

November

2019

ON THE

# HORIZON



FAMILY & GRADUATE HOUSING'S MONTHLY NEWSLETTER

*You're Invited!*

## HOLIDAY PARTY



Date: STAY TUNED!

Time: STAY TUNED!

Location: STAY TUNED!



*celebrate*

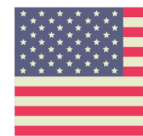
# VETERANS DAY



# THANK ★ YOU

NOV  
★  
11TH  
★  
2019

*Offices Closed  
ALL DAY*



*No Classes  
ALL DAY*



# Help and Support

## MSU Services

**Counseling and Psychological Services:** 994-4531

**Crisis Helpline:** 586-3333

**VOICE Center**

**Office Line:** 994-7662

**24-Hour Confidential Support Line:**  
994-7069

**Office of Institutional Equity, Title IX Coordinator:** 994-2042

**Alcohol & Drug Assistance Center and Center for Recovering Students:** 994-5937

**University Police:** 994-2121

**Dean of Students:** 994-2826

**Residence Life:** 994-2661

**Disability Services:** 994-2824

**Vet Center:** 994-3661

**Silent Witness:**

switniss@montana.edu

Email with information useful in keeping your campus safe. Provide as much detail as possible. Your identity will be protected to the fullest extent possible.

## Community Services

**Haven**

Domestic Abuse Hotline: 586-4111

**Hope House**

For persons suffering from a mental health crisis: 585-1130

**Bozeman Help Center**

Suicide Hotline: 586-3333

**Child and Family Services**

1-866-820-5437

## Rendezvous Dining Pavilion

In a continued effort to advance the university's commitment to enrich the quality of campus life and build a better campus community, Culinary Services embarked on a substantial project to build a new dining pavilion. The facility broke ground October 2016 and is set to open fall of 2018. This new dining pavilion will serve the north side of campus and will feature a smash burger station, a rotisserie and smoker, an expanded Wok, a Mexican concept with a rotating tortilla grill, a pizza and pasta concept, espresso bar, soup and salad bar, Indulge Bakery and a healthy choice area.

### Miller/Rendezvous Dining Commons:

Block meal plans can be purchased at the Residence Life Cashiers Office or on online.

Block Meal Plans		Individual Meals		
25 Meals	\$225.00	Breakfast 7am-9:30am		\$8.00
50 Meals	\$425.00	Lunch 11am-2pm		\$10.00
75 Meals	\$581.25	Dinner 4:30pm-7pm		\$11.00
100 Meals	\$700.00			

## Cold weather is upon us!

### Here are a few items to remember:

If you're having any trouble with your heaters, or with windows or doors not closing/sealing properly, please contact us as soon as possible so that we can work to remedy the issues. If you need your pilot light lit, call the office for assistance.

During cold months, please do not set thermostats lower than 60 degrees; if you live in the West Side Houses, please do not set your heat dial lower than #3.

If you are going to be away from your home for more than two days, please let FGH know. We will monitor the heat in your home while you are away to be sure it is working properly.

#### **Please keep in mind:**

Damages from frozen pipes can be extensive and can cost tenants thousands of dollars. Please be diligent in properly heating your home.

As a reminder, the University and Family & Graduate Housing do not carry insurance against the loss or damage of individually owned personal property. It is recommended that tenants obtain personal property insurance coverage.

## How to prepare for winter driving.



- **Put a 'winter supply' box in your car:** Having a box full of winter supplies in your trunk can make all the difference if something goes wrong while traveling on a cold day. Some things you should consider putting in your box are a flashlight, road flares, a first-aid kit, a few blankets, a change of warm clothes, a few extra pair of gloves & a hat, a radio, a charged cellphone for 911 calls, a bag of sand, an extra ice scraper, some high energy snacks (like nuts or jerky), and water.
- **Check your engine coolant and antifreeze levels:** Anti-freeze is the substance that keeps your engine from freezing during cold months. Without it, your engine can freeze.
- **Check your tire pressure and tread depth:** Good tires are the key to staying on the road and keeping safe when the roads are questionable. First, check your tire pressure with a simple gauge. Fill up your tires if needed at a gas station (most gas stations offer this as a free option). You should also make sure your tires have appropriate amounts of tread on them. To test this use the "Lincoln test" – just insert a penny into your tire's tread with the top of Lincoln's head pointing inward toward the tire. If you can see all of Lincoln's head, you need to replace the tire before winter weather begins.
- **Use winter windshield wiper fluid:** Ordinary fluid that you use in the spring, summer and fall often becomes worse than useless in the winter, as it freezes quickly upon contact with your windshield. When winter comes switch out your fluid for "winter" fluid. Winter fluid is designed for the cold temperatures of winter and will not freeze. In fact it will help loosen ice and snow from your windshield, making it easier to keep things clear.



