

January 2020

ON THE

HORIZON



FAMILY & GRADUATE HOUSING'S MONTHLY NEWSLETTER

FAMILY & GRADUATE HOUSING

LOCATION: 1502 W GARFIELD

EMAIL:

FGHO@MONTANA.EDU

PHONE: (406) 994-3730

HOURS:

MONDAY-FRIDAY

7:45AM - 5:00PM

(CLOSED ON UNIVERSITY

HOLIDAYS, BUT STAFFED 24/7)

COMMUNITY DIRECTOR,

COY HARWOOD

EMAIL:

COYHARWOOD@MONTANA.EDU

PHONE: (406) 994-3730

AFTER HOURS ON-CALL STAFF

PHONE: (406) 994-3730

(OR USE PHONE OUTSIDE OF

OFFICE)

If you ever need assistance, please contact one of these numbers, emails, or visit us at our office. We are happy to assist you!



FIND AND LIKE US ON FACEBOOK!
WWW.FACEBOOK.COM/MSUFGH/

This is YOUR University!

MSU has a mission that "As the state's land-grant university, Montana State integrates education, creation of knowledge and art and service to communities," and "Montana State University will transform lives and communities in the people's interest." Both these statements have multiple things in common, but one of the most important is community. So here is just a little bit about YOUR University's community.

There are: **14,817 Undergraduate Students**
1,949 Graduate Students = **16,766 Students**



MY Housing Portal

Family & Graduate Housing has some exciting changes to tell you! You can now complete many housing forms from the comfort of your home! Visit our homepage, click My Housing Portal, login with your preferred MSU email, and from there you can access the following:

- ◇ Extension Requests
- ◇ Credit Waiver
- ◇ Address Verification
- ◇ Housing Transfer Requests
- ◇ Update preferred name or phone#
- ◇ Add spouse/partner email for FGH communications



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: switness@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



Miller & Rendezvous Dining Commons:

Block meal plans are available for purchase at the residence life cashiers office

Block Meal Plans		Individual Meals		
25 Meals	\$225.00	Breakfast	7am-9:30am	\$8.00
50 Meals	\$435.00	Lunch	11am-2pm	\$11.00
75 Meals	\$595.25	Dinner	4:30pm-7pm	\$12.00
100 Meals	\$715.00			

Cold weather is here!

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. 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.

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.

Winter Bingo!

Complete challenges below to earn a BINGO and enter to win great prizes! All challenges will be validated.

BINGO forms are due in the FGH Office by noon on January 24.

Attend an FGH tenant activity	Follow and "like" our Facebook page	BORN IN THE 90'S	Come say "hi" to an office team member	Pay Rent Online
BORN IN THE 60'S	Complete our January program survey	Share our Facebook page	Make and attend an appointment at the Allen Yarnell Center	Get outside and share your adventure with us on Facebook
Take a picture @ an MSU event and share it on our Facebook page	BORN IN THE 80'S	WE LOVE OUR TENANTS! FREE SPACE	Take a picture with your neighbor and share on our Facebook page	Check out the MSU Library (photo proof needed!)
Provide an improvement idea when you submit your BINGO form	Get some exercise; share a photo and fave exercise tip on our Facebook page	Take a photo @ an MSU event on share on our Facebook page	BORN IN THE 70'S	Stop in for Free Bread Night (sign in!)
Share your favorite quick recipe on our Facebook page	Make + attend an appointment with the Office of Financial Education	Take a picture with your CA	Visit B.O.B., our pop-up food pantry (sign-in!)	BORN IN THE 2000'S

Get a BINGO and be eligible for dining hall meal passes, grocery gift cards, Amazon gift cards, rent credits, and more!

Have a great winter and we hope you find yourself enjoying our community!

1 BINGO = 1 raffle ticket

2 BINGO's = 3 raffle tickets

3 BINGO's = 5 raffle tickets

Student Involvement & Study Abroad Fair

The Office of Activities and Engagement and the Office of International Programs Study Abroad will host the Spring Involvement Fair on Wednesday, January 29th from 10am - 2pm in the SUB Ballrooms. Check out over 70 MSU organizations, and visit with Study Abroad Universities to answer all of your questions! Whether this is your first or last semester at Montana State University, involvement is a crucial part of your experience. Joining an organization of interest serves to introduce you to like-minded individuals - OR - getting involved outside of your comfort zone will help you get acquainted with people you may not normally interact with.



January 29th, 10 a.m.-2 p.m.
SUB Ballrooms

What's Cookin'?

*Hey There!
FGH is starting a new trend, and
would love if you joined!*

*Every month we are dedicating a
section of our newsletter to a few
recipes. If you have quick delicious
recipes you want to share, email us
or post on our Facebook page the
ingredients and directions to your
favorite meals!*

Corn Chip Dip

Ingredients

- 2 cans of Mexicorn, Drained
- 1 cup of sour cream
- 1 cup of mayonnaise
- 1/3 cup jalapenos chopped
- 3 bunches of green onions ,chopped
- 1 can dices green chiles
- 8oz of shredded Mexican blend cheese

Directions

- 1: Chop your chives and jalapenos into small pieces. Then drain your Mexicorn.
- 2: Combine all ingredients into one large bowl and stir till fully mixed
- 3: Place into fridge overnight or for 24 hrs.
- 4: **Eat and enjoy.** Best if eaten with tortilla chips!

