

December  
ON THE

2019

# HORIZON

FAMILY & GRADUATE HOUSING'S MONTHLY NEWSLETTER

*You're Invited!*

## HOLIDAY PARTY



*Date:* DECEMBER 7, 2019

*Time:* 5:30 pm- 7:30 pm

*Location:* MUSEUM OF THE ROCKIES!

COME JOIN US AT THE MUSEUM OF THE ROCKIES!  
FOOD, GAMES, AND ENTERTAINMENT. THE DINOSAUR EXHIBIT WILL BE  
OPEN AS WELL!



GARFIELD STREET

*18*

BOBCAT

DAY USE PARKING

*NO PARKING 10PM-6AM*

SO PLOWS CAN  
CLEAR THE STREETS AT NIGHT

OFFICES CLOSED

*DECEMBER 25TH and JANUARY 1ST*  
FOR HOLIDAYS

*but*

WE WILL CONTINUE  
TO HAVE STAFF

*AVAILABLE 24/7*

**After Hour On-Call staff**

Phone: (406) 994-3730  
(Or use Phone Out side of Office)

**Family & Graduate Housing Office**

EMAIL: FGHO@MONTANA.EDU  
PHONE: (406) 994-3730  
HOURS: MONDAY-FRIDAY 7:45AM-5:00PM  
(CLOSED ON UNIVERSITY HOLIDAYS, BUT STAFF  
STILL AVAILABLE 24/7)

**Community Director**

COY HARWOOD  
EMAIL: COYHARWOOD@MONTANA.EDU  
PHONE: 406-994-3730

LIKE US ON FACEBOOK!  
[HTTPS://WWW.FACEBOOK.COM/MSUFGH/](https://www.facebook.com/MSUFGH/)

# 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.

DECEMBER 7,  
2019

# CHRISTMAS STROLL 2019

Emerson  
12:30 PM - 4:15 PM

Downtown  
4:30 PM - 7:30 PM

Kick off the holiday season with Bozeman's most beloved holiday tradition! The Emerson will be holding a pre-Christmas Stroll event from 12:30-4:15. Join them for free gingerbread house making, live dance performances, and special activities throughout the building. Then, be the first to see Santa as he passes out candy canes. Once Santa passes out his candy he will lead the parade, starting the Christmas stroll at 4:30-7:30. Bring the whole family to ride on the hay wagons, get your picture taken with Santa Claus, watch the lighting ceremony of the downtown decorations, sing Christmas carols, grab a bite to eat from one of over 60 non-profit food and activity vendors or do some Christmas gift shopping. The Christmas Stroll is the place to find it all!

Christmas Stroll: Downtown Bozeman  
Emerson: 111 S Grand Ave

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## Winter Art Walk

DECEMBER 13TH

6:00PM-8:00PM

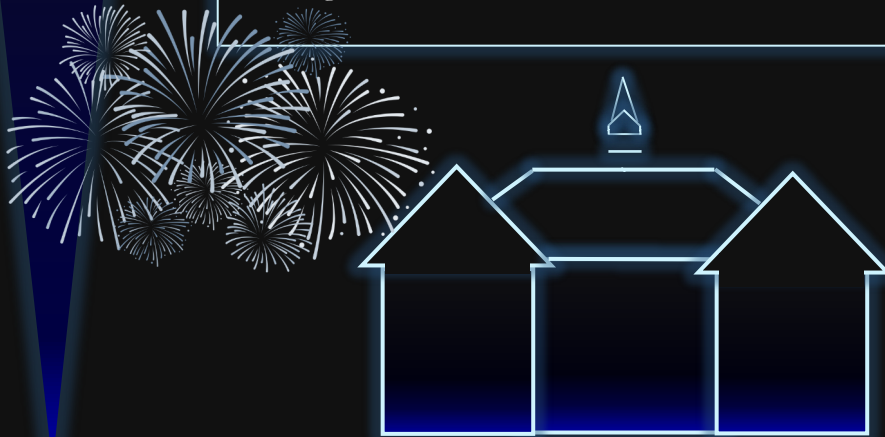
The 2019 Art Walk season wraps up with a special "Winter" Art Walk on December 13 from 6-8pm. Many galleries will feature artists' openings and receptions and often provide hors d'oeuvres and complimentary refreshments. It's also a wonderful chance to stroll Downtown Bozeman, take in some art and culture while also holiday shopping. The Art Walks occur on the 2nd Friday of the month; June through September and again for our "Winter" Art Walk in December

