lots of candy. After, we played a record two hour Uno game, with Cory finally winning out. Levi Roberts also set a record of starting the circle with a draw-two and having it come back around to him, making him draw ten cards. All the while, everyone else played five or six games of dominos and started a game of 21 by the time Cory won us out of the two hour Uno game. Nonetheless, it was a lot of fun.

Saturday morning revealed a serene, yet glorious sunrise. Fred Baker also revealed a buffalo’s head he discovered during the night while searching for more blankets. After a tasty breakfast, we all bundled up and headed out in Fred, Eric, and Clint’s trucks and rumbled up the dirt road to where the trees were waiting to be cut down. We worked quickly and had fun watching the trees succumb to their final calling as a beautiful, nice smelling Christmas tree to be decorated with sparkling lights and dancing ornaments. In fact, we found a tree with a mouse frozen in place that we had considered bringing back to give to the Wildlife Society, but decided that if they really wanted it, they could come get it.

With so many people participating in the cut, we were able to work quickly and finished around one o’clock. On the way home, we stopped at Gator’s to eat, and the food was great. By the time we got on the road, a snow storm had come on and the roads to Bear Lake and through Logan Canyon turned beautifully white, but quite treacherous. However, we did make it home okay without any major mishaps, unlike another group we passed whose car had a broken axle.

To the owners of the borrowed four-wheeler trailer we were very grateful and thanked them by giving them a free tree. This year’s trip was full of events, both fun and exciting. Hopefully, next year’s Tree Cut will have just as many, if not more, people participate.

Forestry Club
Christmas Tree Sale!

Only $1.50/ft.

Type of Tree: Sub Alpine Fir

When: November 22 - the end of School

Where: Outside in front of the College of Natural Resources & Quinney Library.
Why We Should Live the Simple Life

Continued from the last issue...

#2 Organizing

Once you’ve thrown away all that excess baggage, you are ready to organize. Every single item in your house should have a home. The scissors go in the left container in the drawer. The mail goes in the mail basket in the cabinet. The magazines go on the bottom shelf. You get the idea. There is a proper place for everything. Clutter and “stuff” should not be floating around the house, from room to room, and drawer to drawer. You’ll save a lot of time by simply knowing where all your stuff is. Getting your life organized applies to your everyday schedule as well. Is it necessary to be involved in the 20 different things you’re involved in? Do you have to be in all the clubs and organizations? Do you have to work so much to maintain your now less-expensive, non-materialistic lifestyle? Do you really have to go to every meeting and event? Why not take your family out for ice cream instead? Why not use some of that time for blowing bubbles, jumping in rain puddles, playing in the park, or baking bread? Is that so wrong? I don’t think so. Organizing your schedule includes making time for the things you value most in life.

#3 Meditation

Meditation allows the body and soul to relax. It calms nerves, relieves stress, and gives us a chance to breathe deeply and think clearly. Meditation is an escape from worldly cares. It may include praying, reading sacred text, listening to calming music, or merely just sitting and pondering. This daily exercise is vital to one’s mental and spiritual health. Don’t ever get so busy and caught up with work that you don’t have time to meditate. Your body needs this release for at least 15 minutes each day.

#4 Taking time to enjoy the simple things in life.

Life is throbbing with beauty and charm. In our busy lives, surrounded by expensive toys and clutter, we often fail to recognize this beauty. Take time to appreciate the simple charms around you: front porches, old man hats, antique bicycles, brightly colored umbrellas, the soft tinkling of wind chimes. There is so much more to life than video games, TV, money, and yes, even school. Thank goodness. John Burroughs, nature writer, wrote, “To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter...to be thrilled by the stars at night; to be elated over a bird’s nest or a wildflower in spring -- these are some of the rewards of the simple life.” Such joy can be achieved! Instead of watching re-runs of FRIENDS, build a blanket fort. Instead of exploring chat rooms on the internet, put nylons on and see how far and fast you can slide across the kitchen floor. Rather than study for three hours straight, take occasional breaks to play with play dough, draw on the sidewalk with chalk, shoot rubber bands, or frolic in the front yard.

Living the simple life can be achieved. Don’t let the trends of society take the place of what you value most. Defend your soul and your precious time against tangible and intangible “clutter.” Seek the simple beauties of life. Find magnificence in the mundane. Cherish the silent moments. And whatever you do, always remember to look up at the sky.

