



**MONTANA STATE UNIVERSITY
NORTHERN**

Northern Network News

The Official Newsletter of MSU-Northern - September 23, 2022

New MSU-Northern TV Spot Hits the Airwaves



Check out MSU-Northern's latest TV spot which will start airing this weekend.

MSU-Northern Joins Festival Days Parade



Last Saturday (Sept. 17), the town of Havre celebrated their Festival Days weekend. One of the highlights of that weekend is the annual Festival Days Parade. This year's theme was "Find Yourself in Havre." MSU-Northern was pleased to join the parade with several floats and participants from clubs, organizations, and athletic teams. Students were able to attend the community wide events which included a market/vendor show at Town Square, a Kiwanis pancake breakfast, the Hi-Line Quilt Guild show, a burger feed & bingo, Lights football game against Western, festival of crafts, the KNMC Rock Lotto, the 48-hour softball tournament, and much more!

KNMC ROCK LOTTO Packs Out Town Square



One of the many events that took place during Festival Days was the KNMC Rock Lotto which took place at the Town Square on Saturday (Sept 17) from 2:00-9:00 pm. This annual live music event is a favorite of many locals! Musicians put their names in a drawing to be randomly placed into bands for this one-time only performance! Song selection was also facilitated in a draft-like process. Several members of Northern's staff and faculty participated in this outstanding event.

First Bear Paw Beast Fun Run Attracts 130 Participants



The First Bear Paw Beast Fun Run was a great success! They raised \$1,300 for the MSU-Northern Student Food Pantry. That amount of money was matched by Town Pump Charitable Foundation to produce a combined donation of \$2,600. It is exciting that MSU-Northern was able to host a family friendly event with over 130 participants. "It is our desire to see this event become a regular part of Havre's annual Festival Days celebration. We were able to share our beautiful campus with community members, and we promoted physical exercise. Many participants are already talking about participating next year," said Amber Spring, MSU-Northern Student Health Services Counselor and co-promotor for the event.

Two awards were given for the best costumes. They were given to Perry Atchison for the best Bear Paw Beast, and Sam Steinmetz for the best Inner Beast (the hound dog).

Dr. Swasti Bhattacharyya Shares insights into Curiosity & Cultural Humility



During the lunch hour on Tuesday (Sept. 20) in the SUB Ballroom, Dr. Swasti Bhattacharyya met with students, faculty, and staff as part of the Wellness Lunch and Learn lecture series to talk about Curiosity and Cultural Humility. Participants learned and discussed how cultural humility can be a pedagogical tool to increase capacity to better understand colleagues, students, and yourself. This session was videoed and is available below.

[Click here to watch Dr. Bhattacharyya's lecture...](#)

MSU-Northern Contributes to MUS Summit on College Student Mental Health

The MUS summit on college student mental health took place this past week in MSU-Billings, September 20-22, 2022. The summit was FREE and open to students, faculty, administrators, mental health providers, wellness practitioners, and community members.

MSU-Northern's Student Health Services counselor, Amber Spring, participated in the opening panel discussion entitled, "College Student Mental Health and Well-Being in Montana: Creating more Expansive Cultures of Care." Spring discussed the utilization of a community mental health model and clinical care on college campuses. She shared her experience and insight on the opportunities and unique challenges of providing clinical care in rural areas and smaller institutions.

The overarching goal of the summit was 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.

Students Adopt a Plant



Lindsey Bennett, Director of the Office of Teaching & Learning Excellence, hosted a wellness lunch and learn Thursday (Sept. 22) on how to grow

houseplants from cuttings. Havre community members provided various easy-to-grow houseplant cuttings for students to plant and enjoy. Plants (and the act of gardening) have been shown to reduce stress, induce calmness, and restore energy.

ANNOUNCEMENTS

Deferred Installment Payment Schedule

50% of total fees due: Friday, Sep 23rd – Due today

75% of total fees due: Friday, Oct 21st

100% of total fees due: Friday, Nov 18th

Last Day to Drop a Class with a "W" – Nov.1

Student Senate Applications DUE – Sept. 23

Join the MSU-Northern Community Orchestra

If you play an instrument, then you will want to join the MSU-Northern Community Orchestra on Tuesday nights from 6-8 pm in the band room on the second floor of Pershing Hall.

UPCOMING EVENTS

AMERICAN INDIAN HERITAGE DAY - Sept. 23

Celebrated the 4th Friday of every September, this day provides an opportunity for the state of Montana to celebrate, learn, and share Native American traditions, cultures, and backgrounds. At MSUN, the Sweet Grass Society begins the celebration with a Tipi raising event on the campus lawn. Additional events will be celebrated next week during American Indian Heritage Week, which correlates with Diversity Awareness and Appreciation Week for the Student Engagement Committee.