Nutrition Information

Serving Size:30
Calories Per Serving: 93
Total Fat: 275g
Trans Fat: 2g
Saturated Fat: 88g
Unsaturated Fat: 168g
Cholesterol:444mg
Sodium: 2256mg
Carbohydrates: 27g
Fiber: 3g
Sugar: 16g
Protein:63g

Crockpot Chili

Ingredients

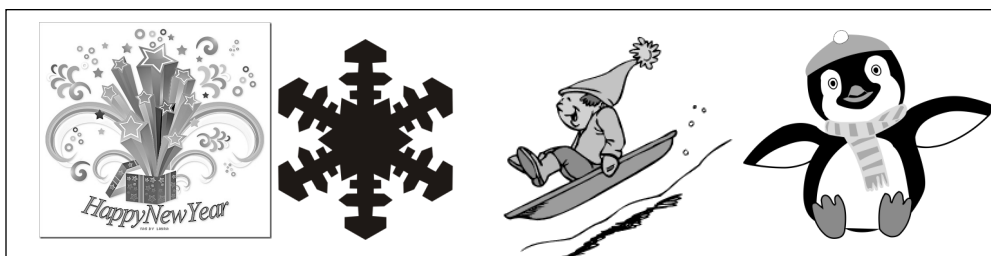
- 3 cans of red kidney beans
- 1 small can of red enchilada sauce
- 1lb of ground beef
- 2 cans of chili beans

Directions

- 1) Add all beans to crockpot
- 2) Cook beef until fully cooked
- 3) Add beef to crockpot and set crockpot to low. Let cook for 4-5hrs
- 4) **Eat and enjoy!** Add sour cream, cheese, or eat with chips

Nutrition Information

Serving Size: 1 cup/ 8oz
Serves: 5-6
Calories per serving: 230
Total fat: 8g
Monounsaturated Fat: 3.4g
Polyunsaturated Fat: 0.5g
Saturated Fat:3.4g
Cholesterol: 134mg
Sodium: 1,007mg
Potassium: 691mg
Total Carbohydrates: 22g
Protein:25g



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 Bozeman, MT 59718
 760-520-5012
calkinsea04@gmail.com or
erincalkins@montana.edu

Upcoming December Activities

January Wellness Brunch!
 Saturday, January 25th, 2020 from
 9:30 – 11:00AM @ 1218 S. 15th Ave.
 Join me and our neighbors for FREE brunch!
 Must RSVP by January 10.
 Hope to see everyone there!

Welcome back! I hope you had a restful winter break!

Reminders:

- Please keep your thermostat set to at least 60 degrees. This will keep your pipes from freezing!

- Please make sure to keep your patio organized.

Healthy & Quick Breakfast Recipe:

Fruit & Yogurt Parfait –Layer fresh or frozen raspberries, blueberries, granola, and yogurt snugly in a mason jar.
 No time for breakfast in the morning? Here's your solution!



How to stop/avoid seasonal depression

 **Tips and Tricks**

- ◆ Spend some time outside every day, even when it's cloudy. The effects of daylight still help.
- ◆ Begin using a 10,000 lux light box when fall starts, even before you feel the effects of winter SAD.
- ◆ Eat a well-balanced diet. This will help you have more energy, even if you're craving starchy and sweet foods.
- ◆ Exercise for 30 minutes a day, five times a week.
- ◆ Stay involved with your social circle and regular activities. Social support is very important.

We know that college is a time of great change, excitement, and stress as well. Everyone struggles at different times throughout their career at MSU, and CPS wants our entire community to know that it's ok to get help. The professional staff at CPS provide group and individual counseling services, outreach and prevention, and consultation to parents, faculty, staff, students and others in our Community.

Sleep is important!

Sleep helps keep your mind and body healthy. Most adults need 7 to 8 hours of good quality sleep. Getting enough sleep regularly can benefit you by:

- ◆ Getting sick less often
- ◆ Reducing stress and improving your mood
- ◆ Maintaining a healthy weight
- ◆ Thinking more clearly and doing better in school and work
- ◆ Lowering your risk of serious health problems, like diabetes and heart disease



For CPS services or more information please call or visit this webpage
Phone: (406)994-4531 **Website:** www.montana.edu/counseling/

Office of Health Advancement

The Office of Health Advancement offers over 10 services to our students. These services include a travel clinic, INSIGHT alcohol & drug assistance center, center for recovering students, the VOICE center, Body Project, wellness coaching, and nutrition services. The Office of Health Advancement is a major influencer in our "Tobacco Free MSU" initiative for a healthier place to live, work, learn, and play, and offers Quit Kits if you're ready to quit smoking.

If you want to know more about services provided, please visit the MSU Office of Health Advancement page below:
<http://www.montana.edu/oha/>



M

Wellness Coaching

-Individual and group wellness coaching empowers students to pursue the life they envision by self-discovering personal strengths, values, and motivators.

