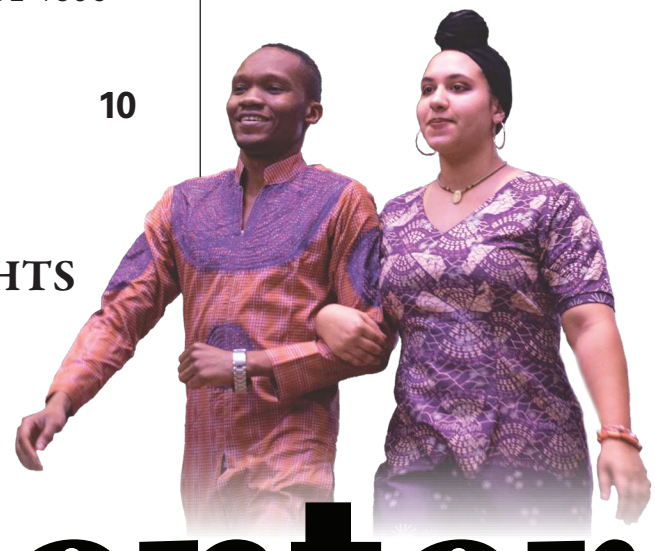
THE MSU
exponent
March 5, 2020
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Wellness Center



At what price?

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exponent
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COVER DESIGN BY IAN MCKAY

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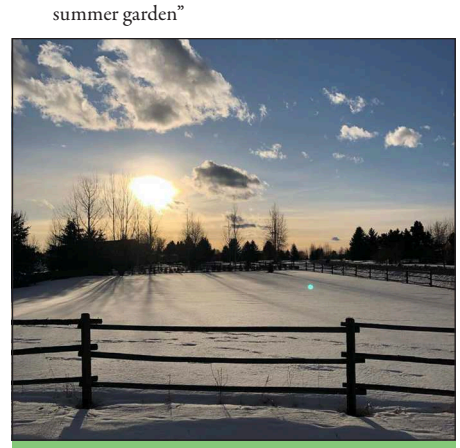
FLASHBULB David Varricchio, Ph.D, lectures an audience regarding his research on the behavior of Troodon dinosaurs at the Hager Auditorium in the Museum of the Rockies on Wednesday, March 4. Varricchio's presentation was one installment of the museum's "Presenting Paleontology Speaker Series." PHOTO BY GABE BARNARD



HEARD ON THE WEB

From @abbyglover:

“We are juuuuuust kind of sort of beginning to think about the greenhouse and getting plants started this year. Anyone else dreaming of their summer garden”



INSTAGRAM OF THE WEEK

From @wynkandnod:

“Another day”

SIGNIFICANT FIGURES

Mantis shrimps have been around for over **247** million years

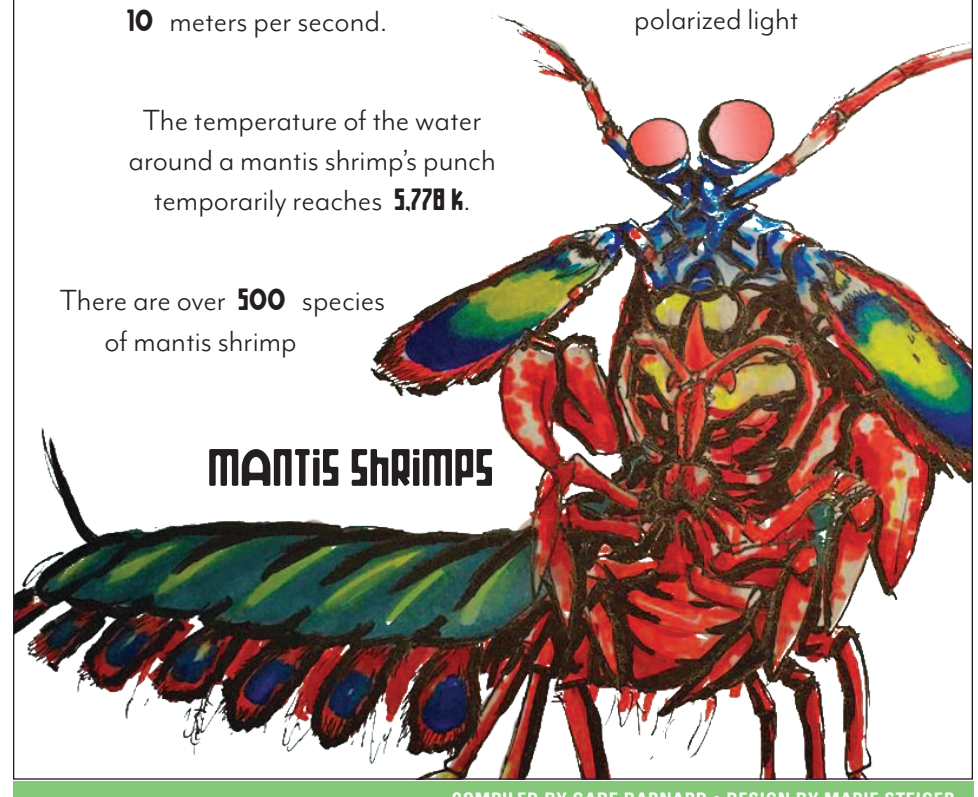
Some species of mantis shrimp can grow up to **15** inches in length.

The punch of a peacock mantis shrimp can accelerate at **10** meters per second.

The eyes of mantis shrimp contain **12** photoreceptors, which makes them capable of seeing polarized light

The temperature of the water around a mantis shrimp's punch temporarily reaches **5,778 K**.

There are over **500** species of mantis shrimp



COMPILED BY GABE BARNARD • DESIGN BY MARIE STEIGER

No more stolen sisters

BY LYDIA FRENCH

Instead of the swatches of blue and gold that are known to sweep the stands of the Brick Breeden Fieldhouse, the stands on Thursday, Feb. 27 were garbed in red. In collaboration with the Bobcat Singers, the MSU Bobcat Athletics program coordinated the event, focused on raising awareness for Missing and Murdered Indigenous Women and Girls (MMIWG). The movement strives to inform and call attention to the abnormally high statistics of missing and murdered indigenous women and girls.

