



MONTANA STATE UNIVERSITY
NORTHERN

Northern Network News

The Official Newsletter of MSU-Northern

October 13, 2017

Feature Video - Health Promotions Program



MSU-Northern's Health Promotion (HP) program is an interdisciplinary program that teaches exercise science, community health education, and wellness.

You will focus on exercise science, health education, and business to be prepared for work in local, state, and federal health department agencies, health and fitness clubs, corporate wellness, university fitness centers, and athletic training and conditioning centers.

The program prepares you to sit for National Certification Exams including: Certified Health Education Specialist (CHES), ACSM's Health Fitness & Specialist (HFS), and Certified Strength and Conditioning Specialist (CSCS). The Health Promotion program also provides an excellent foundation for a career in physical therapy.

This Past Week

17th Annual Legends for Lights Pheasant Jamboree



Last week the Northern Lights Athletic Scholarship Foundation hosted their 17th annual Legends for Lights Pheasant Jamboree. The Legends for Lights Pheasant Jamboree is a combination of former NFL, NHL, MLB and other professional legends along with locals and outdoor enthusiasts from across the country who come together for a four-day jamboree that includes trap shooting, pheasant hunting, and a little storytelling. Participants pay to be included in the shooting and hunting teams, and the money raised during this event goes toward athletic scholarships. For more information go to: <http://www.legendsforlights.com/>

MSU-Northern Helps the Scouts



On Sept 30, a small faculty committee hosted an event for Girl Scouts and Boy Scouts in Havre. The Havre Police Department collaborated and the Criminal Justice Department provided information about basic forensic

science. The Scouts also analyzed blood spatter, lifted fingerprints, and made a mold of a shoe impression. Then, the Scouts went to the Automotive Department to learn basic car care and maintenance. The day concluded with the Scouts attending the Multicultural Event. The event included 14 Scouts plus leaders, parents, student helpers, faculty, and police officers. The event was a great example of the community coming together!

Steel Magnolias Thrills Audiences



The action is set in Truvy's Beauty Salon in Chinquapin, Louisiana, where all the ladies who are "anybody" come to have their hair done. Helped by her eager new assistant, Annelle (who is not sure whether or not she is still married), the outspoken, wise-cracking Truvy dispenses shampoos and free advice to the town's rich curmudgeon, Ouiser, an eccentric millionaire; Miss Clairee, who has a raging sweet tooth; and the local social leader, M'Lynn, whose daughter, Shelby (the prettiest girl in town), is about to marry a "good ole boy." Filled with hilarious repartee and not a few acerbic but humorously revealing verbal collisions, the play moves toward tragedy when, in the second act, the spunky Shelby (who is a diabetic) risks pregnancy and forfeits her life. The sudden realization of their mortality affects the others, but also draws on the underlying strength-and love-which gives the play, and its characters, the special quality to make them truly touching, funny, and marvelously amiable company in good times and bad.

Show Dates: October 12-14, 19-21 at 8:00 p.m. (Doors open at 7:30)

Tickets: \$15 Adults; \$10 Student/Seniors/ Military

MSU-Northern students are free with current ID at the door

Buttons to Show Support



For the past 30 years, "Coming Out Day" has been observed as a way promoting awareness for a safe environment for LGBTQ individuals to live truthfully and openly. On this note, last Wednesday, the Office of Diversity Awareness and Multicultural Programs (ODAMP) gave out "Coming Out Day Safe" buttons, for all students, faculty, and staff who wish to wear them in support. To add to the observance, the Multicultural Center had the LGBTQ Pride flag flown. Thank you to all MSUN students, faculty, and staff who always support LGBTQ individuals.

October Artist of the Month

Song of the Violin - By Jessica Henderson



The Office of Diversity Awareness and Multicultural Programs (ODAMP) is very pleased to have MSU-Northern staff member Jessica Henderson as the October artist of the month. Henderson is originally from Worcester, MA. She explains that at a very young age she discovered her love for drawing. Since she has always enjoyed art, when it was time to go to college, she decided to enroll at the New Hampshire Institute of Art, so she could refine her technical skills. She likes to use recycled materials for some of her creations "like broken furniture, bicycle wheels, or broken jewelry" she explains. Henderson has had pieces in exhibitions in several museums all over the New England area.