By Angie Cannon

If you have any questions or concerns regarding student involvement in the College of Natural Resources, please feel free to contact Ashley Nielson, the CNR Student Advocate. You can e-mail her at ashleyn@cc.usu.edu.
Join us for the USU Employee Wellness Fair!

Featuring Olympic Medalist, Rulon Gardner

Date: Monday, December 6, 2004  
Time: 9:00 am - 1:30 pm  
Place: Taggart Student Center Sunburst Lounge

Rulon Gardner will speak at 11:00 am in the TSC Ballroom. He will be available for autographs and photo ops in the Lounge.

- Health and Wellness Vendor Booth  
- Testing for: Cholesterol/HDL/Ration, Diabetes, Percent Body Fat, Blood Pressure  
  (Testing requires pre-registration by December 1, 2004)  
- USU Communicative disorders and Deaf Education Department will conduct free hearing tests; (requires pre-registration).  
- Door prizes and giveaways!

For pre-registration of Health and Hearing testing, contact Sharon at 797-1814

---

Come Meet Our State Legislators!

CEA/PEA Brown Bag Forum

When: Thursday, December 2  
Where: TSC Walnut Room  
Time: 12:30 pm

Lunch will be provided for only $2.00!!!

RSVP by Tuesday, November 30 to:  
CEA: Kristy Hodson, kristyhodson@cc.usu.edu  
PEA: Ddave Petersen, davep@fac.usu.edu

Our State Legislators will speak about the opportunities and challenges facing higher education in the next legislative session.

---

Excellent gifts for friends, families, and get-togethers!

Fresh Apple Cider: $3.95/gallon or $3.75/gallon for 5 or more - (reg. $4.50)  
(Pressed by the Plant Science Club)

Poinsettias: Fresh from our greenhouse, flora quality, 6 1/2 inch pot size, several colors and sizes available  
-- Sale: $5.95 or $5.45 for 5 or more - (reg. $6.95)

O.H. Plant shop and Greenhouse, located at SE corner of 1400 N. and 800 E., phone: 797-3446

---

Club Information:

SOSNR meets every Thursday at 5:30 pm in the CNR atrium. Contact Meghan at mlw@cc.usu.edu for more information on upcoming activities.

The Wildlife Society meets every Wednesday at 6:00 pm in BNR 278. Contact Garrett at gasavory@cc.usu.edu for more information.

The Forestry Club meets every Thursday at 6:00 pm in the CNR atrium. Contact Dan Ott for information on upcoming events: dsott@cc.usu.edu.

ECOS meets on Thursday evenings at 5:00 pm in the ORC and sometimes the CNR atrium. Contact jprice157@yahoo.com for more information.

The Range Club meets every Friday at noon in the CNR atrium. Contact jastuart@cc.usu.edu for more information.

The American Fisheries Society meets at random times, so contact Pauline Adams padams@cc.usu.edu or Donnie Ratcliff drat@cc.usu.edu for information. All are welcome!
A Festival of Giving

Cache Valley Mall, Saturday, December 11, 2004, from 9pm-11pm

Common Ground Outdoor Adventures is a local non-profit organization that provides outdoor recreation for youth and adults with disabilities in the Cache Valley area. All the money collected from selling these tickets will go directly to benefit people with disabilities in Cache Valley.

What is A Festival of Giving?
Tickets cost $5 each. The mall will close to the general public, and then re-open for a night of shopping for ticket holders. The evening will include special store discounts, gifts, door prizes, entertainment, and free gift-wrapping. Over 40 stores participated last year.
Examples: Adorn Me- bracelets buy 1 get 1 free, necklaces 30% off, 50% off all makeup, Baldwin Optical- 50% off a complete pair of glasses, Lerner New York- 30% off any purchase, and much, much more!

For more info., call Common Ground at (435) 713-0288

Friends of the Logan Avalanche Forecast Center present the 1st Annual “Pray for Snow Party and Fundraiser!”

Saturday, Dec. 4th, 2004, 6:30 pm
Bridgerland Park Center
920 North 200 West, Logan

Tickets available at the Trailhead and USU ORC -- $17 in advance, and $20 at the door.