According to the Department of Justice in conjunction with the Bureau of Justice Statistics, "American Indians and Alaska Natives are two and a half times more likely to experience violent crimes and at least two times more likely to experience rape or sexual assault crimes in comparison to all other ethnicities."

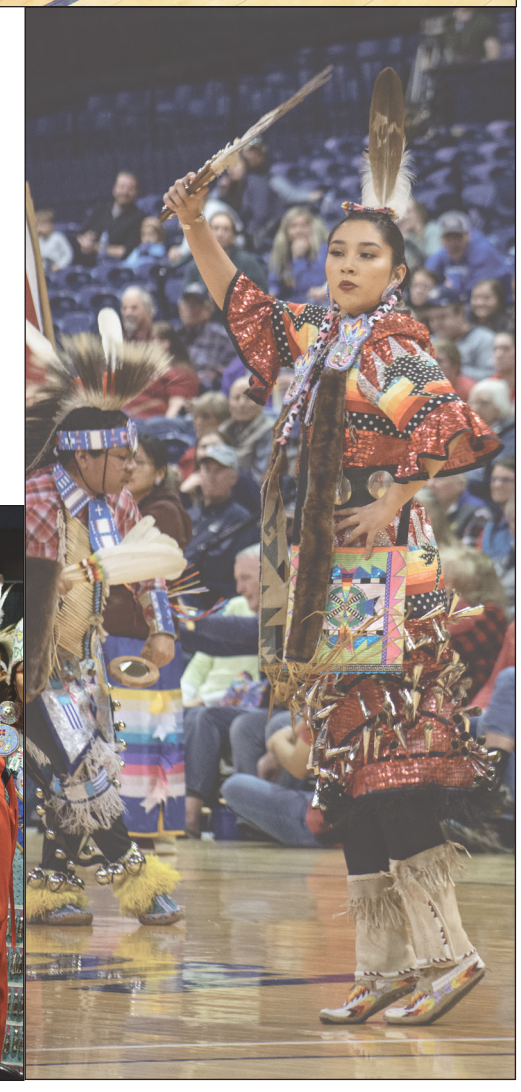
Bethany Cordell, Associate Athletic Director for Marketing for MSU Bobcat Athletics, spoke in preparation of the event saying, "We have an obligation to use our platforms for good. I couldn't be prouder to have worked with [Assistant Coach Kati Mobley] on this special night..."



During halftime, the Bobcat Singers and several Native dancers moved to the beat in tribute to their stolen sisters. The event made sure to represent every generation, with indigenous peoples ranging in age from under 10 years to over 70. Each outfit adorned by dancers reflects their family's style.

More than a visual connection to the blood spilt in these tragedies, various tribes see the color red as the only color spirits see. As explained by the Native Women's Wilderness foundation: "It is hoped that by wearing red, we can call back missing spirits of our women and children so that we can lay them to rest."





TOP Performers make their way onto the basketball court to give their tribute to "stolen sisters," dressed in outfits reflecting their respective families The group performed with the Bobcat Singers at halftime of the women's basketball game on Thursday, Feb. 27.
RIGHT A Native American dancer performs with the Bobcat Singers.
LEFT Members of the Bobcat Singers wear red clothing, along with some members of the audience, in order to raise awareness of the high rates of missing and murdered indigenous women and girls.

PHOTOS BY CHRIS FARRER

Invigorating Three Minute Thesis competition

BY KYLEE RUX

With five noteworthy judges, seven graduate-level finalists and a full audience, the Norm Asbjornson College of Engineering hosted the sixth annual "Three Minute Thesis" competition in Inspiration Hall this past Thursday, Feb. 27. Contestants were required to condense their 80,000-word thesis projects into a 180-second presentation that explained how their research affects the average person. Researchers were allowed only a single presentation slide as a visual aid.

The competition has spread to 900 universities in more than 85 countries worldwide.

The "Three Minute Thesis" competition began at the University of Queensland, Australia in 2008 with a total of 160 Higher Degree by Research candidates competing. The idea for the competition was born when the state of Queensland was facing a severe drought. In an effort to conserve water, citizens of Queensland placed a three-minute egg timer in their shower. The Graduate School Dean at the University, Professor Alan Lawson, put two and two together and invented the "Three Minute Thesis." Since 2008, the competition has spread to 900 universities in more than 85 countries worldwide.

This year's finalists and their thesis topics are as follows: Sobia Anjum "Back to the Future: Ancient Processes, New Adhesives," Ariel Lusty "Surface Preparation for Quality and Durability of Wind Turbine Blade Repairs," Farshina Nazrul Shimim "Resilient Distribution System Architecture and Power Management," Patrick Fischer "The Impacts of Complex Multitasking Scenarios on Neuromuscular Control," Jubaer Ahmed "How Does Emotional Intelligence Predict Risky Driving Behavior," Hannah Koepnick "Improving Bacterial Selenium Removal Using Nitrate-dependent Iron Oxidation" and Sam Verplanck "Leveraging Seismic Technology to Better Understand Avalanche Initiation."





As the presentations came to a close, one winner was chosen by the panel of judges and one winner from the audience members. The judges' pick went to Patrick Fischer. He is using computer simulations to show how distractions influence movement in sports. Fischer expressed how one type of injury, ACL injuries, is strikingly high among athletes. His research delves into the idea that current training programs are lacking proper injury prevention exercises to keep athletes safe.

The winner chosen from the audience was Sobia Anjum. She began her presentation asking, "Can you imagine a world without adhesives?" Anjum stressed the harmful effects current adhesives have on the environment and humans. Her research unearths a new adhesive combining biofilm and minerals to generate a "glue that will save the world."

"Anyone can do it, you just have to put your mind to it," said Anjum. She advises any students pondering whether to participate in this event in the years to come to find a way to establish relevancy within the crowd and just do it. The Norm Asbjornson College of Engineering hopes to expand this competition to other disciplines on campus, including an overall competition at MSU.

