

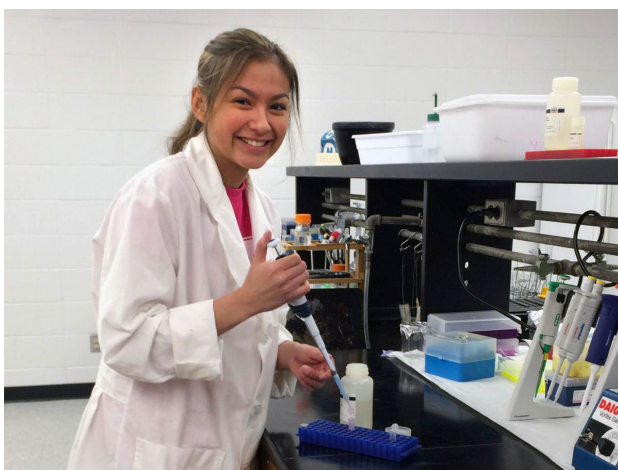


MONTANA STATE UNIVERSITY NORTHERN

Northern Network News

The Official Newsletter of MSU-Northern - October 31, 2025

MSU-Northern Receives \$49,965 Montana INBRE Grant



MSU-Northern was awarded a \$49,965 grant from Montana INBRE, funded by the National Institute of General Medical Sciences of the National Institutes of Health (Award Number P20GM103474).

The project—led by Lindsey Brandt-Bennett—will provide equipment and supplies to strengthen biomedical teaching and research in the College of Health Sciences and College of

Arts, Sciences, and Education. Purchases will include a bone densitometer, metabolic testing supplies, anatomy models, statistical software, and forensic science kits.

These resources will enhance hands-on learning in courses such as Anatomy & Physiology, Microbiology, Exercise Physiology, Forensic Science, and Sport Nutrition.

Faculty and staff who contributed to the proposal include Nicholus Despot, Kyra Kaercher, Chad Spangler, Eva Stokes and Dan Ullman, Marianne Hoppe, and Chris Wendland.

[Read more...](#)

Triangle Communications Supports Student Food Pantry

The MSU-Northern Community Center gratefully acknowledges Triangle Communications for their \$500 donation to the Student Food Pantry. This timely contribution arrives as students face heightened food insecurity due to the federal government shutdown and temporary interruption of SNAP benefits.

Access to adequate nutrition is fundamental to student success. Research shows that nearly half of Montana university students describe their financial situation as often or always stressful, and one-third worry about whether their food would run out before they got money to buy more (Healthy Minds Study, Montana University System Cohort, 2023). Food insecurity directly impacts students' mental health, physical wellbeing, and academic performance, increasing the risk of depression, anxiety, loneliness, and self-injurious behaviors.

The Student Food Pantry, located in the Student Wellness Center in the Student Union Building (SUB), is open to all MSUN students at no cost. The Wellness Center is staffed Monday through Thursday 8am to 12pm and 12:30 to 4pm for pantry access and donation drop-offs.

Community partnerships like this are essential to sustaining this vital resource and ensuring no student must choose between their education and their next meal. MSUN extends sincere appreciation to Triangle Communications and encourages continued community support.

For more information or to support the Student Food Pantry, contact Student Health Services Director Wanda Meredith, 406.265.3599 or wanda.meredith@msun.edu

MAT Heads to New York City



Following a successful local run of *The Harvest*, the cast and crew of the Montana Actors Theatre (MAT) wasted no time striking their set, packing up, and preparing for their next big stage—New York City. November promises to be a busy and exciting month as five crew members make the long drive east while the rest of the team flies out later this week. MSU-Northern and the entire Hi-Line community wish them the very best as they make their New York debut!

MSU-Northern Hosts MPSEOC Counselor Update



On Wednesday, October 29, MSU-Northern was one of nine sites across Montana to host local high school counselors for the annual MPSEOC Counselor Update via live Zoom. The other host sites included Kalispell, Missoula, Helena, Great Falls, Bozeman, Billings, Miles City, and Glasgow. During the session, representatives from all 26 Montana colleges and universities shared five- to seven-minute updates highlighting key developments on their campuses. This annual event provides a valuable opportunity to connect with counselors statewide and serves as another meaningful way MSU-Northern is showcased across Montana.

MSU-Northern Promotes Breast Cancer Awareness



MSU-Northern showed its support for Breast Cancer Awareness Month during last Friday's football game. The Lights took the field wearing pink socks, while members of Skylights Athletics sold 50/50 raffle tickets to raise funds for breast cancer research. The evening's highlight was a moving performance of the national anthem by faculty member Kristi Peterson, a recent breast cancer survivor.

Breast Cancer Awareness Month, first established in 1985, is dedicated to increasing awareness about the disease, promoting early detection, and supporting those affected. Each October, individuals and organizations across the nation wear pink to honor survivors, remember those lost, and advance research toward a cure.

