

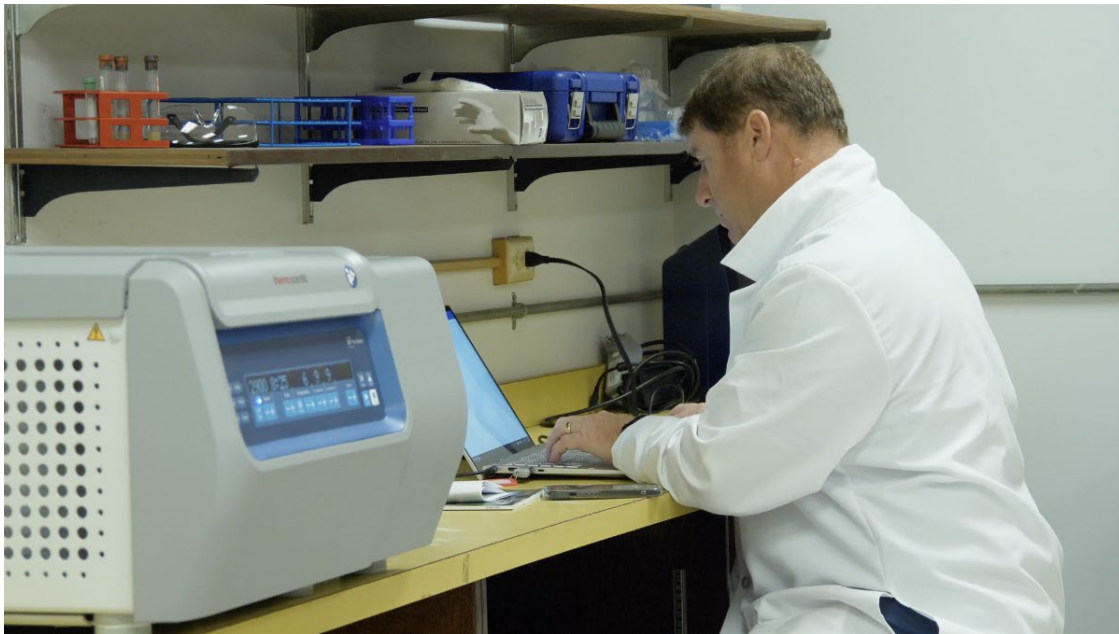


MONTANA STATE UNIVERSITY  
**NORTHERN**

## Northern Network News

The Official Newsletter of MSU-Northern - February 14, 2025

### **MSU-Northern Awarded Grant to Study the Relationship Between Vitamin D, Exercise, Stress, and Illness**



MSU-Northern's College of Health Sciences has been awarded a \$112,156 research grant to launch a year-long study titled *Exploring Relationships Between Vitamin D, Exercise, Stress, and Illness with Structural Equation Modeling (SEM)*. Led by Dr. Chad Spangler, this project will examine the impact of exercise, vitamin D levels, and stress on upper respiratory infections in students. The study will begin on May 1, 2025, and run through April 30, 2026, with MSU-Northern as the primary performance site.

This fall, upper-level Integrated Health Sciences students will track three cohorts of MSU-Northern students based on their physical activity levels:

- **Sedentary students** (no regular exercise)
- **Moderate exercisers** (regular but non-intense exercise)
- **Vigorous exercisers (high-intensity training)**

Researchers will collect data on illness frequency, severity, and duration while measuring participants' perceived stress, vitamin D levels, and immune response. To encourage participation, students who complete the study will receive a \$100 gift card at the end of the semester.

Interested students can get involved by enrolling in one of two new 1-credit elective courses launching in Fall 2025:

- **ACTV 191 (Exercise for Health and Wellness)** – For those in the moderate exercise cohort
- **HTH 191 (Participating in Human Subjects Research)** – For those in the sedentary cohort

Students interested in participating should contact Dr. Chad Spangler or register for the appropriate course.

"This research gives students hands-on experience in exercise science, data collection, and biological analysis, preparing them for future careers in health, fitness, and research. Whether they're designing exercise programs, tracking illness patterns, or analyzing vitamin D levels, students will gain valuable skills that bridge the gap between classroom learning and real-world application," said Dr. Chad Spangler.

[Read more...](#)

## Gomez Honored as Frontier Conference Faculty Athletics Representative of the Year



During the break between the women's and men's basketball games against Montana Tech, MSU-Northern's Laura Gomez was recognized for her dedication to student-athletes. Gomez, Chair of the College of Technology and the university's Faculty Athletics Representative, was named the 2023-24 Faculty Athletics Representative of the Year by the Frontier Conference Council of Athletics Directors. She was also nominated for the NAIA's Wally Schwarz Award. Her work ensures athletic eligibility compliance and academic support for student-athletes. Congratulations, Laura!