# Montana Hall Lighting Ceremony

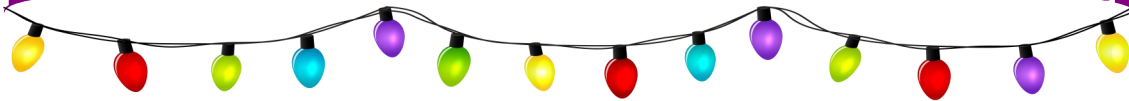
December 4,  
2019

5:30pm  
-6:30pm

Montana State University will hold a ceremony to light its iconic Montana Hall. The lighting ceremony is open to the public, and students, faculty, staff, alumni, neighbors and friends are invited to attend. It will feature carols and MSU's Madrigal Singers, a welcome and brief remarks from MSU President Waded Cruzado, draft horses, drum line and a countdown by MSU cheerleaders before thousands of festive lights illuminate Montana Hall. Refreshments will be provided.



## Holiday Helping Hand



### Where to go for help?

- **Gallatin Valley Food Bank** • 5 day supply of emergency food • **602 Bond St. Bozeman.**  
• **Distribution Hours:** Mon-Fri: 1-4pm; Tue: 1-7pm • **Phone:** (406)586-7600 • **www.gallatinvalleyfoodbank.org**
- **Love INC Clothing Closet** • Free clothing for men, women and children. • **19599 Frontage Road Unit F, Belgrade**  
• **Hours:** Mon-Thur 10am-2pm • **Phone:** (406)587-3008 • **www.loveincgc.org**
- **Fork and Spoon** • Montana's only "Pay What You Can Café" • **302 N 7th Ave #3308** • **Hours:** Sun-Fri 5 – 7pm.  
• **Phone:** (406)-587-4225 • **www.forkandspoonbozeman.org**
- **Sack Thrift Store** • Local variety of clothing, housewares, books, furniture, jewelry, and collectibles.  
**138 W. Mendenhall** • **Hours:** Mon-Fri: 9:30am-6:00pm, Sat: 9:30am-5:30pm, Sun: 12-5 • **Phone:** (406)-587-7283  
• **www.sacksthrift.org**
- **Healthy Kids Pack** • A weekend supplemental food bag that provides reliable, healthy food access to elementary children.  
Sign your child up at their school to receive weekend food bags every Friday. Schools including Irving, Bozeman high, Sacagawea etc...to see **more** participating schools visit : <https://thehrdc.org/how-we-help/food-nutrition/healthy-kids-pack/>

### Looking To Help?

Go to HDRC webpage . This is a Bozeman community webpage that offers volunteer opportunities through out the whole year.  
<https://hrdc9.galaxydigital.com/>





# Winter Weather Tips



## Different Types of Forecasts:



- \***Winter Storm Outlook:** Winter storm conditions are possible in the next 2 - 5 days.
- \***Winter Weather Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous.
- \***Winter Storm Watch:** Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.
- \***Winter Storm Warning:** Life threatening, severe winter conditions have begun or will begin within 24 hours. People in the area should take precautions immediately.



## If your car gets stuck:

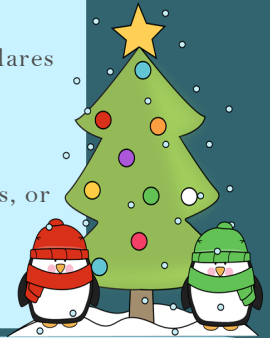
- \* Do not spin your wheels. This will only dig you deeper.
- \* Turn your wheels from side to side a few times to push snow out of the way.
- \* Use a light touch on the gas, to ease your car out.
- \* Use a shovel to clear snow away from the wheels and the underside of the car.
- \* Pour sand, kitty litter, gravel or salt in the path of the wheels to help get traction.
- \* Try rocking the vehicle (Check your owners manual first - it can damage the transmission on some vehicles).
- \* Shift from forward to reverse, and back again.
- \* Each time you're in gear, give a light touch on the gas until the vehicle gets going.

