



MONTANA STATE UNIVERSITY  
**NORTHERN**

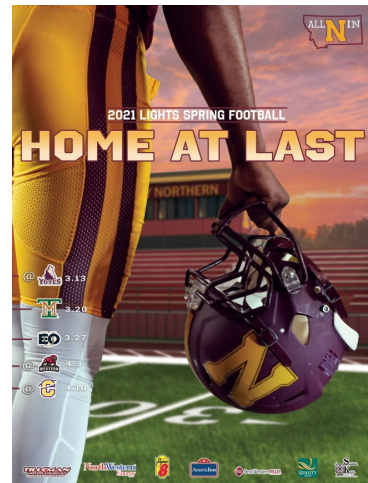
Northern Network News

The Official Newsletter of MSU-Northern - April 2, 2021

## First Home Football Game in the New Stadium Starts a New Tradition

The entire community is excited to finally see the Lights take the field on their brand-new football stadium. Unfortunately, the first two home games will be closed to the public but this Saturday's game will be televised and streamed so you can enjoy the play-by-play coverage. Head Football Coach Andrew Rolin wants to start some new traditions with our new field. One of those traditions will be the blowing of a locomotive whistle every time the Lights score a touchdown.

[Click here to watch the game online...](#)



## MSU-Northern's CJ Degree Among the Top 50 for Probation Officer Degree - Most Affordable in the West



To become a probation officer, you usually must hold a degree in criminal justice, sociology, behavioral sciences, or a related field of study. A bachelor's degree is the most common path to this occupation, Intelligent.com evaluated each program on the basis of flexibility, faculty, course strength, cost, and reputation. They rated MSU-Northern's Criminal Justice program and 36<sup>th</sup> in the nation and the most affordable in the West.

[Read more...](#)

## Skylights Basketball Seniors Honored



Normally at Northern, the last two home games of a season would be designated to honor our seniors and adopt a Light/Skylight parents. Covid made those traditional ceremonies impossible. This year the Skylights basketball team got together for a private ceremony in honor of their seniors. The Lights basketball seniors, David Harris and Mascio McCadney, will be returning next year to enjoy their last year of eligibility. Pictured above (L to R) Tiara Gilham, Allix Goldhahn, Coach Chris Mouat, McKenzie Gunter, Peyton Kehr, and Sydney Hovde.

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## Northern Professors Help Design High School MSU-Northern's Contribution



Winifred, Montana, a town of fewer than 200 people, will be the home of a new high-tech K-12 school which began construction in earnest today, a project on which Montana State University-Northern staff members have been consulted.

The school is the brainchild of multi-millionaire Norm Asbjornson, current chairman and co-founder of Aeon Inc. as well as its former CEO. The designers of the building have tapped into the faculty at Northern's

College of Technical Sciences for recommendations on how to design the tech parts of the school.

MSU-Northern Dean of the College of Technical Sciences, Dave Krueger, said his department has been a consultant on the project with regard to its technical and career education capabilities, which he has been working to facilitate for almost a year.

[Read more...](#)

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## Cross Country Students Compete in NAIA Half-Marathon



Last week (March 21), MSU-Northern Cross-Country runners Liam Baez-Terry, Grace Schwenk, and Field Soosloff traveled to Billings to compete, unattached in the NAIA Half-Marathon qualifier. Field placed 2<sup>nd</sup> behind Dakota State's Max Cruse. Field's time was 1:11:03. Liam placed 9<sup>th</sup> in the men's race with a time of 1:20:38. Grace placed 5<sup>th</sup> in the Women's race with a time of 1:39:02.

[Read more...](#)

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## SKILLSUSA MONTANA HOSTS FIRST EVER COMBINATION STATE CONFERENCE



The 2021 State Leadership and Skills Conference for SkillsUSA Montana was held all across the state and was a combination of hands-on and virtual events. Due to the Covid-19 restrictions, the event was not able to take place at MSU-Northern.

“Last year’s cancellation was such a big disappointment for our members,” State Director Mary Heller said. “And not only that, but this setback hurt our membership numbers as well as impacted the involvement of our industry partners. That was something I simply could not allow to happen again this year. So we got creative and got our chapter advisors involved.”

[Read more...](#)

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## LIGHTS TAKE THIRD AT ROCKY MOUNTAIN COLLEGE'S LAST CHANCE INVITE



On Friday (March 26), Northern men's team went to Rocky Mountain College's Last Chance Invite. They raced against Carroll, Rocky, Western, and Dickinson State. Carroll won the meet, Rocky took second, and the Lights took 3rd just a couple points behind Rocky. Western and Dickinson both failed to score 5 Cross Country runners.

### Results:

4th - Field Soosloff 26:42

12th - Brady Albus 27:29

14th - Kai Krumwiede 27:42

15th - Liam Baez-Terry 27:44

17th - Beau Hyatt 28:06

Field Soosloff has also qualified to compete in the 65<sup>th</sup> Annual NAIA men's Cross-Country National Championships which will be held in Cedar Rapids, Iowa.

