

## **Northern Network News**

The Official Newsletter of MSU-Northern - September 9, 2022

### **Athletic Hall of Fame Recipients Inducted**



MSU-Northern Athletics Department inducted five individuals and two teams into their Hall of Fame on Friday, September 2, 2022, as part of Hall of Fame Weekend. The recipients were also recognized during halftime festivities of the Lights football game against Southern Oregon in a Frontier football matchup on September 3.

This year's inductees include Stryder Davis, Kino Dietrick, Natalee Faupel, Travis Noble, and Samm Schermele. The teams inducted were the 1991 and

1992 wrestling teams, which were the first teams to win national titles at Northern.

Read more...

## SSS Staff Is Here to Help You



The Student Support Services (SSS) team is here (Cowan Hall 211) to help each student succeed. Our goal is to provide students with the support, resources, and skills needed to remain in college, perform at their best, and complete a bachelor's degree. We provide our SSS scholars tutoring, mentoring, ongoing advising, disability/accessibility services, a private computer lab, a quiet study area, free printing, school supplies, opportunities for grant aid, and a textbook library for participants to use on site. We spend our days being as helpful as possible to our Northern students. Pictured above (L to R) are Carmen Lunak – SSS Director, Matt Erdel – SSS Advisor, Ian Russel – CPP Specialist, and Pat Blankenship –SSS Program Coordinator.

#### Ten Northern Students Graduate from Subaru-U



One of the many partnerships that MSU-Northern has enjoyed since 2018 is one with Subaru University. Subaru-U is a unique partnership between Subaru of America, the retailer, and high performing ASE Education Foundation accredited secondary and post-secondary schools. MSU-Northern's automotive students who enroll in the Subaru-U curriculum must complete 20 hours of eLearning modules plus master Subaru specific learning outcomes to receive this level 2 certification. They gain valuable knowledge of Subaru vehicle systems that can better prepare them for possible employment in any one of approximately 600 Subaru retailers nationwide. There is no cost to the student to participate in this program. These students completed the training last spring but were recently awarded their shirt and certificate. Pictured above (L to R) are Dustin Varney, Rodrigo Mattos, Mason Burke, Payton Leibrand, Logan Carter, Owen Carpenter, Ethan McClaren, Cale Stillwagon, and Kylee Raining Bird

### **MSU-Northern Students Help Local Library**



Yesterday (Sept. 8), student-athletes from MSU-Northern moved (heavy) boxes of books at the Hill County Library from storage to the main floor of the library. The books will be sold at the Festival Days book sale at the librarywhich will take place next week during Festival Days. Good job students, you make Northern proud.

## **Pure Gold is Accepting Nominations**

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.

Nominations may be submitted by faculty, staff, students, alumni, and friends of MSU. Those submitting nominations are asked to limit submissions to three per semester. Nominations will be valid for the entire semester. We will now be accepting group nominations. Please attach a photo of the person(s) you would like to recognize. Each week, one nominee or one group nomination, will be selected as Pure Gold from our four campuses. Their name(s), photo(s) and nomination information will be announced in a Wednesday morning email from President Cruzado and posted on the Pure Gold web page.

Click here to nominate someone...

#### **Be Part of the Festival Days Parade**

Reserve your place at the front of the Festival Days parade. If you plan to have a float in the parade, please let Jim Potter know at <a href="mailto:potterj@msun.edu">potterj@msun.edu</a> so he can coordinate Northern's portion of the parade. Havre's annual Festival Days Parade is Saturday, September 17. All student clubs and organizations are encouraged to create a float for the Festival Days Parade. A trophy will be awarded to the most creative float = this year's theme is "Find Yourself in Havre "We want to have as many campus groups represented as possible. This is a great way to show your Northern pride and be all N.

## **ANNOUNCEMENTS**

#### **Your Chance to Join Student Senate**

The Associated Students of Montana State University-Northern (ASMSUN) is now accepting applications for both elected and hired positions. ASMSUN is an incredible way to get involved in your campus community, serving as both a voice for the student experience and as a driving force behind enhancing that experience. Please consider joining ASMSUN as a Senator or Council Coordinator

#### Openings for Elected Positions are as follows...

- **Freshmen Senators** Three (3) positions are open for election to any student registered for classes who has earned less than 30 credits.
- **At-Large Senators** Two (2) positions are open for election to any student registered for classes, including freshmen.

#### Click here for the ASMSUN Senate Application

#### Openings for Hired Positions are as follows...

(Note: These positions are paid hourly and are selected by a hiring process, not elected).