What if my car gets stuck?



## What to have in your car:

- \*Extra Warm Clothes
- \*Non-Perishable, high energy food items
- \*Bottled water
- \*Basic tool kit
- \*Sand or kitty litter
- \*Flashlight/head lamps/batteries
- \*Snow brush with scraper
- \*Spare tire
- \*Local area road maps
- \*First-aid kit
- \*Shovel
- \*Emergency road flares
- \*Jumper cables
- \*Tow chains, straps, or come-along
- \*Compass





# Successfully Juggling Your Multiple Roles Through the Holidays

By: Jacob Lehman, Doctoral Intern, CPS

The holiday season can be a stressful time of the year for anyone, but it can become even more challenging when trying to balance all our roles and responsibilities. This time of year is full of academic demands, familial stress, financial worries and hectic traveling. With so many things to take care of, it can feel overwhelming to navigate everything successfully. This month's newsletter reviews tips and resources available to you to help navigate this busy time of year.

Everyone responds to stress differently, but when I have a lot of tasks to complete, I tend to withdraw from others and "put my nose to the grindstone." While this can be helpful to complete some tasks, it also fails to utilize many of the supports and resources in my life. For example, if you're struggling with finding ways improve your study habits, the Allen Yarnell Center for Student Success is available to help with tutoring. The AYCSS also provides financial education to help you learn how to develop sound budgeting skills or better manage your student loans. There are a number of helpful resources available to you here on campus, as well as ways to utilize other supports many of us already have in our lives.

## **Reach out to friends, family members, peers and close mentors about how you are feeling:**

Often, we forget to let those around us know when we are struggling. By reaching out to others to let them know we are stressed, they are then able to provide support whether in the form of help or just a kind listening ear to vent to. Reaching out also provides an opportunity to hear other options available to you and maintains the relationships in your life.

## **Visit the Office of Health Advancement (<http://www.montana.edu/oha/>):**

OHA has a number of services focused on improving wellness and health for students. If you have questions about your diet or want to develop goals with your eating habits, set up an appointment with their registered dietician. Meet with a Wellness Coach to target specific behaviors you want to change or goals in your life you'd like to reach.

## **Meet with a counselor at Counseling and Psychological Services:**

Meeting with a counselor can be a great way to manage stress, anxiety, depression or a number of other challenges that come with managing the multiple roles and responsibilities in your life. Counseling and Psychological Services offers individual counseling on a short-term basis, group counseling, or can help you find services available in the community. CPS also offers daily crisis appointments to help students manage psychological emergencies and periods of overwhelming distress.

## **Integrate self-care activities into your life and reach out to friends, peers or mentors:**

At times it may feel like we do not have enough time in the day to take care of ourselves. Ironically, making time to take care of yourself and do something to recharge your batteries can go a long way to improving your productivity and mood!



