

# First Monday



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*From the desk of: Marilynn Miller, President and CEO  
Monday, August 3, 2009, 8:00 a.m.*

*First Monday* is provided to friends of Montana State University Billings Foundation to advance the cause of philanthropy.

**Giving makes you happy!** According to the Social Capital Community Benchmark Survey of 30,000 American households, people who make charitable gifts are 43% more likely than non-givers to say they are “very happy” about their lives. Similarly, the survey revealed that volunteers are 42% more likely to be very happy than non-volunteers.

Another study, The University of Michigan’s Panel Study of Income Dynamics, revealed that people who give are 60% less sad and depressed than non-givers.

A number of studies through the years have researched why charity leads to happiness. The conclusion is that giving actually affects brain chemistry. People who give often report feelings of euphoria, which psychologists have referred to as the “Helper’s High.” They believe that charitable giving induces the release of endorphins that produce a very mild version of the sensations caused by drugs like morphine. Charity also lowers the stress hormones cortisol, epinephrine, and norepinephrine.

We’re here to help you avoid depression and stress. By making charitable donations to the MSU Billings Foundation, you’re not only helping a great university and its students, you’re helping yourself!

## **Here are some of last month’s happy donors:**

- **Big Sky Economic Development Corporation** gave \$5,000 to the College of Technology Land Purchase.
- **Chemwest Systems Inc.** gave \$3,000 to the Soccer Complex Initiative.
- **Sanctuary Spa & Salon** contributed \$2,500 to the Urban Institute 2009 Water Forum. The Urban Institute’s second annual water forum, h<sub>2</sub>009 is to be held on August 10, 2009, at the Billings Crowne Plaza Hotel.
- **ASMSUB** donated \$2,002.26 to the ASMSUB Future Leaders Scholarship Endowment. The endowment supports two scholarships annually, one for a student attending the College of Technology and one for a student on the main campus.
- **Marc E. (1995) & Jill R. Dean (2007)** contributed another \$1,500 to the Soccer Complex Initiative.

- **Jimmie L. (1970) & Kay Ashcraft** donated an in-kind gift of an oak executive desk & file cabinet to the foundation.
- **PEO Chapter BL** contributed \$1,500 toward the PEO Chapter BL Scholarship. Kaycee Bristow and Gina Brott have been selected to receive this scholarship at \$750 each.
- **Wells Fargo** gave another \$1,500 to the Annual Drive for Excellence.
- **Planned Parenthood of Montana** contributed another \$1,500 to the Soccer Complex Initiative.
- **Gary & Jean Young** contributed gifts totaling \$1,248 to the Dr. Gary Young Business Faculty Enhancement Endowment (\$960) and to the Music Department (\$288).
- **Keith D. Cook (1972)** made a gift annuity revocation of \$1,199.52, benefiting the College of Business Faculty Excellence Endowment.

**The Montana State Billings women's basketball team** not only excelled on the basketball court this past season, but also in the classroom. The team was recognized last month as having one of the top 35 team grade point averages in Division II, as announced by the WBCA (Women's Basketball Coaches Association). **The Yellowjackets finished 15<sup>th</sup> in all of Division II with a team GPA of 3.47.** The award, given in NCAA Division I, NCAA Division II, NCAA Division III, NAIA and Junior College/Community College, honors teams throughout the nation that carry the highest grade point averages for the entire season.

**Adults who want to complete an undergraduate degree**, have been out of school awhile, and are concerned about the cost of higher education, can access a new scholarship at Montana State University Billings. The Adult Learner Connections Scholarship will allow adults who return to college the opportunity take their first class for only \$100 per credit. For example, a three-credit course at the main campus that would usually cost \$780 would cost only \$300, a \$480 savings. A three-credit course at the College of Technology (COT) would also cost only \$300, which is a savings of \$306.

To qualify for the scholarship, prospective students must have been out of high school for at least three years and have been away from college for two or more years. The scholarship is available for the first class only and applies to online classes as well as classes at the main campus or the COT campus. For more information about the scholarship and how to apply, contact the Office of New Student Services at 657-2888 or go online to [www.msubillings.edu/adultlearner/](http://www.msubillings.edu/adultlearner/).

**To make a gift online** go to <http://www.msubillings.edu/foundation/> & click "Make-a-Gift."

**Prefer e-mail?** If you would prefer to receive *First Monday* and *Corks & Cuisine* electronically, please contact Darla Crumbaker ([dcrumbaker@msubillings.edu](mailto:dcrumbaker@msubillings.edu)).

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