Body Project

-Body Project empowers women to enhance body acceptance, body image, and positive sense of self.

Tobacco Free MSU

-For a healthier place to live, work, learn, and play. MSU is a tobacco free campus including e-cigarettes. Quit kits are available.

INSIGHT Alcohol & Drug Assistance Center

-INSIGHT provides counseling and early intervention for students who are impacted directly or indirectly by substance use.

Center for Recovering Students

-CRS offers a safe, healthy, and welcoming environment for those who have been affected by addiction to celebrate recovery.

The VOICE Center

-The VOICE Center provides a safe, highly confidential place on campus for survivors of sexual and domestic violence.

Educational Programming

-Health Advancement offers a broad range of interactive and educational well-being presentations for individuals, student groups, and classes across campus.

Nutrition Services

-Registered Dietitians are available to help students in their efforts to make healthy lifestyle choices and seek whole health.

AlcoholEdu for College with Sexual Assault Prevention and Transit

-These courses help students address critical life skills such as alcohol abuse prevention, sexual assault prevention, and financial literacy.

Travel Clinic

-We offer individual travel health consultations, pre-travel physicals, and Travel Health and Safety Classes for any students planning international travel.

Office of Health Advancement

Montana State University
Bozeman, MT
59717-3260

Location:
1102/1106 S. 6th Ave.
Bozeman, MT

Phone: (406) 994-4380



EDUCATE. EMPOWER. ENERGIZE

HELPING HANDS!



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.loveinc.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/>

Glow In The Dark Skate



Join the Bozeman Amateur Hockey Association (BAHA) for their New Year's Glow-In-The-Dark skate party! This family-friendly event is open to all ages!

Haynes Pavilion is located at the Gallatin County Fairgrounds

Admission is \$10: Includes skate rentals and a glow in the dark necklace.

Friday **January 3rd** 7-9:50pm

For more information visit www.bozemanhockey.org/schedules

Bridger Bowl's 65th Birthday

◇ January 10, 2020

◇ Help celebrate the 65th birthday of Bridger Bowl ski & snowboard lodge.

◇ All day people will be discounted for lift tickets, food, and lessons!

◇ Carpooling individuals receive voucher for \$30 lift ticket, only valid day of birthday.

◇ Carpools with season pass holders receive 15% discount on food with voucher.

◇ Group ski / snowboard lessons for only \$30 – 10:30am or 12:30pm any level. Ages 7 to adult – reservations required (406) 556-5662



UPCOMING *events*

MSU Library Open House

January 9th, 3-6 p.m.

MSU Library

Faculty, staff, graduate students, and community members are invited to enjoy finger foods, beverages, and music while networking and learning about services and resources offered by the MSU Library and its partners. Fantastic door prizes will be offered!



Bookmobile!

January 23rd

2:15-3:15

Located in front of MSU daycare



We are happy to inform you that the Bozeman Bookmobile will be stopping by FGH this month!

Bookmobile Services include:

- Get a library card.
- Check out a book or movie.
- Place library items on hold.
- Pickup hold items

For more information visit- www.bozemanlibrary.org/

Pay Rent Online!

Visit My Housing Portal to pay rent online & more!

<http://www.montana.edu/fgh/>

MOVING OUT?

Remember to submit your 30 Day Notice and schedule your check-out appointment.

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



W.I.C Clinic

Every Monday

9:00am - 4:00pm

In our Community House at

1218 S. 15th

Winter Farmers' Market

January 11, 9 a.m.- 12 p.m.

January 25, 9 a.m.- 12 p.m.

Emerson Center Ballroom

111 S. Grand Ave.

Admission: Free

Each winter market has over 30 local vendors selling an array of farm and food-based products. In addition to vegetables, meat, fish, cheese, eggs, artisan breads, beeswax candles, spices, syrups, jams, yarn & wool, soaps, live music, and much more. Come experience for yourself just how much our Montana farmers can produce during the winter!

Service Saturday



January 21st,

6-8 p.m.

SUB Ballroom B

Join us in lending a hand in the first service event of the spring semester! We will turn plastic grocery bags into plarn (plastic yarn) which can then be turned into sleeping mats that we can donate. RSVP at:

<https://montanastate.campuslabs.com/engage>

King & the Beloved Community

January 23rd 7-8 p.m.

SUB Ballroom A

Free event

This lecture talks about and explores the life and times of Dr. Martin Luther King Jr., emphasizing the years of the Voting Rights Act and his assassination. This is a great event to gain knowledge on American history and compare with current cultural events in our society.



Quote of the Month

The greatest adventure is what lies ahead.

~J.R.R. Tolkien

Important Dates

- January 1st: New Years Day! (offices closed)
- January 21st: Martin Luther King Jr Day (offices closed)
- WIC: Mondays, 8:30-4:30 (Located at 1218 S.15)

Bounty of the Bridgers

POP-UP FOOD PANTRY

Saturdays, 1:00pm - 3:00pm

In our Community House

at 1218 S. 15th

BOOKS 4 GOOD

Recycle your unused books to help create area scholarships!

Drop them in the red bin at the FGH Office!