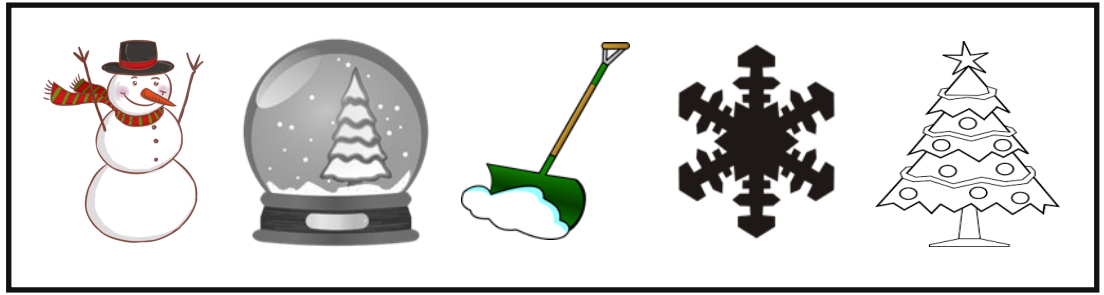


Erin Calkins

102 McIntosh Court, Apt. F

Bozeman, MT 59718

760-520-5012



### December Activity

#### **Santa's Workshop Toy Drive!!**

- Donate lightly used toys to the FGH office now until Dec 20<sup>th</sup>.
- Saturday, Dec. 21<sup>st</sup> @ 3pm @ 1218 S. 15<sup>th</sup> Ave. Children may choose their FREE TOY. Refreshment will be available. Email Erin with questions. Come enjoy the merriment of the holiday season with us!

### December Reminders:

- The snow shovels and sand are on my doorstep! Please use to keep your walkways free of ice and snow.
- Remember to keep thermostats set to at least 60 F°. McIntosh Court pipes are prone to freezing unless this heat is maintained.
- If you are going out of town for the Holidays, please call the office and get on the heat check list. Please let me know if you have questions.
- Have an excellent finals week and reach out if you need anything. Hope you all have an excellent and safe New Year!

# MAKE THIS HOLIDAY SEASON ABOUT: *less gifts, more memories!*

PARTICIPATE IN GIFT PRESENCE THIS CHRISTMAS—AND AVOID SPENDING A FORTUNE ON GIFTS!  
SPEND LESS MONEY AND CREATE MORE MEMORIES.

HERE ARE A FEW IDEAS HOW:

- 1 Listen to (or play) music together.
- 2 Watch a favorite Christmas movie and sleep beside the tree.
- 3 Attend a Christmas play.
- 4 Check out holiday lights together.
- 5 Bake and deliver cookies to neighbors.
- 6 Volunteer as a family.



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Visit the HDRC webpage to find volunteer opportunities <https://hrdc9.galaxydigital.com/>

# UPCOMING *events*

## CHECK IT OUT:

Some December 2019 Events!

### Public Skating



2019-2020 Season.  
Times will vary

Please check [www.bozemanhockey.org](http://www.bozemanhockey.org) for schedules for Public Skate times or call the rinks at (406) 586-5557 for more information about our facilities.

Beall & Southside parks are open around Christmas for free skating, M-F, 12-10 and Sat & Sun 10-10.

Rent skates at Outdoor Rec. MSU, or buy from Secondhand Wind

### Legends of

### Yellowstone Premier

December 11th (7- 10:00pm)  
Rialto Bozeman.

An original three-part series created and directed by native Bozemanite Wade Holland. The series features local ski legends from Southwest Montana, and uncovers the raw, exciting nature of freestyle skiing in the early 80's and 90's. ( \$5 per person).



### MBC's 36th Annual

### Nutcracker

December 7th & 8th,  
2:00pm-3:00pm  
Wilson Auditorium



Celebrating 36 years in Bozeman, MBC's production of The Nutcracker is one of the largest artistic collaborations in the region featuring many talents. MBC's Nutcracker is a treat for the entire family!

For Nutcracker tickets contact the Montana Ballet Company at 406.582.8702 or online at [www.montanaballet.org](http://www.montanaballet.org) All seating is reserved. Ticket prices range from \$20 - \$60. There will be a \$2 service fee added for "day of show" sales.

### Free Santa Pictures!

December 12th, 5-7pm  
Waypoint Chiropractic



Santa is going to appear at Waypoint Chiropractic Thursday night Dec. 12th from 5-7pm to take pictures with all of his favorite kiddos and people! These special pictures with Santa are at no cost and open to the public . There will be snack and entertainments provided!

## 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/fgfh](http://www.montana.edu/fgfh)

- 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 [fgfh@montana.edu](mailto:fgfh@montana.edu)

## Quote of the Month

*"In the New Year, never forget to thank to your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future"*

-Mehmet Murat Ildan

## Important Dates

- December 6, 2019: Classes End
- December 9-13, 2019: Finals
- December 13, 2019: Semester Ends
- December 14, 2019: Commencement
- December 25, 2019: Christmas Day, All MSU Offices Closed