Dinner by Indian Oven, Live Music, Silent Auction,
Door Prizes, Rafting skis, outdoor gear and clothing, avalanche rescue equipment, hot springs passes, therapeutic massage, food, and much more!

Proceeds benefit operation of the Logan Avalanche Forecast Center. For more information: Call Paige at 753-0372.

Today

Today is here. I will start with a smile and resolve to be agreeable. I will not criticize. I refuse to waste my valuable time.

Today in one thing I know I am equal with all others—Time. All of us draw the same salary in seconds, minutes and hours.

Today I will not waste my time because the minutes I wasted yesterday are as lost as a vanished thought.

Today I refuse to spend time worrying about what might happen...-it usually doesn't.
I am going to spend my time making things happen.

Today I am determined to study to improve myself, for tomorrow I may be wanted and I must not be found lacking.

Today I am determined to do the things I should do. I firmly determine to stop doing the things I should not do.

Today I begin by doing and not wasting my time. In one week I will be miles beyond the person I am today.

Today I will not imagine what I would do if things were different. They are not different. I will make success with what material I have.

Today I will stop saying “If I had time”—I know I never will “find time” for anything. If I want time, I must make it.

Today I will act toward other people as though this might be my last day on earth. I will not wait for tomorrow.

Tomorrow never comes...

Author Unknown
The List

By Angie Cannon

I pull off Highway 32 in my 1985 Honda Accord, ready to greet the new day. As light begins to embrace the gray clouds, I know this is going to be a stellar sunrise. Eating my yogurt and cinnamon-sugar bagel, I watch the sky become infused with light. Layers upon layers of pink and orange clouds reflect their colors upon the glassy waters of Jordanelle Reservoir. At this moment, it’s just me and the sky: no worries, no pressures, just the feeling of perfect happiness. This is the life! Unfortunately, like most folks, I too have to work. I jump up, brush the dirt off the seat of my pants and slip back into my blue, rusting accord, which, by the way, holds most everything I own in its back seat. A few pairs of shoes, clothes, books, blankets, and a toiletries-filled duffel bag are my so called “needs” in life. Intangible needs include love, God, and light.

I am blessed beyond measure. Contemplating gratitude this holiday season, I am filled with contentment and joy. It’s the little things that make life so rich:

- Watching chocolate syrup drip down a mound of vanilla ice cream.
- Dipping burnt cookies in milk.
- Finding “treasures” at the D.I.
- Watching people eat fancy chocolates.
- Eating Thanksgiving leftovers for a week.
- Watching Jackie Chan movies.
- Singing alone in the car.
- Stepping on crunchy leaves.
- Firm handshakes.
- Australian accents.
- Pink socks.
- Toasted marshmallows.

“There is no duty we underrate so much as the duty of being happy.” - Robert Louis Stevenson

Have a happy holiday!

You can e-mail submissions, comments, ideas, suggestions, etc. to angiecan@cc.usu.edu, or give me a call at 753-4573.
Name: Helga Van Miegroet

Where did you grow up? Belgium, Europe

Where did you get your degrees? I received my BS from Belgium State University of Ghent, and my MS and PhD from the University of Washington, Seattle.

What are your degrees in? BS in Forest and Water Resources, and Silviculture, and MS and PhD in Forest Soils and Mineral Cycling

What classes do you normally teach? AWER 3700 (Fundamentals of Watershed Science), FRWS 5350 (Wildland Soils), and FRWS 6200 (Terrestrial Biogeochemistry).

What research are you currently involved in? I suppose this slipped through the crack: I am interested in the dynamics of carbon in range and forest soils and how management, disturbance, or environmental changes influence the amount and quality that can be stored in the soil.

Have you had any interesting jobs before becoming a professor? I was research staff at Oakridge National Laboratory in Tennessee – I guess that is somewhat interesting... at least for some.

Why did you decide to teach? I think teaching found me. I think teaching has always been in me, it is what has pulled me along. I don’t think it was a conscious decision.

Hobbies and interests: Gardening, reading and traveling.

Philosophy on life: That you should try to good along the way and not take yourself too seriously.

Advice to the World: Relax. We’re all here for a finite time and we might as well make the best out of life and be nice to each other.

What do you hope people will remember you for? I hope they remember me as a good teacher and a good person, and that scientific inquiry is always with us and fun to do.