gallatin valley food bank  
**THANKSGIVING FOOD BASKETS**

Sign up for the Gallatin Valley Food Bank Thanksgiving Food Box distribution! You can stop by the Gallatin Valley Food Bank and sign up in person, or give them a call at 586-7600, and they can sign you up over the phone.

baskets included...

- \* Turkey
- \* Bag of Potatoes
- \* Stuffing
- \* Green Beans
- \* Pumpkin Pie Fixings
- \* Etc.

**pick up options:**

- \* Bozeman, Sunday, November 24th or Monday, November 25th from 11 am-4 pm at 1812 N. Rouse (City Complex/ Streamline Bus Barn)
- \* Belgrade, Sunday, November 24th from 1 pm-4 pm at Living Waters Methodist Church 51 W. Cameron Bridge Rd (Little Blue Church across from Kenyon Noble)
- \* If you live near Three Forks, the Headwaters Area Food Bank is also doing Thanksgiving Food Boxes. Call them to sign up (406) 285-3559
- \* Big Sky residents, call the Big Sky Community Food Bank to sign up, (406) 995-3088



# HUFFING FOR STUFFING

2019

## 13th Annual

Huffing for Stuffing combines community spirit with breathtaking vistas to support our neighbors in need. This annual heart-healthy, family event supports HRDC's Gallatin Valley Food Bank. The race is held each Thanksgiving morning at the iconic Museum of the Rockies in Bozeman, Montana. The Gallatin Valley Food Bank's mission is to improve food security in southwest Montana; funds raised from Huffing for Stuffing support GVFB's efforts in our community.

**NOVEMBER 28TH**  
**2019**

Museum of the Rockies

**600 West Kagy Blvd.**  
**Bozeman MT, 59715**



### START TIMES

- Kids' Fun Run: 8:00 am
- 10K: 8:50 am
- 5K Timed Run: 9:10 am
- 5K Untimed Run: 9:15 am

For information on pricing, savings, team pricing, and ways to register visit:

**HUFFINGFORSTUFFING.COM**

# Counseling and Psychological Services

(406) 994-4531

## **Building your Academic Toolbox to Effectively Cope with Academic Stress**

By: Jared Utley, Doctoral Intern, Counseling and Psychological Services

Attending a university, either as an undergraduate or graduate student can feel overwhelming. There are many different responsibilities, requirements, and interests that are involved in being a successful student. Some of these may include: Attending classes, internships, jobs, and being present for family and friends. These can seem difficult or even impossible to juggle at times, especially when it is during the middle or the end of the semester. So, how can we help ourselves? What ways can we manage the stress and pressures of performing in school? One area of focus that could improve our personal well-being is to build on to the academic skills and knowledge you already have. In this newsletter, we will discuss how refining your academic toolbox can reduce your academic distress and overall stress now and throughout this school year.

Each Academic tool kit or tool box may look different based on your major, year in school, or how you deal with stressful situations. Knowing what you do well and knowing when you are struggling are important signals to determine which skills to use. Below are some important considerations for growing your personalized academic toolbox:

### **Build a relationship with professors or academic advisers:**

- They can help bolster your confidence related to your major or career path
- Offer important mentoring opportunities related to your interests
- Exposure to learning experiences outside of the classroom (examples: research or field experience)

### **Develop routines with your school work and self care:**

- Establish a weekly schedule that includes the assignments, tests, or quizzes due for your classes throughout the semester
- Take time for self-care activities, such as spending time with friends, playing sports, or reading your favorite book
- Be disciplined with completing assignments evenly during the semester to reduce periods of burn out or exhaustion

### **Create and maintain relationships with classmates:**

- Form connections with classmates who can help you prepare for assignments and tests
- Peer support to aid with navigating the responsibilities and tasks required with school
- Decrease feelings of loneliness and isolation

### **Identify times during the semester that will have higher or lower levels of stress:**

- Get in the habit of checking in with yourself on how your day or week is going
- Speak with friends, romantic partners, and family about how you are doing
- Seek out resources and support when there are higher levels of academic stress

### **Relevant Resources at MSU:**

Counseling and Psychological Services 406-994-4531  
Allen Yarnell Student Success Center 406-994-7627



# Restaurants serving Thanksgiving Dinner

## Fork and Spoon

Pay what you can Thanksgiving Meal.