This piece, titled "Song of the Violin" is an 11" X 8" Acrylic painting. The violin is an instrument that is tied to many cultures. She elaborates, "Whether it is given or received, music is a gift. Violins create a sound longing for home-wishing for light. The violin is my heart's favorite storyteller. I can always understand its language."

The MSUN Office of Diversity Awareness and Multicultural Programs (ODAMP) invites local and regional artists to exhibit their pieces, preferably those that have some link to multicultural themes. For more information, contact mcc@msun.edu or call (406) 265-3589.

Important Announcements

Add/Drop Schedule for full session courses:

Last day to drop a class: Monday, October 30th with a "W"

Deferred Payment schedule (\$30 administrative charge)

50% of total fees due Friday, September 22nd
 75% of total fees due Friday, October 20th
 100% of total fees due Friday, November 17th

Upcoming Events

October Activities

12-14	Steel Magnolias	Theatre	8 p.m.
14	Athletic Reception @ Football Game	Blue Pony Stadium	1 p.m.
14	Festival of Nations	Ballroom	12-3 p.m.
14	Lights Football vs Rocky	Blue Pony Stadium	1 p.m.
15	Lights Wrestling vs Alumni	Gym	2 p.m.
16	Career Fair	Gym	9 a.m.
16-17	Intramural Activity - Volleyball	Gym	8-10 p.m.
18	Karaoke	Ballroom	7:30 p.m.
19	Lights Wrestling - Maroon vs Gold	Gym	7 p.m.
19	Fitness Hour - AMPD Resistance	Ballroom	6 p.m.
19-21	Steel Magnolias	Theatre	8 p.m.
20	Skylights Volleyball vs Rocky	Gym	7 p.m.
21	Lights Basketball vs Mount Royal	Gym	4 p.m.
21	Skylights BB vs U. of Lethbridge	Gym	6 p.m.
22	Lights Wrestling vs Alumni	Gym	2 p.m.
23-24	Intramural Activity - 3on3 Basketball	Gym	8-10 p.m.
25	Fitness Hour - Kettlebell AMPD	Ballroom	6 p.m.
26	Skylights Volleyball vs UP	Gym	7 p.m.
27	Alumni Foundation Auction	Ballroom/Fireside	6 p.m.
27	Skylights BB vs Dickinson State	Gym	5 p.m.
28	Lights Football vs Carroll	Blue Pony Stadium	1 p.m.
28	Harvest Craft Show	Ballroom	9 a.m.-4 p.m.
30	Theater Thursday	Ballroom	8 p.m.
30-31	Intramural Activity - 3on3 Basketball	Gym	8-10 p.m.
31	SSS - Halloween Activity	Cowan 211	11 a.m.
31	IOC Campus Trick or Treat	Ballroom	5:30 p.m.

4th Annual Festival of Nations: A Day in the Philippines - Oct. 14



The 4th Annual Festival of Nations, A Day in the Philippines, will take place Saturday, October 14th, 2017, starting at 10:30 a.m. This year the guests of honor are the Philippine Salto Group from the Southern Alberta Ethnic Association (Lethbridge, AB). They will be singing and dancing traditional Filipino pieces. Other local talent will be performing as well. This is the fourth consecutive year that the Office of Diversity Awareness and Multicultural Programs (ODAMP) has organized this multicultural event in which the entire family has fun. The 4th Annual Festival of Nations will also include international food for sale, a silent auction, vendors, activities for the children, and country displays. Tickets will be for sale soon. This event is free for MSUN students, faculty, and staff (with ID) plus those dressed in international attire.

Lunch & Learn - Oct 18



Student Support Services is pleased to present, **Personal Finance Management** with Karen Terrell, Financial Aid Specialist, on Wednesday, October 18th, 12:00 noon-1:00 pm, in Cowan Hall 211

This presentation will provide guidance and information related to college expenses, with money saving tips to help you save big bucks. We will talk about the importance of having a budget; student loans - what they are

and how to keep loan debt to a minimum; how and where to apply for scholarships; and the importance of completing the FAFSA early and on time. Light refreshments and snacks will be served.