For more information and videos from the competition held in Queensland, visit *www.threeminutethesis.org*.

ABOVE **Farshina Nazrul Shimim presents her research on improving the resilience of power systems to natural disasters during the Three-Minute Thesis competition on Thursday, Feb. 27.**
BELOW **Using his movements to demonstrate a sports injury, Patrick Fischer presents his research on the impact of multitasking thoughts on muscle control. Fischer's presentation won him the judges' pick for the competition.**

PHOTOS BY GABE BARNARD

TRACK & FIELD

Men third, women seventh at conference championships

BY PARKER ELLIOTT

The Cats closed out their indoor track & field seasons this past weekend, Feb. 27-29, in Pocatello, Idaho. The men's team took third with 77 points and the women's team tied for seventh with 53 points. Both the men's and women's teams of Northern Arizona took first place, but the MSU teams had several impressive performances to earn points and reach the podium.

MEN

Starting with the men, junior Drake Schneider had a great weekend by taking third in the 200 and 400-meter. Both sophomore Duncan Hamilton, fourth place, and sophomore Riley Collins, seventh place, earned points in the mile for the Cats. The 4x400 meter relay team of Schneider, sophomore Derrick Olsen, junior Jared Schwend and freshman Will Prettyman took fourth. Freshman Ben Perrin took fourth in the 5,000-meter. Olsen beat his own school record by taking fourth in the 60-meter hurdles. Junior Noah Martin placed second in the high jump and freshman Ian Fosdick took third in the triple-jump, putting himself in the top 10 in program history. Senior Wyatt Thompson-Siporen placed first in the long jump heptathlon, second in the shot put heptathlon and tied for fourth in the pole vault. Junior Alec Nehring earned points in shot put by taking fifth. Junior Caleb Neth took second in the 1000-meter run heptathlon and third in the long jump heptathlon.

"I thought we put in a great effort across the board," said MSU's director of track and field, Lyle Weese. "Things just didn't fall into place for us. We had great effort across all event groups on both teams."

WOMEN

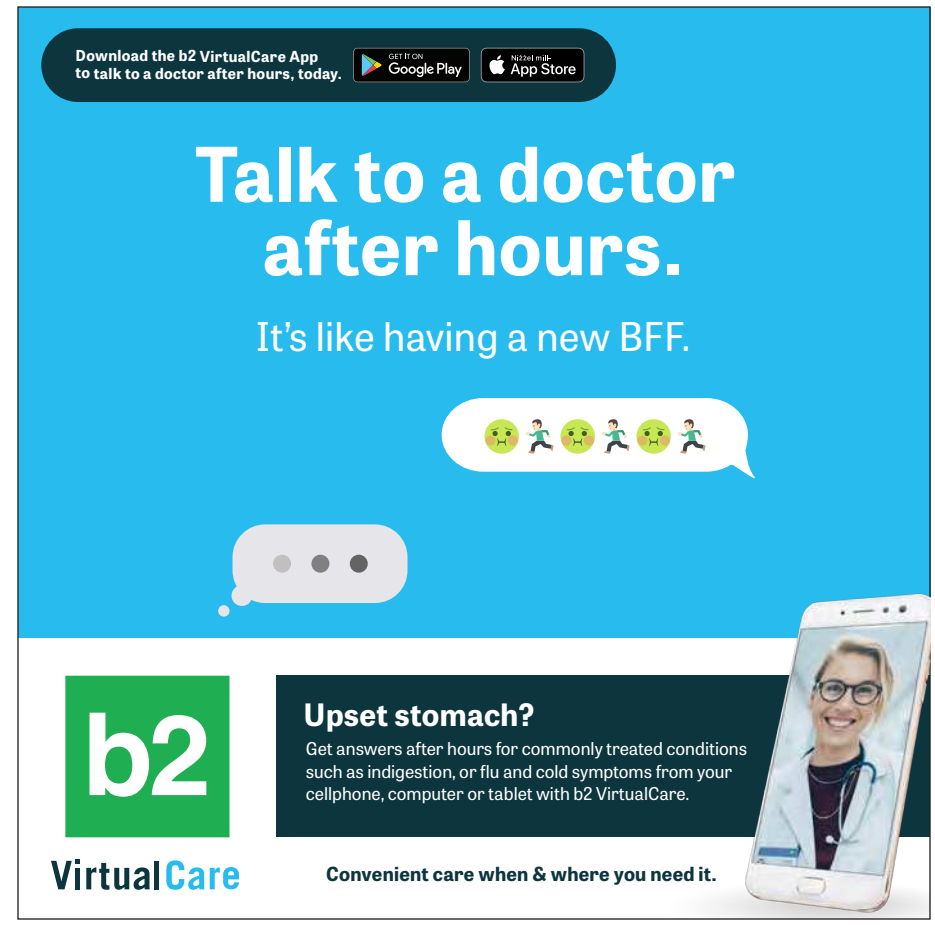
On the women's side, senior McKenna Ramsay capped her impressive indoor career with third in the 800-meter, setting a Bobcat record. Junior Morgan Evans placed second in the 60-meter hurdles, improving on her MSU all-time record. Sophomore Lucy Corbett took home the gold in the high jump. Junior Alex Hellenberg earned points in the pole vault and triple jump by taking seventh place in both events. You can read more on Hellenberg in "Cat Close-up: Get to know Alex Hellenberg" by Cameron Graves in the Feb. 20 issue of the *Exponent*. Both sophomore Twila Reovan, sixth place, and sophomore Elena Carter, eighth place, earned points in the long jump. Junior Leah Klein took second in the shot put.

"Both teams finished a little lower than we expected, so I think this will serve as great motivation for our outdoor season."

– DIRECTOR OF TRACK AND FIELD LYLE WEESE

"I think there were a lot of things we did well, but at the same time, there's a lot of motivation to have a great outdoor conference championship both on our men's and women's sides," said Weese. "Both teams finished a little lower than we expected, so I think this will serve as great motivation for our outdoor season."