 Recycling and Sustainability Council Coordinator – One (1) position is available.

#### Click here for the RSC Coordinator Application

Activities & Events Council Coordinator – One (1) position is available.

#### Click here for the AEC Coordinator Application

Please send inquiries about openings or the selection processes to ASMSUN President, Morgaine Milligan (ASMSUNPres@msun.edu), or to ASMSUN

advisors, Amber Spring (<u>amber.spring@msun.edu</u>) or Tammy Boles (tammy.boles@msun.edu).

### Library's hours for fall 2022:

- Monday-Thursday—7:30 AM-7:00 PM
- Friday—7:30 AM-5:00 PM
- Saturday—Closed
- Sunday—1:00 PM-:500 PM

## **UPCOMING EVENTS**

#### We Are Northern Spirit Day – Today, Sept. 9

Show your Northern Spirit! Wear your Northern gear today (and every day) and celebrate "We Are Northern." Students receive a 20% discount on Northern apparel items this week at the MSUN Bookstore - Books & Beans. Stop by the SUB front desk wearing your Northern items any day this week and earn a ticket for this week's drawing (only one ticket can be earned each day)!

#### **Havre Community Cleanup - Sept. 10**

Show your Northern pride by helping clean up the community. Meet at 8:30 for coffee and rolls in the SUB. Participants will begin cleaning their designated areas around 9:00 am. Garbage bags will be provided. Lunch will be provided by the Havre Chamber of Commerce at noon at Town Square on 1st Street. MSUN participants will also receive a free t-shirt.

# Auditions for *Heathers the Musical* – Sept. 12 & 13 at 7 pm

Montana Actors Theatre is holding auditions for Heathers the Musical on September 12 & 13 in the MSUN Little theatre in Cowan Hall. There are roles for 14 young adults and 3 Adults (30s-50s). Be prepared to sing, dance, and read for roles at auditions. Wear comfortable clothes and shoes. Due to the adult content of this show, actors must be 18 years old or have parental permission to participate. Show dates are October 28-29, November 3-5 & 10-12.

## **Library Celebrates Constitution Day – Sept. 12- 16**

Constitution Day is celebrated each September 17<sup>th</sup>. Stop by the library during the week of September 12<sup>th</sup> and learn more about your constitution while you enjoy some treats. While in the library you can check out their Constitution Day book display or learn more on their Facebook page. They also have a new Constitution Day <u>LibGuide</u> with audio, video, and handouts that can be printed.

# College 101: Essential Skills for College Classes - Lunch & Learn #1 – Sept. 14

12-1 PM, SSS Lab, Cowan Hall 211

Come learn about how to turn your syllabi into an action plan, best practices for communicating with professors, and other helpful tips for success in college classes.

## Eighth Annual Suicide Awareness Walk – September 15

Havre, MT – The Hill County Suicide Awareness Coalition will be hosting the 8th annual Suicide Awareness Walk on the MSU-Northern campus on Thursday, September 15th, celebrating World Suicide Prevention Day. Participants should begin gathering at the clock tower south of Cowan Hall on the MSUN campus after 6:30 pm and speakers will begin at 7:00 pm.

This year, Amber Spring, chair of the Hill County Suicide Awareness Coalition, will speak about 988, which began on July 16, 2022. 988 is a three-digit, nationwide phone number to connect directly to the suicide and crisis lifeline. This national network of over 200 crisis centers helps thousands of Americans every day, providing confidential support when individuals are in suicidal crisis or mental health-related distress.

Members of the community will then be invited to share their experiences with suicide. The gentle 1-mile walk will then convene in a path around the MSUN campus; it is handicap accessible.

QPR Suicide Gatekeeper trainings will be scheduled later in the month. The training is about 90 minutes long and covers a variety of topics around suicide prevention, most importantly, how to question, persuade, and refer someone who may be suicidal. Contact Amber Spring <a href="mailto:amber.spring@msun.edu">amber.spring@msun.edu</a> for more information.

#### Festival Days – Next Weekend – Sept. 16-18

Havre Festival Days - This year's theme is Find Yourself in Havre. Among the events scheduled are a market/vendor show at Town Square, a Kiwanis pancake breakfast, the Hi-Line Quilt Guild show, a burger feed & bingo, festival of crafts, the KNMC Rock Lotto, and the 48-hour softball tournament... much more!