Rocky Shadow Theatre Runs This Weekend Only!

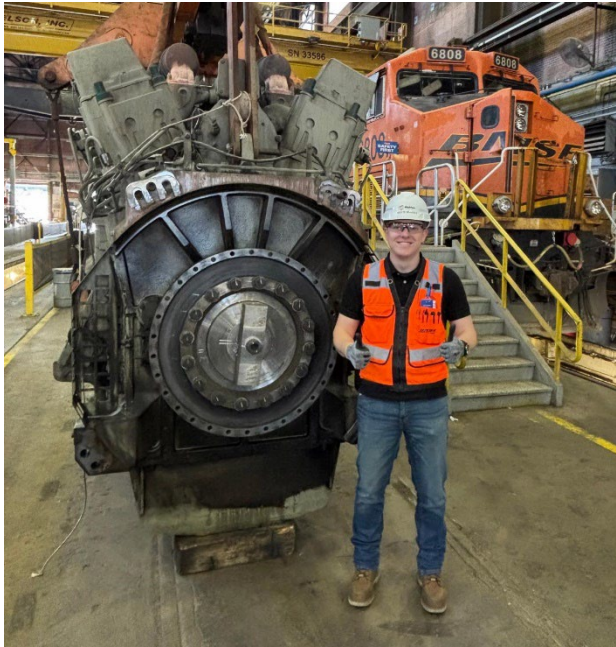


Get ready for a one-of-a-kind experience! This isn't a performance of *The Rocky Horror Show* musical—it's a shadow cast event, where a live cast performs the movie in real time as it plays on the big screen behind them. The actors mimic the film's characters, costumes, and dialogue, blending live theatre, film, and audience participation into one wildly entertaining show.

In this cult classic, sweethearts Brad and Janet—stranded by a flat tire during a storm—stumble upon the eerie mansion of Dr. Frank-N-Furter, a flamboyant scientist with a taste for chaos. As their night unravels through rock songs, outrageous dances, and unforgettable characters, Frank-N-Furter unveils his latest creation: the muscular man known as "Rocky."

Don't miss this interactive, over-the-top celebration of *The Rocky Horror Picture Show*—this weekend only!

Student Spotlight – Quentin Schraeder



For Quentin Schraeder of Missoula, Montana, choosing MSU-Northern was about opportunity, affordability, and the chance to learn by doing. Now pursuing a bachelor's degree in automotive technology and an associate's degree in Diesel Technology, Quentin will graduate in May 2026 fully prepared to take his skills into the field.

Quentin first heard about MSU-Northern when former instructor Kevin Holzworth visited his high school to talk about the automotive program. "When I learned that Northern offered

both an automotive and diesel degree without extra cost or time, I knew this was where I needed to go," he said.

From his first visit to campus, on a freezing December day; Quentin knew Northern was the right fit. "The campus size was perfect," he said. "It's small enough to get around easily, especially in the winter."

Since starting college, Quentin's experience has exceeded his expectations. He credits his instructors for keeping classes engaging and for encouraging hands-on projects that teach real problem-solving. One memorable moment came when he successfully diagnosed an engine that wouldn't start eventually discovering a penny lodged in the fuel line. "The feeling of finding the problem and fixing it is amazing," he said.

Quentin's time at Northern has also been rewarding on a personal level he even met his fiancée during freshman orientation. He says Northern has taught him not just technical knowledge, but confidence. "I've learned to trust myself and what I know. If something doesn't work, that's okay — it just gets you closer to the solution."

After graduation, Quentin hopes to work with Wabtec as a Material Technical Advisor (MTA) or Technical Advisor (TA), supporting railroad customers like BNSF. In five years, he sees himself advancing toward a lead advisor role, continuing to build on the strong foundation Northern has given him.

"Northern has made my college experience truly rewarding," he said. "Every semester I walk away knowing I've learned something valuable — something I'll use in my career."

UPCOMING EVENTS

Trunk or Treat at Northern – Oct. 31

It's Halloween on the Hi-Line—time to grab your costume, bring your sweet tooth, and head to the SUB parking lot at 5:30 PM on October 31 for our annual Trunk or Treat!

Meet our Northern athletes as they hand out candy from creatively decorated trunks. Come for the treats, stay for the fun—and don't forget your best spooky (or silly) costume!

Red Cross Blood Drive – Nov.12 — Sign Up Today!

MSU-Northern will host its next Red Cross Blood Drive on Wednesday, November 12, 2025, from 10:00 a.m. to 3:30 p.m.

This month's drive offers extra perks for donors — a free A1C diabetes test and a \$20 e-gift card as a thank-you for giving. November is National Diabetes Awareness Month, and this is a great opportunity to support community health while learning more about your own.

Schedule your donation today at RedCrossBlood.org, call 1-800-RED CROSS, use the Red Cross Blood Donor App, or contact Wanda at 406-265-3599 for details.