With the indoor season complete, the outdoor season commences. The first MSU track & field athletes will start competing again in late March. Stay tuned-in as coverage will continue for MSU's track & field team through the outdoor season.





BASKETBALL

Lots on the line for men entering final weekend

BY PARKER ELLIOTT

WOMEN

The women continued their positive trend by earning another two wins at home last weekend, Feb. 27 and 29 and followed it up with a decisive win on the road on Wednesday, March 4 to extend their winning streak to 14 games. On Thursday Feb. 27, the women dropped 113 points to take down the Sac State Hornets, 113-69. The scoring flurry was the seventh time the Cats scored more than 90 points in a game this season. Seven Bobcats scored in double-figures, led by senior guard Oliana Squires with 19 points.

"Once you get loose, the rim gets a little bit bigger and kids were finding each other," said Head Coach Tricia Binford after the win. "We're at the time of year where they know their sets, they know their actions and now they're not thinking the game. They're just seeing what's available, what's open and just moving off each other."

After the blowout win, the Cats crawled back from a 15-point deficit in the second half to cap off a win against Northern Arizona, 73-71. The Cats were able to fight off the high emotions from the last home game for these accomplished seniors.

"When three in your starting lineup are still crying and you're tipping off, I looked at my assistants and said, 'This will be interesting,'" said Binford. "It's just hard. Your seniors are wrapping up a career on their home court and it's hard to lock in and get that out of the way."

The gutty win keeps the momentum rolling for the women, who have already clinched the regular season Big Sky Conference Championship. The Cats were able to pull out another win at Southern Utah on Wednesday, March 4, 81-65. Senior forward Fallyn Freije had 20 points on 9-15 shooting from the field to pace the women.

The women, who are now 18-1 in conference play, set a single season record for the number of Big Sky Conference wins in a season. Their final prep for the conference tournament is on Friday, March 6 at Northern Colorado.

MEN

On the road at the Nest in Sacramento, California on Thursday, Feb. 27, the Hornets swarmed the Cats 81-52. Sac State led from start to finish and the lead never reached single digits in the second half. Three Cats scored in double figures: senior guard Harald Frey with 12 points, junior guard Mychael Paulo with 11 points and junior guard Amin Adamu with 10 points. A season-high 22 turnovers stifled any attempt at a comeback for MSU.

The loss was a hard pill for the men to swallow, but the Cats turned it around quickly on Saturday, Feb. 29 against the Northern Arizona Lumberjacks. The Cats flipped the script by leading from start to finish and pulling out a huge 63-57 win.

"We played our best defense I think of late, and this was probably our best win of the season under the circumstances, especially with how NAU has been playing," said Head Coach Danny Sprinkle. "It was a heck of an effort from these guys."

If the Cats hope to close out the season strong, they will need big contributions from the likes of sophomore forward Jubrile Belo. He showed his strength against NAU by posting a 20-point and 13-rebound performance.

"When he catches and goes straight up, he's a different player," said Sprinkle on Belo's impact. "He's done a really good job the last couple of games of making quicker moves and making some good passes out of double teams. He's been making some great plays."

For the final weekend before the conference tournament in Boise, Idaho, the Cats host Southern Utah on Thursday, March 5 at 7 p.m. and Northern Colorado on Saturday, March 7 at 4 p.m. The Cats, who are now 15-14 overall and 9-9 in conference play, sit at sixth in the standings, but, depending on the results in these last two games, they could fall anywhere from fourth to eighth. Fourth seed would mean a bye in the first round, so plenty is on the line for these final games of the season.



Freshman guard Darian White leaps into the air for a shot during the Cats' game against Sac State on Thursday, Feb. 27. The Big Sky Conference Champions exterminated the Hornets, 113-69.

PHOTO BY CHRIS FARRER

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Bobcat ski team warms up for nationals

BY CAMERON GRAVES

On the slopes of Bridger Bowl and trails of Crosscut Mountain Sports Center, the MSU ski team hosted and placed fourth in the Rocky Mountain Intercollegiate Ski Association/NCAA West Regional Championships. This past weekend, Feb. 27-29, the best in the west provided quite an exciting finish as the Denver University Pioneers upset the favorites from the University of Utah to win the regional title with a total of 688 points. The Utes finished second with 678 points followed by the University of Colorado with 643.5 and your MSU Fighting Bobcats in fourth place with 449 points.

The MSU men's alpine team in particular stood out this weekend, giving the Cats enough success to overcome fifth place finisher, the University of Alaska Anchorage or UAA. Louis Muhlen-Schulte, a mustache sportin' sophomore from Australia and second team All-American from a year ago, kept the pace for the Bobcats along with fellow sophomore, Norweigian Åge Solheim finishing ninth and 10th respectively in the men's slalom. Muhlen-Schulte had a two run total of 1:50.10 while Solheim finished six seconds behind. Riley Seger, a freshman from Vancouver, British Columbia rounded out the Bobcat scorers finishing 14th.

Tegan Wold, a freshman from Vail, Colorado led the MSU women's alpine team with a tenth place finish in slalom. Bobcat junior and Sun Valley, Idaho product Haley Cutler rounded out the scorers for MSU, finishing 19th.

The nordic Cats were led by senior Emma Tarbath, who finished 11th while racing in the women's 15km classic against her hometown school UAA. Her time of 48:19.9 was followed by only a few minutes by senior Anna Fake who finished 15th and freshman Aubrey Leclair who finished 20th.

The nordic men had three finishers in the 20km course. Junior Eli Jensen finished 14th followed by fellow teammate and Eli, freshman Eli Hermanson in 15th and freshman Albertan Reed Godfrey rounded out the group in 21st.

MSU's solid finish is a big confidence booster heading into the NCAA national championships held at Bridger Bowl and Crosscut Mountain Sports Center next weekend, Mar. 11-13. The home mountain advantage will surely help out the Cats, who will be hosting their seventh NCAA national championship in program history.

Follow our coverage of the NCAA finals next week by following our social media accounts on twitter *@msuexpo* and instagram *@msuexponent*. For more in depth coverage, visit *www.msuexponent.com*.