#### Bear Paw Beast Fun Run - Sept. 18

The MSUN Student Engagement Committee, CARE Team, and the Havre Chamber of Commerce have collaborated to create the 1st Annual Bear Paw Beast Fun Run on Sunday, September 18th. A great way to wrap up Festival Days weekend, the Beast Run encourages community members to get their bodies moving, while making a loop around the beautiful Northern campus. "Refueling stations" along the way including donuts, candy bars, and bacon on a stick, will prevent your inner beast from becoming weak. Ensuring that this event is unmistakably "Havre", the start and finish line will also include music from KNMC College Radio, pronto pups from the Havre Lions, and a rehydration station.

The fun run will feature three waves of participants with different motivations. The first wave is for those who take themselves seriously and actually want to run! The second is for those who have never participated in an organized run/event of any kind who will be cheered on and celebrated. And the last wave is for those who just came for the snacks (and the experience). Costumes are encouraged and two trophies will be awarded: the first for the most creative visual representation one's version of "The Bear Paw Beast" and the second to the most creative visual representation of one's "inner beast."

Registration will begin at 10:00 am in the parking lot east of Tilleman Field on the MSUN Campus. Adults 18 and older = \$10, MSUN Students and Kids under 18 = \$5, Families = \$20. All proceeds will be matched by Town Pump (up to \$2500) to support the MSUN Student Food Pantry.

# MUS Summit on College Student Mental Health – Sept. 20-22

The MUS summit on college student mental health, "Enriching Community Mental Health & Wellbeing," will convene at MSU-Billings September 20-22, 2022. The summit is FREE and open to students, faculty, administrators, mental health providers, wellness practitioners, and community members.

The overarching goal of the summit is to ignite conversations about student mental health and wellbeing from a more expansive, public-health-oriented perspective and to discuss how positive mental health and wellbeing can be integrated into every part of campus life. To that end, the speakers, trainings, and workshops will speak to broad audiences across higher ed., including administrators, faculty, students, providers and practitioners, mental health workforce development drivers, and more.

MSUN Student Health Services counselor, Amber Spring, will participate in the opening panel discussion, "College Student Mental Health and Well-being in Montana: Creating more Expansive Cultures of Care." Spring will discuss the utilization of a community mental health model and clinical care on college campuses. She will also offer her experience and insight on the opportunities and unique challenges of providing clinical care in rural areas and smaller institutions.

For more information on the summit, including registration, please go to: <a href="https://www.msubillings.edu/enriching-community/">https://www.msubillings.edu/enriching-community/</a>

### **NEXT WEEK'S CALENDAR**

#### Today, Friday, September 9

- Coaches Corner w/ Wrestling 12:00 pm, SUB Dining Hall
- Skylights Volleyball vs. Mayville State University -12:00 pm, Armory Gym
- Skylights Volleyball vs. Presentation College 6:00 pm, Armory Gym
- Friday Night Lights Billiards Tournament 8:00 pm, Lights Lounge

#### Saturday, September 10

- Havre Community Cleanup 8:30 am, SUB
- Skylights Volleyball vs. Valley City State University 11:00 am, Armory Gym
- Skylights Volleyball vs. Dickinson State University 3:30 pm, Armory Gym

#### Sunday, September 11

Outdoor Movie Night: Double Feature – 8:00 pm & 10:00 pm, SUB Courtyard.
 Bring a blanket or a chair and "chill" with the outdoor movie double feature.
 Popcorn and refreshments will be provided.

### Monday, September 12

- MSUN Cross Country @ Frontier Conference Preview Helena
- MSUN Golf tournament Shelby

#### Tuesday, September 13

- MSUN Golf tournament Shelby
- \$5 Movie Night Cottonwood Theatre

#### Wednesday, September 14

- Lunch & Learn Essential Skills for College Classes 12-1 pm, CH 211
- Spikeball Tournament 7:00 pm, SUB Lawn

#### Thursday, September 15

- Festival Days Float Making
- Suicide Awareness Walk (see above for details)

#### Friday, September 16

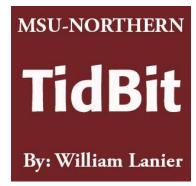
- Havre Festival Days
- MSUN Rodeo @ Dawson Community College
- Skylights Volleyball @ Preseason-Frontier Conference Tournament 9:00 am
- Friends of the Library Book Sale 9:00 am-8:00 pm, Havre-Hill County Library
- Hi-Line Guild Quilt Show 12:00-6:00 pm, Holiday Village Mall
- 48-hour Softball Tournament 6:00 pm, Memorial Field
- Havre High School Football vs. Billings Central 6:00 pm, Blue Pony Stadium
- North 40 Archery Shoot