Contact Fork and Spoon for more information including time, menu, and location

Keep your eyes peeled for other restaurants!

*gobble gobble*



## Ted's Montana Grill

Roughly \$30/person Thanksgiving Meal.

Contact Ted's Montana Grill for more information including time, menu, and location



**Erin Calkins**  
102 McIntosh Court, Apt. F  
Bozeman, MT 59718  
760-520-5012  
[calkinsea04@gmail.com](mailto:calkinsea04@gmail.com)



### November Activity

Morning at the Museum of the Rockies  
When: Sunday, November 24th @ 10am  
Where: Museum of the Rockies  
We are going to check out the MOR Butterfly exhibit! Free admission will be granted to the first 4 families, please RSVP to Erin by November 15<sup>th</sup> if your family will be attending. See you at the museum!

### Recipe of the Month: Bacon Wrapped Chicken

Preheat oven to 400°F. Combine 1.5tsp thyme, 0.5 tsp sugar, 1 tsp salt, and 1/2 tsp black pepper. Sprinkle chicken evenly on both sides with seasoning. Wrap 2 slices bacon around each chicken breast covering as much of the chicken as possible. Tuck the end of the second slice back under itself. Add bacon-wrapped chicken to a skillet, and cook on medium, turning frequently, until all sides are browned and crispy, about 25 minutes. Bake for additional 10 minutes. Toss potatoes with oil, 1 teaspoon salt and 1/2 teaspoon pepper; arrange on a lightly greased wire rack on a rimmed baking sheet. Bake in preheated oven until potatoes are golden brown and cooked through, about 25 minutes. Stir together mayonnaise, Dijon, ketchup, and 1 tablespoon of the chives in a small bowl. Garnish & Enjoy!



# UPCOMING

# events

## Fill a Bag - Used Book Sale

November 3, 2019

10:00am - 2:00pm

Bozeman Public Library

Fill a Bag for \$2, \$3, or \$5 - priced by bag size. We are trying to cut down on single-use plastic, so please bring your own bag to the sale.

## Small Business Saturday

November 30, 2019

10:00am - 11:00am

Downtown Bozeman

Small Business Saturday is a day dedicated to supporting small businesses on one of the busiest shopping weekends of the year.

## Ping Pong Tournament at the YMCA

November 16, 2019

10:00am - 12:00pm

Gallatin Valley  
YMCA

Join us for a day of Ping Pong fun! Family doubles will begin at 10 am. Adult singles will begin around 11am. Ages: All

C  
H  
E  
C  
K  
  
I  
T  
  
O  
U  
T!

## Are you leaving Family & Graduate Housing?

If you are planning on moving out, please come to the Family & Graduate Housing office to fill out a 30-Day Notice Form. We will schedule your official out appointment and provide you with a cleaning checklist. Don't forget to turn in your keys before your scheduled checkout time!

## FREE BREAD NIGHT

Located in the FGH Front Office  
Every Tuesday and Friday  
5:30 pm - 6:30 pm  
Or until the bread is gone.



## Pay Your Rent Online

[www.montana.edu/fgh](http://www.montana.edu/fgh)

- This is a convenient way to pay your rent outside the restrictions of office hours, with no extra fee!
- In order to pay your rent online you will need to enter your preferred email address.
- If you prefer to pay in person you can pay at the Cashier's Office, Monday through Friday, between 9:00 am and 3:00 pm.

For questions or concerns please contact us at (406)-994-3730 or [fgho@montana.edu](mailto:fgho@montana.edu)

## Quote of the Month

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."

- Aristotle

## Important Dates

- November 11, 2019: Veterans Day - Offices Closed, No Classes
- November 27, 2019: Thanksgiving Holiday - Offices Open, No Classes
- November 28, 2019: Thanksgiving Holiday - Offices Closed, No Classes
- November 29, 2019: Black Friday - Offices Closed, No Classes