[Read more...](#)

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## TEN LIGHTS & SKYLIGHTS BASKETBALL ATHLETES RECEIVED ACADEMIC ALL-CONFERENCE



Conference commissioner Kent Paulson released the 2020-21 Frontier Conference Academic All-Conference Men's and Women's Basketball team. To be eligible for the team, the student-athlete must be at least a sophomore in standing and maintain a 3.2 GPA.

[Read more...](#)

## MSU-Northern Students Attend National PAS Conference





*Pictured above, National PAS Participants are Back Row: Tyler Gorecki, Garrett Depner, Jeri Copenhaver, Front Row: Riley Mortenson, Stacie Cornell, Tracey Reed*

During the week of March 15th-19th MSU-Northern's Professional Agriculture Students (PAS) club participated in the National PAS Conference. MSU-Northern had six students participate, Riley Mortenson, Tracey Reed, Tyler Gorecki, Jeri Copenhaver, Garrett Depner, and Stacie Cornell. The group was able to have two teams, one competed in Beef Livestock Specialist (Riley, Jeri, and Tyler) and the other competed in Crop Specialist (Tracey, Garrett, and Stacie). Three of the individuals, Riley, Tracey, and Stacie, competed in different areas of Employment Interviews. Tracey Reed placed 2nd in Landscaping and Nursery and Riley placed 4th in Agriculture Education. The Beef team placed 2nd overall and Tyler placed 2nd for the highest overall individual.

## Great Falls College-MSU and MSU-Northern Prepare Next Crop of Great Falls Educators



By Scott Thompson - Great Falls College Communications

Being a first-year teacher can be rough. Throw in a pandemic and remote learning, and it could be a recipe for disaster. Instead, Rilee Peterson, a sixth-grade teacher in her first year at Riverview Elementary in Great Falls, credits her education first at Great Falls College MSU and then at Montana State University-Northern on Great Falls College's campus with setting her up for success.

[Read more...](#)



# Important Announcements

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## ASMSUN Food Pantry Survey Link

At the beginning of the Spring 2020 Semester, ASMSUN decided to start a Food Pantry on campus. During February of 2020, we held a few food drives during the last two home basketball games. In the Fall 2020 semester, we had a food drive competition between the clubs, organizations, and sports teams on campus to bring in food and monetary donations for our Food Pantry. Through this process we have not been able to name the Food Pantry and have been referring to it as the "ASMSUN Food Pantry." We would like you to provide us with some name suggestions to name the Food Pantry.

[Click here...](#)

To submit your suggested names for the "ASMSUN Food Pantry."

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## NEED SOMEONE TO TALK TO? WORRIED ABOUT A FRIEND?

We'd like to remind students that Student Health Counseling Services offers FREE individual, relationship, family, group and substance abuse counseling services. Both face to face and virtual (WebEx) sessions are available. Call 406-265-3599 for an appointment.

[Click here for more info...](#)

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# Upcoming Events

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## FIRST FRIDAY SUICIDE PREVENTION WORKSHOPS – April 2, May 7

For the remainder of the semester, QPR Suicide Prevention Trainings will be facilitated via Zoom on the 1st Friday of each month from 1:00-2:30 PM. (April 2 and May 7)

Question, Persuade, and Refer are three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training in the world. The training is about 90 minutes and your certification will be active for 2 years. Trainings are free and limited to 25 participants. To register, email Amber Spring at [amber.spring@msun.edu](mailto:amber.spring@msun.edu).

[Click here for more info...](#)

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## **Indigenous Self-Identity – Connecting Paradigms to Pedagogy – Apr. 6**

Little River Institute at MSU-Northern is pleased to host a presentation by Lona Running Wolf, the Director of American Indian Student Achievement at Montana's Office of Public Instruction (OPI), on Tuesday, April 6<sup>th</sup>, at 12:00 pm via Zoom entitled, "Indigenous Self-Identity - Connecting Paradigms to Pedagogy." According to the Montana Office of Public Instruction's American Indian Student Achievement report (2020), American Indian students have continued to show a gap in academic performance when compared to their non-native peers. In addition, American Indian student retention within the Montana University System continues to show a gap when compared to most non-native peers (MUS American Indian data dashboard, 2021). It is important to connect cultural paradigms of all students to their educational paradigms including teaching and learning, curriculum, communication, as well as promoting positive self-identity. For American Indian students, according to the data, it is imperative. This presentation provides insight into the paradigm of the American Indian learners including their culture and resiliency, it assists in understanding how trauma and poverty contribute to the gaps, and how educators must consider their own implicit bias when working with American Indian students. In connecting paradigms to pedagogy, we foster positive self-concepts and in turn increase achievement and retention for our American Indian students.

Lona is Blackfeet and Haida and was born and raised in Browning, Montana, on the Blackfeet reservation and is an enrolled member of the Haida Tribe. She has served in many capacities in education including a certified K-8 teacher, math & literacy interventionist, instructional coach, curriculum development, university adjunct professor, and as an Instructional leader for OPI. Lona is passionate about helping American Indian students to tap into their ancestral roots to develop a strong sense of pride that she believes is the key to increase student achievement. She is also committed to advocating for equitable education amongst American Indian students. Lona has an Elementary Education A.A. from Blackfeet Community College, a B.A. in Elementary Education from Salish Kootenai College, and an M.Ed. in Curriculum & Instruction- Triple Literacy from the University of Texas.