Sophomore Florian Szwebel spies the next slalom gate while arcing through a turn midway through the course at the RMISA championships at Bridger Bowl on Saturday, Feb. 29.

PHOTO BY GABE BARNARD

HOCKEY

Blue and Cold thaw out in Regionals

BY CAMERON GRAVES

The Blue and Cold's hopeful return to Texas fell just short last weekend. From Feb. 27-29 in Boise, Idaho, the guys lost in the west regional tournament to the Lumberjacks of Dakota College at Bottineau. The Cats' hockey program came into this season with high expectations after reaching the ACHA Division II National Tournament for the first time in the team's history. The hype for this year continued to build with the off-season addition of NHL veteran and Olympian Peter Budaj to the teams staff. The Cats' rolled through the competition during the vast majority of their 2019-20 campaign, concluding the most successful regular season in program history. MSU was awarded the fourth ranking in the west region and traveled down to Boise as a favorite to qualify for nationals for the second straight year.

Being the second-highest-ranked team in the tournament, the Bobcats got a bye through the first round of the tournament. In their first game, the Blue and Cold faced off against the Northern Arizona Lumberjacks, the ninth-ranked team in the west. MSU dominated the Jacks 6-0 and moved on to the next round again the seventh ranked Dakota Jacks. With the winner guaranteed a trip to the national tournament in Texas, the pressure to complete the Bobcat program's first-ever repeat to the big dance was on. The Cats and Jacks were scoreless going into the second period, then Dakota took control. The Jacks ran off to a 3-1 lead and secured the 4-2 win in the third period.

While the Blue and Cold came up just short of another trip to the Lonestar State, what they accomplished this season was still a big deal for Big Sky Country. The 2019-20 Cats made history by having the most successful regular season in program existence, a feat that will now stand as a team standard. Undoubtedly, a trip to nationals was one of the big goals for the Bobcats this season, and while it is unfortunate they failed to qualify, this year could provide a crucial learning opportunity for the Cats. With a current roster full of underclassmen, their response to this season's mix of incredible success and incredible letdown will be pivotal in the direction this program heads.

The most important aspect of any season is concluding if the program grew and got better than the season prior. While the Cats fell just short of a repeat trip to the big dance, they also certainly provided that as a whole, this team is only getting better. Last season MSU just barely got into the regional tournament being ranked ninth out of the 10 teams invited. This season they entered with a first round bye and a top two seed in the tourney. Next season, they will return to the ice with more maturity and experience, competing again to be one of the top teams in the region. For seniors Ryan Padden and Ryan Perius, next year will be a final opportunity to again lead their team to new frontiers, contributing as two of the top scorers. The team's top scorer Zach Lane, will be returning next year for his highly anticipated sophomore season after scoring 25 goals in his first winter in Bozeman.

The Blue and Cold are beginning to find their space in the MSU/Bozeman sports world. Their games aired on local cable channel SWX and articles are popping up on regional sports publications such as *www.406mtsports.com*. Their home games are drawing a higher attendance each year despite playing across town in Haynes Pavilion, and their brand is becoming more synonymous with the school, hence the MSU hockey sweaters at the bookstore. This respect and attention is due to the program expectations created by the players and the staff. Their hard work and dedication help MSU develop a club hockey team worth celebrating and a program the student body and local community is excited to support. Congratulations to MSU hockey on a fantastic season and we look forward to next year's campaign.

ASMSU *proposes* Wellness Center on student ballot

BY GRACE LARSEN

As many know, in March of 2019, MSU lost over 60,000 square feet of recreation space when sections of the roof over the Marga Hosaeus Fitness Center collapsed due to snow accumulation. This sparked a motion to renovate what is left of the gym as well as revamp Student Health Services in a combined initiative proposing a "Wellness Center."