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## Women Welding Their Way to Success



Welding has long been considered a male-dominated field, but that perception is changing as more women enter the industry. According to the Bureau of Labor Statistics, the number of female welders has risen significantly in recent years, and with a wave of retirements expected in the near future, skilled welders are in high demand.

MSU-Northern is proud to see a growing number of women pursuing careers in welding. Students like Emma Stanford, Tabitha Van Dalen, Madyson Warburton, Emma Barry, Maya Speencer, and Sophia Fliegel are honing their skills and gaining the expertise needed to be successful in this essential trade.

Check out the student spotlight below on Emma Stanford to read the first feature in this series, and stay tuned to future editions of the NNN, where we'll share more of the inspiring stories of these talented women as they forge their paths in welding.

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## Chris Mouat Named 23-24 Frontier Conference Coach of Character



On Saturday, February 8, MSU-Northern Head Women's Basketball Coach Chris Mouat was honored as the 2023-24 Frontier Conference Coach of Character. With a 20-year tenure, Mouat is the all-time winningest coach in Skylight history, holding a 323-244 career record entering this season. He has developed numerous NAIA All-Americans, Daktronics NAIA All-America Scholar-Athletes, and Frontier All-Conference honorees, while also leading his teams to five NAIA National Tournaments.

Beyond the court, Mouat has made a lasting impact through initiatives such as the Frontier Conference's Coaches for a Cure program and the Hoops for a Cause campaign, which has raised over \$100,000. His teams consistently excel academically, earning WBCA Top 25 Academic Team honors and MSU-Northern Student Excellence Awards. Previously named Frontier Conference Coach of the Year in 2015, Mouat's dedication to character, service, and leadership earned him this latest recognition. In addition to his conference honor, he was also nominated for the NAIA's national Coach of Character Award.

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## Student Spotlight: Emma Stanford



Emma Stanford's journey to MSU-Northern's welding program is anything but traditional. At just 17 years old, she's already well ahead of most students her age, having started her welding education while still in high school.

Originally from Bigfork, Montana, Emma got an early start in welding through Flathead Valley Community College's dual enrollment program. By the time she graduated high school—completing her coursework online at just 16—she had already earned college welding credits. However, not all of her credits transferred directly, which is what led her to MSU-Northern.

Now in her first semester at Northern, Emma has found herself quickly acclimating to the welding and repair and maintenance program. Despite having only been on campus for three weeks, she's already making strides in her education. Next year, she will return for an additional semester, as a student taking classes, but also as a teacher's aide—helping instruct others while completing the requirements needed for her certification.

Emma appreciates the structure and rigor of the program, particularly the instruction from her professors. She finds Chuck's teaching style to be firm but effective, pushing students to truly grasp the material.

As she looks ahead, Emma has big plans for her future. She hopes to either stay in Montana and work locally or possibly move to North Dakota. With her early start, hands-on experience, and the solid foundation she's building at MSU-Northern, she's well on her way to a successful career in welding.

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## Robert Tate Named Frontier Conference's Athletic Trainer of the Year for 2023-24



On Saturday, February 8, Robert Tate was honored as the Frontier Conference Athletic Trainer of the Year for 2023-24. Now in his seventh year at MSU-Northern and sixth as Head Athletic Trainer, Tate has played a vital role in supporting the university's athletic programs, working primarily with football, golf, men's and women's rodeo, and wrestling.

After earning his bachelor's degree at Rocky Mountain College in 2014, Tate went on to earn his Master's in Athletic Training from Montana State University-Billings in 2015. He joined MSU-Northern as an Assistant Athletic Trainer before being promoted to Head Athletic Trainer in 2017. His dedication and expertise have made a lasting impact on student-athletes, earning him this well-deserved recognition.

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## Hill Country Revue Too – Last weekend



Montana Actors' Theatre is thrilled to bring you the Hill Country Revue Too—a knee-slappin', heartwarming, and downright hilarious variety show that celebrates our community's unique charm! Written and performed by local talent, this homegrown production is packed with fresh comedy, lively music, and stories that highlight the people and quirks of the Hi-Line.

Back for its second year, the Revue features all-new skits, musical performances, and reimagined tales of hometown legends, local radio, and Hi-Line "history." Whether you're here for the laughs, the music, or the small-town nostalgia, there's something for everyone!

Join us for performances on February 14, and 15 at 7:30 PM in the Little Theatre at Cowan Hall. Don't miss this unforgettable night of entertainment!

[For Tickets...](#)

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## **Library Shows Second Film in Black History Month Film Series**

On Tuesday, (Feb. 11) The Vande Bogart Library showed *Mary Lou Williams: The Lady Who Swings the Band*, for the second film in the month-long film series celebrating Black History Month.