STUDENT WELLNESS FAIR - Sept. 23

9:00am-1:00pm, SUB Ballroom - Host: Amber Spring, Student Health Services

Learn more about wellness resources both on campus and in your community, as well as meet local vendors providing health and wellness services.

Giveaways & chances to win prizes. If you are interested in registering your business, agency or organization, please use this registration form:

<https://forms.gle/YMYUmbEPJYMnjAZX7>



NEXT WEEK'S CALENDAR

Today, Friday, September 23

- MSUN Rodeo (Home)
- Student Wellness Fair - 9:00 AM - 1:00 PM
- Tipi Raising – 6:30 PM
- Skylights Volleyball @ Rocky Mountain College - 7:00 PM
- Friday Night Lights – Lights Lounge - 8:00 PM

Saturday, September 24

- MSUN Cross Country @ UM Open
- MSUN Rodeo (Home)
- Lights Football @ Rocky Mountain College - 1:00 PM
- Death By Chocolate

Wednesday, September 28

- Skylights Volleyball vs University of Providence - 7:00 PM

Thursday, September 29

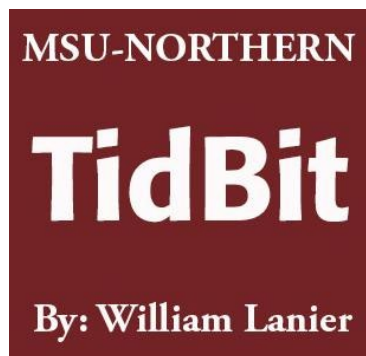
- University Advisory Council meeting - 4:00 PM - 5:00 PM

Friday, September 30

- MSUN Rodeo @ UM-Western
- Student Senate Applications DUE

Saturday, October 1

- Counting Coup - Campus Courtyard
-



Dylan Cook's Journey (#371)

On February 3, 2016, Northern signed a quarterback from Butte by the name of Dylan Cook. Dylan would be a Northern Light for the next few years. In 2017 he would be the Lights third string quarterback. Dylan played in 9 games and completed 11 of 21 passes for 180 yards with two touchdowns and one interception. His 146.3 efficiency rating led the team. He also had 183 rushing yards on 41 attempts (3rd most on the team) and led the team with 3 rushing touchdowns.



The following year Dylan transferred to the University of Montana and transitioned from quarterback to the offensive line.

In 2019 Dylan started 11 of the 13 games he played and was an anchor on the offensive line playing right tackle. Thus, he earned the Colleen Marks Athletic Scholarship after having been a walk on. Dylan was named to the Academic All-Big Sky team. In 2020 and at the height of COVID, Dylan earned his degree in sociology.

In 2020 Dylan was tabbed a preseason 2nd-team All-Big Sky by Phil Steele and in 2021 he was named Preseason All-Big Sky again by Phil Steele.

Dylan went back to school at UM to work on a Master's degree and in the fall of 2021, he started 12 of 14 games (injured for the other two) and solidified his place as one of the top tackles in the Big-Sky conference. Dylan was selected to for the College Gridiron Showcase that was held in Texas. For his stellar academic career Dylan was named to the National Football Foundation's Hampshire Honors Society and was a semifinalist for the National Football Foundation's William V. Campbell Trophy (considered to the "Academic Heisman").

In May of this year after finishing the school year and working at Walmart, Dylan went undrafted in the NFL draft. But, on May 13th, Dylan signed a free agent contract with the NFL's Tampa Bay Buccaneers and on August 30th Dylan was waived. But the next day the Buccaneers signed Dylan to their practice squad.

A buttesports.com article from April 16, 2020, states, "While Cook could have possibly started for a season or two more if he had switched to the trenches right out of high school, he said has fond memories of his days in Havre. There's a lot of good, quality dudes up there," Cook said. "I still have a bunch of friends who I'm in touch with today. We went through the struggle together." He said he has absolutely no regrets regarding his two years with the Lights. "I still wanted to live out my dreams of being a quarterback," Cook said. "So, I took a little detour through MSU-Northern."

<https://www.buccaneers.com/team/players-roster/dylan-cook/>

As of September 21, 2022, Dylan is still on the Tampa Bay Buccaneers practice squad! Butte, Missoula, Havre, and much of Montana is rooting for this young man, good luck Mr. Dylan Cook!

Visit our website

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STAY CONNECTED



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