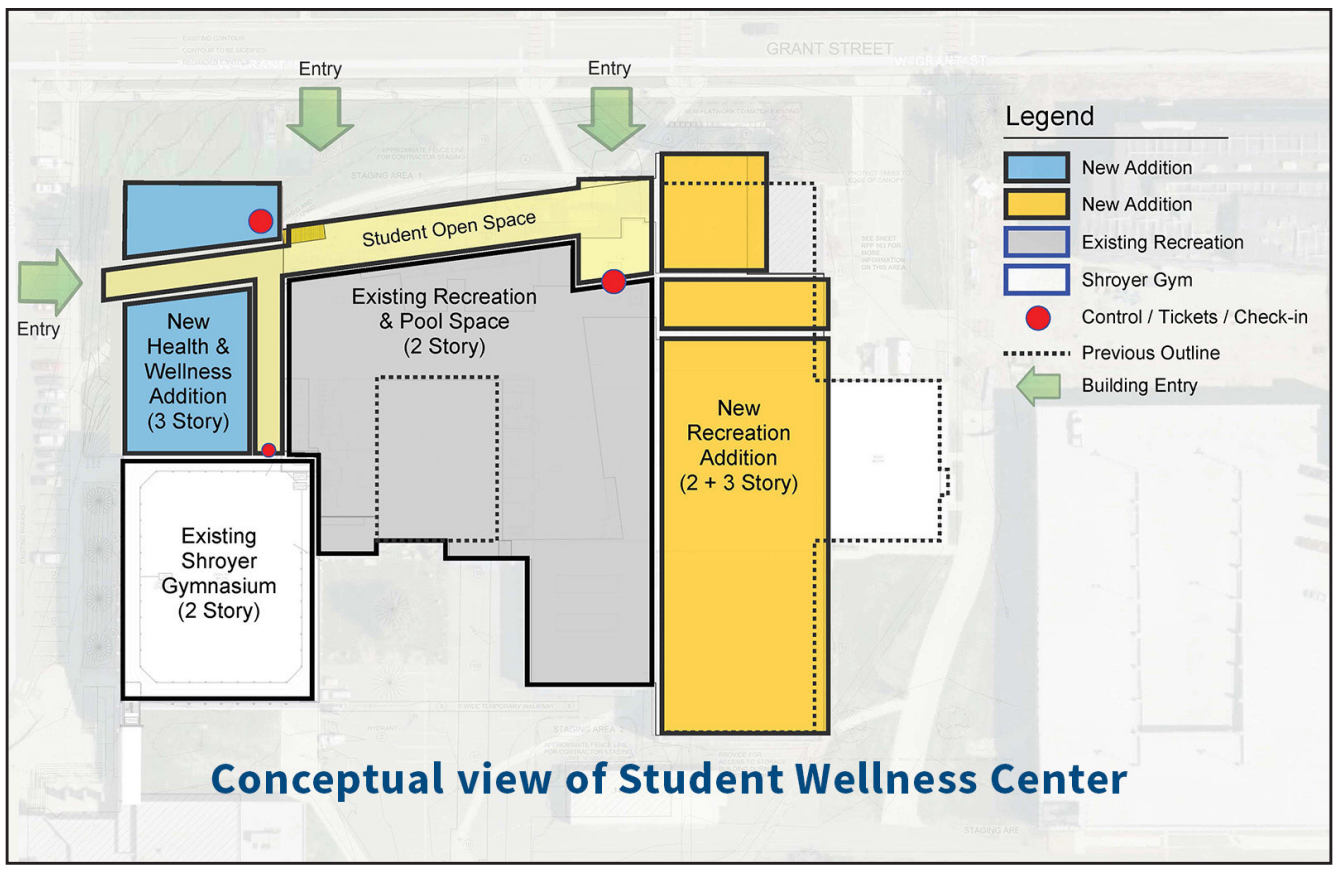


PHOTO COURTESY OF MONTANA.EDU

On the evening of Thursday, Feb. 27, the ASMSU Senate voted unanimously, with a count of 19 votes, to establish a ballot initiative that would both reconstruct and renovate the fitness center in a way that would "embrace a holistic approach to student wellbeing by incorporating a new Student Health Center along with new and improved recreation space." The ASMSU Senate supports assessing a Student Wellness Center building fee that would charge future Bobcats $58 per semester for upwards of the next 25 years. In addition to this sum, insurance proceeds from the State of Montana on account of the roof collapse will also go toward the construction of the Wellness Center. The overall estimated cost of the facility is $60 million. This bill will be placed on the ASMSU 2020 General Elections ballot for the current student body to vote on this coming Tuesday, April 14 and vWednesday, April 15.

"Every student will have the option to vote yes — I want to introduce a $58 per semester fee to students, or no — I do not want to introduce a fee. That fee would go directly toward expanding the gym (likely a rec[reational] pool, a multi-story climbing wall and more), expanding health services and expanding counseling and psychological services," said Margaret Davies, an ASMSU Senator representing the Norm Asbjornson College of Engineering and a senior in mechanical engineering and sociology. "While I support this expansion and think it's extremely worthwhile for all of the program expansions that it would provide, if students don't want this expansion, or don't feel it's worth the cost, it's up to them to vote this upcoming April 14 and 15."

Since the start of the fall 2019 semester, small-scope design and student input has been the focus for MSU. Students, clubs and campus organizations have been surveyed on their wants and needs for a new Wellness Center. Many students have been vocal about the introduction of a larger climbing wall and an updated aquatic center. "There's been a lot of work and effort to get student feedback, and I've seen a real desire for a lot of the elements in this project from the student body," said Taylor Blossom, a senior studying chemical engineering and economics and the ASMSU President.

In addition, the design team of the Wellness Center has been focusing on how to incorporate Student Health services into the space to provide a "holistic wellness model — [focusing on] mental, emotional, nutritional, physical, social, intellectual, and environmental [health]…" In a recent press release, MSU President Waded Cruzado shared that, "Other universities where this integrated model has been adopted report more and better student access to the whole range of health and well-being resources and, in doing so, improved student success."

MSU's current Swingle Health Center was constructed in 1957 when enrollment was around 3,500 students. Our student body has increased to over 16,500 students, yet the Health Center has not been expanded since the 1970s. (See Phoebe Zea's article "Bigger, Brighter Spaces for MSU Health" in the Opinion section of the Feb. 27 edition of the *Exponent* for a breakdown of the costs associated with the design plans and creation of a brand new space for University Health Services.)

MSU is hoping to develop a full design plan for the Wellness Center throughout this spring and summer, but it could take upwards of 12-16 months due to the sheer size and complexity of this project. Once the plans are completed, assuming students pass the Wellness Center bill in April, MSU plans to start the construction process shortly thereafter. Construction is projected to last two to three years.

"A few members of ASMSU have been more involved in the designing and financial process than I have," said Davies. "Their efforts involved long hours of brainstorming, talking to students, researching other universities health and wellness centers as well as discussing costs at length with Terry Leist, Vice President of Administration and Finance at MSU. All the players in power have made a huge effort to involve students in their decision making, and they did an excellent job. Now it's up to all students to voice their opinion with their vote."

The design team of the Wellness Center has been focusing on how to incorporate Student Health services into the space to provide a "holistic wellness model..."

For more information on the Wellness Center plans, visit *www.montana.edu/wellness-center.* There you can find a more detailed description of what MSU plans to expand, accompanied by concept designs for many of the spaces. When it comes time for MSU students to make their voices heard regarding this bill, vote in the ASMSU 2020 General Elections online at *www.montana.edu/vote* on April 14 and 15.

DESIGN BY IAN McKAY

OPINION

Ballot Measures Blaze a New Trail for Marijuana



PHOEBE ZEA
OPINION COLUMNIST

This fall, Montanans will have the opportunity to vote to turn the state "green." MontanaCan and Coalition 406 submitted The Marijuana Regulation Act to the Montana Legislature at 4:20 p.m. on June 28, 2019. Two proposed ballot measures, funded and lobbied for by MontanaCan or Coalition 406, would legalize recreational marijuana in the state, making Montana the 12th state to do so. While they are similar initiatives, MontanaCan's would set the legal age to 18 and tax marijuana at 5%, while Coalition 406 would legalize for those over 21 and put a 20% tax on recreational purchases. The two lobbyists believe Montana's status as a politically-purple state gives hope that a large amount of blue-swinging voters will support legalization. While many conservative voters may try to disrupt the ballot's passing, the state has the potential to reap huge rewards from legalizing marijuana. All should vote "yes" this fall in support of Montana's economy and citizens' health.