*Mary Lou Williams: The Lady Who Swings the Band* is a documentary that explores the life and legacy of jazz pianist, composer, and arranger Mary Lou Williams. A pioneering musician, Williams played a key role in the evolution of jazz, working with legends like Duke Ellington, Thelonious Monk, and Charlie Parker. The film highlights her groundbreaking contributions to swing, bebop, and beyond, while also addressing the challenges she faced as a Black woman in a male-dominated industry. Through archival footage, interviews, and performances, the documentary celebrates Williams' enduring influence on jazz history.

Throughout February the MSU-Northern Vande Bogart Library is celebrating Black History through cinema. Attend film screenings on Tuesday each week at 3PM near the Northern Brew coffee shop on the library's main level. Drop by and stay as little or as long as you like! To watch on your own, all films can be found on Kanopy through the library's A-Z databases.

- Feb. 18 - *Uppity: The Willy T. Ribbs Story*
  - Feb. 25 - *The Black Emperor of Broadway*
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## **Wrestling Team Honors Their Seniors**

On Wednesday night (Feb.12), the MSU-Northern Wrestling team acknowledge their seniors and their many accomplishments. Each wrestler was given a jacket.



### **LUCAS THACKER (184)**

Lucas came to Northern from Columbia Falls, MT after playing football at MSU-Northern in his 4 years as a student-athlete. Lucas joined the wrestling team after his final season as a Lights football player where he was a Linebacker. Lucas was a 2x Montana State Placer in wrestling for Columbia Falls. He is majoring in Exercise Science.



### **DEVIN CRAWFORD (174)**

Devin came to MSU-Northern from Helena, MT where he competed for Helena High School, placing at the MHSAA State Championships 3x's going 5<sup>th</sup> and 3<sup>rd</sup> before becoming a State Champion in his senior season. Devin is majoring in Trades Management.

Devin competed at 165 for his first 5 seasons and has now moved up in weight to 174 in his final season with the Lights. Devin has been a staple at Northern for many years and has qualified to the NAIA National Championships for the last 2 seasons. Devin is a 2x NAIA National Qualifier and is seeking his 3<sup>rd</sup> trip the Nationals and his first All-American honor this season. In 2023 Devin was an NAIA Daktronics Scholar All-American and has been a 3x Cascade Conference All-Conference including the current 2024-25 season.





### **RYLIN BURNS (184)**

Rylin Burns, came to Northern from Lame Deer, MT where he competed at Colstrip High School. Rylin is a member of the Northern Cheyenne Tribe and was a 4x Montana Placer and 3x Montana State Champion. Rylin is majoring in Trades Management.

Rylin, started his career competing at 174 where he narrowly missed qualifying for the NAIA National Championships as a true freshman. In his second season with the Lights, Rylin dealt with some injuries late in the season but was able to qualify for his first NAIA National Championships where he went 2-2 and narrowly missed All-American honors. Last season, Rylin moved up to 184 and dominated the competition and became an NAIA All-American at 184 by placing 5<sup>th</sup>.

## **STRONGER TOGETHER**

Enhancing Health & Wellbeing at Northern

By Dr. Tiffany Vickers



The NNN is pleased to announce a new bi-weekly column to share wellness tips, highlight COHS initiatives, and support students, alumni, and future graduates in their academic and career goals.



## Please Welcome Dr. Randy Maglinao

The College of Health Sciences at MSU-Northern is thrilled to welcome Dr. Randy Maglinao as he joins our team! A seasoned researcher with deep expertise in biofuels, biolubricants, and alternative energy solutions, Dr. Maglinao brings a wealth of experience and a passion for mentorship that will benefit both students and the broader university community.

As a Senior Research Scientist at MSU-Northern's Advanced Fuels Center (AFC), Dr. Maglinao has been at the forefront of cutting-edge research, helping to transform Montana's agricultural products into high-value fuels and lubricants. His work has gained international recognition, with publications cited over 120 times, and research findings that have shaped advancements in renewable energy. In addition to his research contributions, he has served as a guest editor for scientific journals specializing in bioenergy, including a 2022 special issue of *Energies* on bioenergy.

Dr. Maglinao's leadership has played a key role in securing \$1.2M in competitive grants to support AFC's research initiatives. This includes an \$800K award from the Montana Research and Economic Development Initiative (MREDI) program in 2015, which helped expand biofuel innovation and strengthen Montana's position in the renewable energy sector. His work has also led to the development of groundbreaking solutions, such as a plant-based lubricity additive that enhances diesel engine performance and a breakthrough hydrodeoxygenation process for refining biofuels.

Beyond his research, Dr. Maglinao is a dedicated mentor, actively engaging undergraduate students and research assistants in real-world scientific projects. His commitment to student success has already led several students to pursue graduate studies in biofuels and sustainable energy, reinforcing MSU-Northern's mission to provide hands-on, career-ready education.