#### Saturday, September 17

- Havre Festival Days
- SkyLights Volleyball @ Preseason-Frontier Conference Tournament 9:00 am
- Constitution Day
- 48-hour Softball Tournament Memorial Field
- Kiwanis Pancake Breakfast 7:00 am-12:00 pm, Havre Eagles Club
- Friends of the Library Book Sale 9:00 am-8:00 pm, Havre-Hill County Library
- Parade Float Judging 9:15 am, Havre H.S. Parking Lot
- Festival Days Parade 10:00am, South 5th Ave to 3rd Street & 3rd Avenue
- Lights Football vs UM-Western 1:00 pm
- KNMC Rock Lotto 2:00-9:00 pm, Town Square
- Wyldman Rodeo 6:00pm, Great Northern Fairgrounds
- Milk River Band 8:00pm, Havre Eagles Club
- Havre Trap Club Moonlight Shoot 8:00pm, Havre Trap Club
- Street Dance, featuring Plowed Under 9:00pm, PJ's on Main Street

### Sunday, September 18

Bear Paw Beast Fun Run – 10:00 am (see above for details)



# Welcome to the NNN TidBit (#369)

#### The World in 2004

For many years, one of my favorite things to read each fall when school started was the "The Beliot College Mindset List." In the fall of 1997, Ron Nief, Tom McBride, and Charles Westerberg of Beloit College created the first "The Beloit College

Mindset List" to give faculty a sense of reference for the incoming freshman class (traditional aged students). Then each August, up through 2019 they created and distributed "The Mindset List". Then in 2020, Marist College took over the list and it became "The Marist Mindset List." From what I can tell Marist College is no longer doing this, so I took it upon myself to create the second – "TidBit Time Machine List"

The "TidBit Time Machine List" is listed in three sections: Northern Events, National Events and World Events. This list is based on the graduating high school class of 2022. Students celebrating their high school graduation in 2022 were mostly born in 2004. This list then is basically a summary of what was going on in the year 2004!

Here is the second 'TidBit Time Machine List"

#### **Northern Events**

- Dr. Alex Capdeville was in his third year as a permanent Chancellor of Northern.
- Northern won their sixth NAIA National Championship with five individual National Champions. Lead by Emmett Willson who had a 50-0 record for the year and was awarded the Dan Hodge Trophy.
- In May Northern held groundbreaking ceremonies for ATC Building
- Northern's 75th Anniversary celebration began with a birthday party on the site
  of the former East Hall.
- A young coach, Shawn Huse, was in his 3rd year of coaching the Northern Lights basketball.
- Current Northern football coach, Jerome Souers, was beginning his 6th year as the Head Football coach at Northern Arizona University.

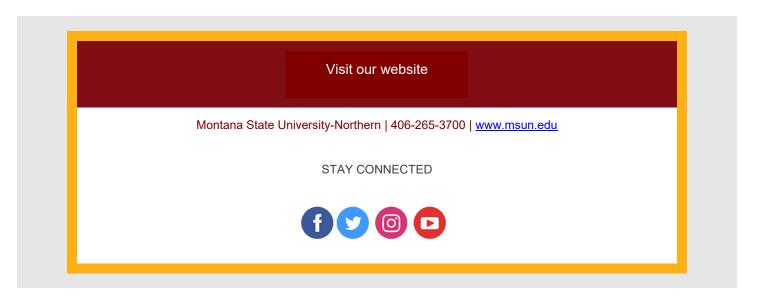
#### **National Events**

- Cost of stamps \$0.37
- In February, Mark Zuckerberg launched "The Facebook"!
- Top movies were "Shrek 2" and "Spider-Man 2"
- Billboard's #1 hit for 2004 was "Yeah" by Usher featuring Lil Jon and Ludacris
- Billboard's #1 Country song for 2004 was "Live Like You Were Dying" by Tim McGraw
- Martha Stewart is convicted of a felony and sentenced to five months in prison
- The first same sex marriage in the US was performed in Massachusetts

#### **World Events**

- Summer Olympics were held in Greece.
- Hurricane Jeanne killed over 3,000 people in Haiti

Thank you for reading and hopefully you enjoyed going back in time to see what was happening at Northern, in the United States, and the World in 2004! Again, if you have any suggestions for a TidBit please e-mail me at <a href="wjlanier1963@yahoo.com">wjlanier1963@yahoo.com</a>



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