What book would you recommend for someone to read? Botany of Desire.

Strange talents: I speak 3 languages fluently and dabble around with 2 others.

Pet peeves: People that are so full of themselves.

Favorite Food: Varies—Right now, Indian and Thai.

Favorite Color: Maroon and black.

Thoughts on Logan: I do enjoy living here, it’s a beautiful place. I didn’t think that I would like it here as much as I do.

Future plans/dreams/wishes: I want to explore sides of me that I never have done. I want to travel more, learn some more languages, and even do some creative writing.

Something Unique about Helga: I’m really not as serious as I look. There’s quite a silly streak to me. I think I’m a closet comedian.

Helga’s Symbolic Duck: Helga has a yellow rubber duck sitting upon her shelf that is symbolic to her. It was sent to her by a colleague to remind her that we all have turmoil, but we need to remain serene and calm about it. Meaning that we all may be going bonkers underneath at times, but on the surface we present a friendly smile.
EVENTS

Wednesday, Dec. 1 - Thursday, Dec. 2 -
The USU Ceramics Guild is holding its annual holiday sale, December 1-2, 2004 from 8am-8pm. Make your holiday shopping fun. Pots are fantastic gifts. Located in the TSC Sunburst Lounge.

“Hayfever” - “Hayfever,” by Noel Coward, takes place on the Morgan Theatre stage, December 2 – 4 and 8 –11. A combination of a farce and a comedy of manners, the production is viewed as one of Coward’s brightest comedies. “Hayfever” is directed by Adrianne Moore. Call 797-0305 for ticket information. It will be located in the Morgan Theatre, Chase Fine Arts Center. Begins at 7:30 and ends at 9:30.

Wednesday, Dec. 8 - CNR CHRISTMAS SOCIAL!
It is time once again for the Annual CNR Christmas Social! The festivities will begin on Wednesday, December 8 at 4:00 p.m. Come and enjoy food, friendship, and holiday cheer.

The traditional Christmas Dessert Contest will be held for those wishing to showcase their favorite holiday treat. All entries must be submitted to the Dean’s Office by 2:30 p.m. the day of the social.

Thursday, Dec. 9 - The printmaking guild is sponsoring a sale of student/faculty work on December 9 in FAV 104. There will be lots of wonderful art work for sale. The sale will go from 5:00 pm to 9:00 pm.

Saturday, Dec. 11 - Solstice Party and Holiday Decorating for Kids! 9 a.m. to 12 p.m. - The Stokes Nature Center - Ages 4-8 - $7 for non-members, $5 for SNC members
Celebrate the winter solstice with a fun story, solar activities, and a special treat! Then, make festive holiday crafts with a nature theme. Handmade nature crafts make great holiday gifts! Drop off and pick up will be at the River Trail Gate. Pre-Registration Required.

Friday, Dec. 10 - LAST DAY OF CLASSES!
Dec. 13 - Dec. 17 - FINAL EXAMINATIONS

Interested in Undergraduate Research and Travel?

1) U.R.C.O. (Undergraduate Research and Creative Opportunities) Grants: University-wide grants our students have had great success with. For applications, see: <http://www.usu.edu/vpr/funding/urco/>

2) CNR Grants for Undergraduate Research: CNR also supports independent undergraduate research. You are allowed both an URCO and a CNR grant.

3) CNR Grants for Undergraduate Travel: We also support travel to professional meetings for presenting the results of your independent undergraduate research!

URCO Firm Deadline: 3 Feb., 2004

CNR proposals: We will begin reviewing proposals on 16 Feb., 2004, but will accept proposals until the money is gone.

For more details, see Gene Schupp (NR 330), or one of the CNR Honors Advisors: Mark Brunson, Helga Van Miegroet, or Wayne Wurtsbaugh.

Are you interested in finding and applying for federal jobs?

The CNR Graduate Council Presents:
A workshop/seminar providing information ranging from searching for federal job announcements to advice on completing applications for specific positions. (Including seasonal, term, entry level professional).

Thursday, December 2nd at 4:30 pm in Natural Resources, Room 105.

All interested parties welcome!

Led by: Donald Ratcliff, M.S. Student in AWER and Fisheries Biologist U.S. Forest Service

Drop by the Club Office, NR 112, for more information on upcoming events!