Safe Zone Training Module I - Oct. 18

This workshop about awareness and education on LGBTQ identities and terminology will take place next Wednesday, October 18, at noon in the Fireside Conference room. If you would like to register for this workshop, contact the ODAMP at mcc@msun.edu or 265-3589.

National Shake Out Drill - Oct. 19

The Great
Montana
**Shake
Out**TM

Join us
in the World's Largest Earthquake Drill
October 19, 2017



If an earthquake occurred, would you know what to do? Earthquakes can happen anytime, anywhere, and that is why more than 68,000 Montanans and counting are coming together through the Great Montana ShakeOut! On October 19 at 10:19 a.m. you will need to **Drop** to the ground, take **Cover** under a table or desk, and **Hold On** to it as if a major earthquake were happening (stay down for at least 60 seconds). Practice now so you will immediately protect yourself during earthquakes!

October Civil Discourse Series: Cultural Environments and Cultural Intelligence - Oct. 24

This interactive presentation will provide an insight on how cultural intelligence can be developed following the steps in the intercultural learning model, and it will demonstrate how individuals can prepare to redefine cultural environments. Dr. Udo Fluck, who is a nationally recognized researcher, an instructor as well as a national research recipient, will present this civil discourse installment. Cultural Environments and Cultural Intelligence will take place next Tuesday, October 24, at 6.30 p.m. in Hensler Auditorium. This presentation is free and open to all.

BPA Raffle - Oct. 26

Northern's Business Professionals of America (BPA club) is hosting two raffle drawings. The first raffle is for two reserved seats in the gym, good for all Northern sporting events for the 2017-2018 season. The drawing will be on Oct. 26. The second raffle is for a reserved parking spot for the 2018 football season. This drawing will be in the spring after sports have concluded.

Tickets for both raffles are \$5 each. Winners of the raffles will be contacted by phone. If you are interested in purchasing a ticket, please contact BPA President, Tana Marble at tkmarble95@gmail.com.

Funds raised will be used to help finance BPA's trip to the National Leadership Conference in Dallas, TX. Last year all five students placed top three in at least one of their competitive events. In fact, Northern had three National Champions! Great job BPA.

Northern Alumni Auction - Oct. 27



ALUMNI AUCTION

October 27th
6:00 PM
Student Union Ballroom

\$30
Per Person

- Appetizer Bar
- Games
- Reserved Tables Available

The Northern Alumni Foundation is once again hosting their annual Alumni Auction on Friday, October 27. The event helps raise funds for a variety of academic and athletic scholarships. Tickets are available for \$30 each or \$350 for a table which includes a drink ticket. Tickets are available through the Alumni office at 406-265-3711 or at the door.

Horror Movie 101 - October 27 & 28

Montana Actor's Theatre is pleased to present a two-night Halloween-themed theatrical experience entitled **Horror Movie 101** written by Steven Stack and directed by Dr. Valerie Guyant. If you watch horror movies, you know that there are five rules you must never break...

In Havre, where people continually violate the rules of **Horror Movie 101**, it's practically impossible to survive unscathed. The rules are:

1. Never open the door if someone knocks after the lights go out.
2. If your car runs out of gas and a girl on the side of the road wants you to take her home to mother... DON'T
3. Avoid being caught in some twisted game a psychopath plays
4. Stay away from the cabin in the woods!
5. It's a bad idea to use an ancient burial ground to bring someone back from the dead

These haunting AND humorous scenes will keep you laughing and make you shiver.

Shows are October 27 and 28th at 8:00 p.m. Cost is \$10.00 for adults, \$5.00 for students and seniors, MSUN students are free. Show sponsors are MSU-Northern Cross Country and Bear Paw Monuments

Book Club Returns with the *Golem and the Jinni* - Nov. 28

For those who would like to read the selection for this fall semester is the *Golem and the Jinni* by Helene Wecker. This is a fiction novel that tells the story of two super natural creatures that arrived in New York in 1899 in which history, magic, and religion braid. This is also the debut novel written by Wecker, and published in 2013. Those who are interested in checking out a book, could request it to the Multicultural Center. The conversation will take place Tuesday, November 28, at 5.00 p.m., at the Multicultural Center, Cowan Hall 308. This book club is a co-sponsorship between the ODAMP and the English Department.