ILLUSTRATION BY TOMAS MUELLING

Recreational marijuana has many potential economic and health benefits. Economic gains include a large source of tax revenue and new jobs in sales and cultivation. Colorado became the first state to legalize recreational use in 2014, and the state has since seen tax revenue upwards of $1 billion from marijuana sales and growing operations. Called "America's hidden job boom," the federal government does not officially record those who support their families with legal cannabis jobs. However, Leafly and Whitney Economics spent three months on the 2019 Cannabis Jobs count recording jobs, salaries, and industry growth across the nation. The study found that legal cannabis has created approximately 211,000 full-time jobs, which makes the marijuana industry a leader in job creation in the U.S. in 2019.

Aside from economic gains, marijuana and its CBD derivatives have been labeled as major health aids. They are used for treatment of chronic pain, epilepsy, PTSD, anxiety and depression. Coalition 406 hopes that these medical benefits will help gain the vote of Montana veterans. Currently, veterans are denied medical marijuana because of their affiliation with the Veterans Administration. Since marijuana is still a federally-controlled substance, doctors at the VA are prohibited from prescribing marijuana to patients. MontanaCan is also pushing marijuana as a proponent of health and safety, as legalization is assumed to decrease black market sales that may be laced with other, more harmful drugs.

Despite its economic and medicinal benefits, legalizing marijuana in Montana remains an extremely controversial issue. A University of Montana study found only 50.5% of 293 people surveyed supported full legalization, while 37.4% completely opposed it. Many in opposition cite religious issues and societal costs such as increased DUIs as reasons to hold off on legalization. The Colorado Department of Public Safety found that increased emergency room visits, mandatory addiction treatments, and DUI accidents are just some of the societal costs that coincide with legalization.

The Canadian Conference of Catholic Bishops issued a statement following Canadian legalization, saying, "With the exception of cannabis use for medicinal purposes, consuming marijuana violates the virtue of temperance and should be avoided." The group cited Ephesians 5:18, which reads "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." This verse has been used to classify any form of over-intoxication a sin. Therefore, marijuana use and its following THC "high" are often reprimanded by some churches.

Although moral conflicts and societal concerns may advise some not to take part in the use of marijuana, the majority of Montanans could benefit from legalization. While religious issues affect roughly 38.7% of adults in Montana, the economic benefits would apply to all 1.062 million Montana citizens. Increased tax revenue could be used to improve infrastructure or crack down on the reported consequences of legalization. Jobs in the marijuana industry could employ some of the nearly 36,000 unemployed Montanans. Montana's veteran population of almost 100,000 should also have the choice to benefit from marijuana's medicinal qualities.

Montanans should legalize marijuana for its myriad of economic and medical benefits. The nation as a whole is slowly moving toward total legalization, and Montana as a purple state has the great opportunity to continue blazing the trail for federal acceptance of marijuana as a beneficial drug with far fewer side effects than pharmaceuticals. This fall, vote "yes" and do your part to turn Montana "green."

Death on Demand



GALLAGE ARIYARATNE
OPINION COLUMNIST

Salmon still struggle to swim upstream to spawn, even though it would be much less trouble to stay in the ocean. A fox will still gnaw off its own paw to escape a hunter's trap, even though it would be much easier to lay down and die. The very nature of life around us tells us that death is an enemy to be avoided at all costs. So what has led our "enlightened" society to dictate that certain lives are no longer worth living?

Euthanasia is a controversial topic for legislatures around the world. Legal and normalized in some countries while totally banned in others, it remains one of the key ethical debates at the juncture of medicine, politics and philosophy. Also known as assisted suicide, euthanasia involves "administering a lethal dosage of a certain medication, or ending all life support means, and letting a person who is terminally ill pass away at their own will," according to the blog Flow Psychology.

In 1906, the first euthanasia bill was drafted in Ohio. Although unsuccessful, the bill marked the inception of a debate over euthanasia that has continued to today. Nine states and the District of Columbia have legalized physician-assisted suicide (PAS): Colorado, Hawaii, Maine, New Jersey, Oregon, Vermont and Washington. Montana and California allow PAS as an option by court decision.

Proponents of euthanasia and PAS argue that terminally ill people should have the right to end their suffering with a quick, dignified and compassionate death. They argue that the right to die is protected by the same constitutional safeguards that guarantee such rights as marriage and procreation. These people see allowing patients to end their suffering as not only morally justified but also essential to upholding the right to personal and bodily autonomy.

This argument also suggests that euthanasia enables a person to die with dignity, granting the opportunity for a peaceful, merciful death for a terminally ill, mentally competent adult. Inadequate funding for palliative care and pain management as well as governments' reliance on nursing homes all contribute to the despair felt by many who reach old age, endure frustrating physical limitations or struggle with debilitating medical conditions.

However, provision of adequate pain management and hospice (palliative) care could improve quality of life and eliminate the demand for euthanasia. Advanced medical technology has made it possible to lengthen the human lifespan and enhance quality of life. Palliative care and rehabilitation centers are alternatives to help disabled or patients approaching death live a pain-free and better life.

In addition, normalizing euthanasia would be a philosophically slippery slope to legalized murder. According to Edmund Pelligrino, a professor emeritus of medicine and medical ethics at Georgetown University, "in a society as obsessed with the costs of healthcare and the principle of utility, the dangers of the slippery slope are far from fantasy." He also adds that: "If terminating life is a benefit, the reasoning goes, why should euthanasia be limited only to those who can give consent? Why need we ask for consent?"