Link for the Zoom presentation from 12:00 pm to 2:00 pm Tuesday, April 6th:  
<https://zoom.us/j/94431786718?pwd=dHITbFZEEdm00UWNCMkkySStrYWVqQT09>

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## **Suicide Awareness Walk – Apr. 14**

The MSUN Sweet Grass Society American Indian student organization, in collaboration with the MSUN Healthy Lifestyle Advocates, will be hosting a Suicide Awareness Walk on the MSUN campus Wednesday, April 14th. The event will begin at 5:30 pm on the lawn in front of the Student Union Building with two guest speakers from the Fort Belknap Indian Community, Terry Brockie (Aaniiih) and Kenneth “Tuffy” Helgeson (Nakoda). In addition, the Sweet Grass Society President, Aryn Longknife-Jake, will show a short documentary video that she has prepared to share the impact of suicide on her own life and community. The walk will proceed through the MSUN campus finishing at Tilleman Field where the traditional American Indian game of double-ball will be played. Attendees will receive a free t-shirt, bracelet, and healthy snack (while supplies last) and prizes for participation in the games. MSUN staff, faculty, and students are welcome as well as community members. For the prevention of COVID-19 spread, attendees will be required to wear a face mask and adhere to other MSUN COVID-19 policies including social distancing and sanitization. For questions regarding the event, please contact Erica McKeon-Hanson, Sweet Grass Society co-advisor at [erica.mckeonhanson@msun.edu](mailto:erica.mckeonhanson@msun.edu) or Aryn Longknife-Jake, Sweet Grass Society President at [arynlongknifejake@yahoo.com](mailto:arynlongknifejake@yahoo.com).

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## **Annual Tribute Band Concert – May 15**

At this time, KNMC is moving forward with plans to host their annual tribute concert on Saturday, May 15<sup>th</sup>, as either a web-stream concert or social-distanced in-person concert strictly adhering to county health department guidelines. "Tribute" is our spring music event and is KNMC's way of paying tribute to all of the hard-working students, faculty, and staff of MSU-Northern at the end of the school year. Local musicians sign up and form "tribute bands" who then dress up and perform the music of their artist of choice.

If you are a musician that is interested in participating, contact Dave Martens at 406-390-1238

## **ARE THINGS FEELING HEAVY?**

### **... Let's talk it out!**

The last 12 months have been loooooongggg. Many are expressing that things just feel "heavy." Research refers to this reaction as burnout, emotional exhaustion, or alarm fatigue. Many of you are carrying a load with stress related to school, home life, work, your health, your finances . . . Several of you are bearing that load in addition to the load of others. When you are a "helper," friends, family members, co-workers & even strangers open up and share their personal struggles, relationship & family conflicts, work & school stressors with you. This can be a lot ... especially when you may be struggling yourself! We are providing this time to help you talk through an issue, provide you with support, and connect you with resources. Taking care of yourself as you are caring for others is imperative



to reducing burnout! Students, staff & faculty are all welcome to call in. Meets Wednesdays from 6:30-8:00 pm on Zoom. Email [amber.spring@msun.edu](mailto:amber.spring@msun.edu) for the link to join the Zoom call. ARE THINGS FEELING HEAVY? ... Let's talk it out!

[Click here for more info...](#)

## The story of the Northern Alumni (Fred Paulsen) who coached in the NCAA DI Final Four

MSU-NORTHERN

**TidBit**

By: William Lanier

This past fall in the September 28, 2020 issue of the Northern Network News, the NNN TidBit was based on "...what I thought were the most interesting, stories, facts or TidBits about Northern, that I have come across over the years...".

In response to that NNN TidBit, I received the following in an e-mail:

"Northern Alumni Fred Paulsen who played and also was an assistant coach for the Lights was an assistant coach at Michigan State University when the Spartans won the 1979 NCAA Championship against Indiana State. The Spartans were coached by former University of Montana Coach Jud Heathcote. The Spartans were led by Earvin "Magic" Johnson and Greg Kelsner, while Indiana State was led by Larry Bird."

Reading this I thought was this true? For someone who loves Northern history, sports and especially history of Northern sports, how did I not know this? After e-mailing and talking with Fred Paulsen, I found out it indeed was true. After the e-mails, conversation with Fred Paulsen and doing some additional research, I realized that Fred has had an amazing past, both at Northern and after he left Northern.

After playing basketball for two years at Southwestern Michigan Junior College, Fred came to NMC in the fall of 1973 sight unseen to attend school and play basketball for Tom Nielson (1973-75). During this time one of Fred Paulsen's teammates at Northern was future University of Montana Grizzlies Head Coach, Don Holst (who also coached the Northern Skylights).

[Read more...](#)

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