Diverse Northern Radio Program - Every Thursday

The radio show airs every Thursday during the school year from 11:00 a.m. to noon at KNMC, 90.1 FM and online by linking to www.msun.edu/KNMC. Diverse Northern includes music in languages other than English as well as invited guests with information about campus life and community affairs. Like us on

Facebook Diverse Northern: <https://www.facebook.com/DiverseNorthern/> and Like on Facebook KNMC: <https://www.facebook.com/KNMC-901-FM-College-Radio-132839406764397/> If you would like more information, or you would like to participate, contact the Office of Diversity Awareness and Multicultural Programs (ODAMP) at 235-3589 or mcc@msun.edu. If you missed the live editions, you can always listen to the podcasts now available on the Diverse Northern Facebook page <https://www.facebook.com/DiverseNorthern/>.

Weekly Columns

FROM THE CAREER CENTER

By Mary Heller

The Montana State University-Northern Fall 2017 Career Fair is Monday, October 16, and will be held in the MSU-Northern Armory Gymnasium from 9 a.m. - Noon. The Career Fair is open to registered employers, all currently enrolled MSU-Northern students and alumni seeking various job opportunities. There will be employers interested in students from many academic programs offered at MSU-Northern. This event will give Northern students and alumni the chance to meet with employers from all over the United States.

The Fall 2017 Career Fair Gold Sponsors are Peterson CAT of Oregon, Modern Machinery of Missoula and Waste Solutions of Washington. There are also four Maroon Level Sponsors for this event; Torgersons LLC of Great Falls, Montana, Phillips County Hospital of Malta, Stillwater Mining of Columbus, and Mountain View Coop of Great Falls. These Maroon Level Sponsors receive tables near the front of the Gym, a half-page black and white ad in the Student Guide and some advertising.

Many of the companies attending the event are from Montana, however, many of them have job opportunities out-of-state. The Havre, and the surrounding community, businesses have always been supportive of Northern students. We are thankful that local businesses including Sweet Medical Center, Youth Dynamics, Havre Police Department, New Media Broadcasters and both USDA offices of Farm Service Agency and Natural Resources Conservation Services come to the fair each year. These important organizations help provide part-time employment for students while they are attending college and many offer full-time opportunities upon graduation.

About 30% of the employers registered for the fall event are interested in Northern's Agricultural Operations Technology (AOT) program. The Career Center believes there are several reasons for this interest, most of which is because the AOT program has had some extremely successful graduates move into very lucrative careers over the years. One spring 2017 graduate has secured a Field Representative position with Montana Congressman Greg Gianforte.

The Fair is only held the one day, but many employers will stay the afternoon and on Tuesday to conduct interviews with enrolled students and alumni for various internship and fulltime employment opportunities. Students and alumni interested in finding out which companies are interviewing and when the interview times are can log onto their *CareerExpress* account or contact the Career Center for more information.

All currently enrolled MSU-Northern students and alumni are welcome to attend the event and sign up for on-campus interviews. They will need to have a profile, with an edited resume, on the University's on-line career system called *CareerExpress* and are encouraged to register early for the Fair on that site.

For more information please contact the Career Center at 265-4198 or visit <http://www.msun.edu/career/>

TidBit

By Bill Lanier

What do the following current or former Northern employees have in common: Marty Foxman, Kevin Mielke, Jim Potter, Cindy Small, Steven Don, Greg Clouse, Dr. Carol Reifschneider, Autumn Elliot, Jason Castillon, Michelle Gallineaux, Sharon Caven, Becky Nicholson, Allisha Schroeder, Kristi Peterson, Dr. Randy Bachmeier, Lindsey Bennett, Jason Geer, Caleb Hutchins and Cathy Jamruszka?

The MSU Pure Gold program has recognized all these outstanding, dedicated individuals. This program began in the fall of 2011. As per the MSU website, "The Pure Gold program provides an opportunity to recognize Montana State University faculty, staff, students, alumni and friends for their contributions to the university. Whether it's an individual act, or a sustained effort of exemplary service, nominate outstanding MSU faculty,

staff, students, alumni and friends using the form below. Acknowledge their commitment to our university; they are Pure Gold. "

If you would like additional information or would like to nominate someone please go to the web page:
<http://www.montana.edu/puregold/index.html>

My sincere apologies if I have missed anyone!

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