NEXT WEEK

Friday, October 31

- Registration for Spring 2026 Begins
- Lights Basketball @ Great Falls vs Simpson University - 1:00 PM
- Skylights Volleyball @ Bellevue University - 5:00 PM
- Trunk or Treat – 5:30 PM - SUB Ballroom
- MAT presents: The Rocky Horror Picture Show 50th Anniversary Shadow Cast - 7:30 PM

Saturday, November 1

- Fall Deferred Payment Schedule: 75% Due
- Skylights Volleyball @ Dakota State University - 10:00 AM
- Lights Football @ Dickinson State University - 12:00 PM
- Lights Basketball @ Great Falls vs Bushnell University - 1:00 PM

- MAT presents: The Rocky Horror Picture Show 50th Anniversary Shadow Cas - 7:30 PM

Thursday, November 6

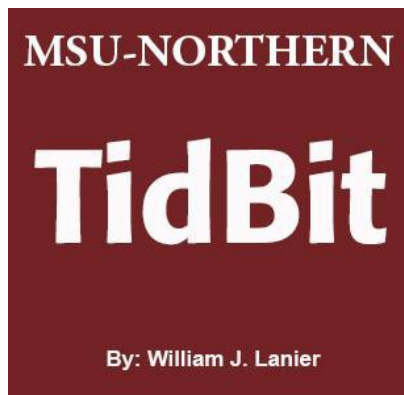
- Skylights Volleyball vs Montana Western - 7:00 PM

Friday, November 7

- MSUN Cross Country @ Frontier Conference
- Skylights Basketball @ Great Falls vs Wayland Baptist University - 2:00 PM
- Skylights Volleyball vs Montana Tech - 7:00 PM

Saturday, November 8

- Lights Football vs Valley City State University - 12:00 PM



(#444) Debbie & Dave Rhines and Thanksgiving

Over the years, it has been very satisfying for me to see Northern Alumni giving back to Northern and their respective communities. What is even more enjoyable is seeing firsthand the impact this has on others.

A great example of someone who has constantly given back to their community is Debbie Rhines, a

1993 graduate of Northern Montana College with a Bachelor of Science degree in Business Technology. Debbie had been active for many years with the Havre Red Cross chapter and, more recently, with the Havre/Hill County Library Foundation and the Bullhook Community Health Center Board of Directors. (Note: this is only a partial list.)

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But I believe the most impactful activity has been her involvement with the Havre Community Thanksgiving Dinner. The Community Thanksgiving Dinner began in 1981 and has been going strong every year (except 2020). For

Debbie and the rest of the family, it has truly been a family affair. Her father, Terry Schend (former Northern Faculty member), was helping pour coffee in the 80s. He then recruited Debbie's husband, Dave, in 1995. When Debbie and Dave's kids were old enough, they too helped. For the past 14 years, Debbie has been the lead organizer for the event.

Now, if you are reading this and thinking, man, that sounds amazing, I wonder if I can help or attend and eat a fantastic meal, the answer is a resounding YES!!

Here is this year's PSA

Community Thanksgiving Dinner 2025

It's that wonderful time of year again!

Everyone is invited to the Annual Community Thanksgiving Dinner on Thursday, November 27, 2025 at the St. Jude Thaddeus Parish Center, 440 7th Avenue.

Since 1981, our community has joyfully gathered to share a free Thanksgiving meal, celebrating the spirit of unity, gratitude, and fellowship.

This heartwarming tradition continues thanks to the generosity of our amazing benefactor, the welcoming support of St. Jude Thaddeus Parish Center and the many volunteers.

Want to Help Out?

Volunteers are needed on Wednesday, November 26, and Thursday, November 27.

If you'd like to lend a hand, please contact Debbie Rhines at 406-945-2833 (leave a message if unavailable) or email thanksgiving.havre@gmail.com.

Let's come together once again — as one community and one family — to share in the joy, gratitude, and warmth of Thanksgiving.

Everyone is Welcome — Come Hungry, Leave Happy!

If you are an alumnus and know any students, please let them know about this event as well. Even better yet, come to Havre, visit, volunteer, and have a great meal.

For all those who have assisted with the Havre Community Thanksgiving Dinner over the years, thank you. A special thank you goes to Debbie and Dave Rhines and their entire family for their commitment to Havre and the people! While Dave and Debbie would prefer to fly under the radar and not bring attention to themselves, it should be noted that I am not the only one who notices and appreciates everything they have done and continue to do! Here is a picture of a tree and a plaque that are in Havre, at Pepin Park!



Again, thank you, Dave, Debbie, and all who give back to their communities!
You all make Northern proud!

If you have an idea for the NNN TidBit, send me an e-mail at
wjlanier1963@yahoo.com

Visit our website

Montana State University-Northern | 406-265-3700 | www.msun.edu

STAY CONNECTED



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