Dr. Maglinao's expertise strengthens our efforts in research, industry collaboration, and workforce development. We are excited for the impact he will make as part of the College of Health Sciences and look forward to the opportunities his work will create for our students and the community. Please join us in welcoming Dr. Randy Maglinao to our team!

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## ANNOUNCEMENTS:

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**Monday, Feb 17 is Presidents' Day - No Classes, Offices Closed**

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### **Now Seeking Student Excellence Awards Nominations**

Each year, Northern recognizes students who exemplify excellence. This year, we will be presenting awards to students as part of the Awards Day celebration, scheduled for April 11th. To nominate a student and review criteria, please use this online link: [CLICK HERE](#)

Nominations will be accepted until February 21st @ 5pm. Thank you for keeping your students in mind for nominations. I will look forward to reviewing your submissions.

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## UPCOMING EVENTS

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### **Spring 2025 Career Fair – Feb. 19**

The Career Center reminds students and alumni to attend the Spring 2025 Career Fair on Thursday, February 19. Stop by the Gym between 9 am - 12 noon to network with potential employers, learn about job opportunities and share your resume. Forty-eight companies have registered to attend. Many of these companies have traveled a long way to be here in Havre and they are eager to visit with students. Attendees are encouraged to take the time to stop by each table.

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### **2nd Annual Casino Night – Feb 26**

SUB, doors open @ 6:30 pm, tables open 7-9 pm (Texas Hold 'em, Roulette, Black Jack, Poker, etc.) Live music by Velvet Skyline from 8-10pm in the Lights Lounge w/ Vegas themed mocktail bar & snacks! ASMSUN has sponsored \$5000 in prizes. Must be a CURRENT MSUN student & show ID.

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## **OTLE Brown Bag Lecture Series – Mar. 4, Apr. 2, 23**

Back by popular demand, The Office of Teaching and Learning Excellence is pleased to present their 4<sup>th</sup> annual Spring Brown Bag Lecture Series Lineup.

### **Teaching and Learning at the AI Crossroads - Tuesday, March 4<sup>th</sup>**

This Brownbag Lecture will be taught by the Teaching Scholars Group which consists of Dr. Gwen Hart, Kristi Peterson, Dr. Praveen Dubey, Dr. Chad Spangler, Kenny Wait, Mary Ward, Erin Markus, and Dr. Mattius Rischard.

### ***Qach Rresh: A Neo-Assyrian (950-600 BCE) Site Full of Post-Assyrian (600-323 BCE) Trash on the Erbil Plain - Wednesday, April 2<sup>nd</sup>***

Don't miss this Brownbag Lecture where Dr. Kyra Kaercher will be sharing some of the findings from Qach Rresh, a rural site founded in the late Neo-Assyrian period, located just 15km south of modern-day Erbil (Iraqi Kurdistan) as well as exciting new ceramic research.

### **Idle Assets to Active Learning: Revitalizing Campus Resources for Student Engagement - Wednesday, April 23<sup>rd</sup>**

In this Brownbag Lecture, Aaron Riggin will share some of the ways he has retrofitted, updated and revitalized campus equipment to expand and enhance student learning and engagement.

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## **NEXT WEEK**

### **Friday, February 14**

- HILL COUNTRY REVUE TOO, MSUN Theatre, - 7:30 PM, FREE w/ MSUN ID

### **Saturday, February 15**

- Skylights Basketball @ Rocky Mountain College - 2:00 PM
- Lights Basketball @ Rocky Mountain College - 4:00 PM
- HILL COUNTRY REVUE TOO, MSUN Theatre, - 7:30 PM, FREE w/ MSUN ID

### **Monday, February 17**

- Holiday ~ Presidents' Day ~ No Classes, Offices Closed

### **Tuesday, February 18**

- Black History Month Film Series - 3:00 PM

## Wednesday, February 19

- Spring 2025 Career Fair - 9:00 AM - 12:00 PM
- National African American Read-In at MSU-Northern - 3:30 PM

## Thursday, February 20

- Skylights Basketball vs University of Providence - 5:00 PM
- Lights Basketball vs University of Providence - 7:00 PM

## Friday, February 21

- Lights Wrestling @ CCC Championships

## Saturday, February 22

- Lights Wrestling @ CCC Championships
- Skylights Basketball vs Carroll College - 2:00 PM
- Lights Basketball vs Carroll College - 4:00 PM

## Share the Love

In honor of Valentine's Day, we'd like to hear what YOU love about Northern! Send an email to [potterj@msun.edu](mailto:potterj@msun.edu), or message or tag us on our social media accounts (Facebook & Instagram @msunorthern), and let us know why you love MSUN! We'll feature the best responses in a future edition of the NNN. Happy Valentine's Day!

Visit our website

Montana State University-Northern | 406-265-3700 | [www.msun.edu](http://www.msun.edu)

STAY CONNECTED



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