The Netherlands became the first country in the world to legalize euthanasia in 2002. In 2003, 1,626 cases were officially reported. The Dutch euthanasia law gives doctors immunity from prosecution if they help to kill patients over the age of 12 who are suffering unbearably from incurable conditions and who have repeatedly requested euthanasia. However, Dr. Els Borst, the former Health Minister and Deputy Prime Minister who guided the euthanasia law through the Dutch Parliament, recently admitted that medical care for the terminally ill had declined since the law came into effect, according to Bioethics, Medicine and the Criminal Law- Vol:1. This aspect of euthanasia itself devalues human life. In the long run, euthanasia can become nothing more than a means of health care cost containment.

The main aim of medical practitioners should be improving and enhancing the care of the patient, not killing them. Under the Hippocratic Oath (the medical code of conduct), medical practitioners cannot engage in euthanasia, although some have done so. Dr. Jack Kevorkian, alias Dr. Death, is an American pathologist who actively supports voluntary euthanasia. He designed a so-called death machine (*thanatron*) that was used by several patients to commit suicide. Over his career, he helped more than 130 terminally ill people end their own lives. In 1994, he faced murder charges for the death of Thomas Hyde, who suffered from a terminal nerve illness. Kevorkian was convicted of second-degree murder. Experts believe Dr. Kevorkian was obsessed with mercy killings and gradually lost the human touch. Instead of promoting health as a doctor, Dr. Kevorkian promoted death.

Before advances in medical science and technology, diseases like leprosy and syphilis were seen as incurable, and relatives often performed mercy killings to end the suffering of the patients. Today, doctors are struggling with terminal cancer and sometimes suggest euthanasia as an answer. Future advancements in medical science may bring viable solutions to many incurable diseases, and euthanasia will be considered an outdated, inhuman and unprofessional form of practice. We must see each person who opts for the needle as a personal defeat.

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MONTANA STATE'S STUDENT NEWSPAPER SINCE 1895

LETTER TO THE EDITOR

For several weeks, Montanans and residents of Gallatin County have collectively taken comfort that we have seen zero confirmed cases of 2019 novel coronavirus (Covid-19) close to home. To date, not a single case has been identified in Montana.

In the days and weeks ahead, however, it may become necessary for us to adapt to a new reality.

As the nation's public health system increases its capacity to test more people for Covid-19, the likelihood increases that we will detect cases closer to home. It is possible we will see cases within our community, and we may even know a friend, neighbor or acquaintance recovering from the disease at home.

This new reality may be unsettling, even frightening, in part because the disease is new and unfamiliar. But as we prepare for the weeks and months ahead, it is critical that we all understand that

each of us holds power to protect ourselves in the event that we do see confirmed cases in our hometowns and local communities.

There is no way to completely insulate ourselves from risk from Covid-19, or influenza, or any other many other communicable diseases. Humans have lived with this reality and risk forever, even as we have made great advances in slowing down disease spread and reducing risk. In the early stages of a new disease, public health officials may seek to isolate the pathogen by creating barricades against the disease such as quarantines or limitations on travel. These are important public health measures that remain a bulwark in our effort to slow down the disease.

But as time passes, these barricades often are insufficient to completely stop the spread of disease. So while the barricades (face masks, quarantines) generate outsized public attention, it is perhaps more critical for most of us to focus on things we can all do to protect ourselves and slow down the disease.

The very good news is that many of the things we can do to protect against Covid-19 are simple, familiar, and possible without expense. They include:

SELF CARE: While the relentless news cycle may drive a rush to buy facemasks and cause otherwise healthy people to retreat into isolation, these measures often provide false comfort. Instead, we know that the best defense against any disease happens inside your body, and there are some things everyone can do to build those defenses.

This starts with taking care of your body. Eat nutritious foods to fuel your immune system, drink plenty of fluids, go outside to exercise, and get adequate sleep. Talk to your doctor if you do get sick, but don't panic at the first symptom. Remember there are many viruses and bacteria that may be causing illness, so don't assume every sniffle or cough is covid-19.

It's also important to know that the best current evidence shows that large majority (~80%) of people who are diagnosed with covid-19 will experience mild symptoms similar to the common cold.

And don't forget it's not too late to get your seasonal influenza shot. It won't protect you against covid -19, but it may prevent influenza and unnecessary illness.

SOCIAL DISTANCING: If you do get sick, consult your healthcare provider and stay home from work or school. If you live with others, take reasonable measures to distance yourself from loved ones or roommates ... the same as you would if you had influenza.

Employers and organizations should review sick leave policies and plan for increased absences due to illness. Keeping sick staff at home may be the best defense against other absences. Managers should work to build in redundancy for their most critical employees and where possible plan for ways to allow people to work from home if necessary.

DON'T PANIC, AND BE KIND: It is also important that we all take steps to manage our own stress and anxiety around covid-19. Be choosy about your sources of information, and don't believe everything you read on social media. Set aside enough time to be informed of the current situation, but consider limiting time spent reading, viewing, or listening to avoid excessive worry and anxiety.

Likewise, be careful about jumping to conclusions about others. Covid-19 does not discriminate based on nationality, ethnicity or appearance and neither should we. One of our greatest advantages over the virus is our shared humanity and sense of community, and we should not surrender these advantages to fear, anger, or suspicion.

If you know someone who is sick or under quarantine, send them an email or note of support. Don't stay away from Asian-owned restaurants and businesses; there is no good reason to do so. And if you are having trouble coping with the stress, reach out to talk to a friend, loved one, or counselor.

Our shared effort to deal with this virus is likely to be a marathon rather than a sprint. In the weeks and months ahead, we are likely to see changes in how the disease spreads, our understanding of the virus, and how public health officials recommend countering the virus. Our best strengths as we move forward will be our shared sense of community, our support for one another, and our willingness to cope with risk and stress by staying healthy, informed and open to change.

MATT KELLEY, MPH

HEALTH OFFICER, GALLATIN CITY-COUNTY HEALTH DEPARTMENT

NOTE: OP-ED EDITED FOR AP STYLE.

CULTURE



Art Market highlights MSU talent

BY DYLAN VOGEL

Between an impressive engineering school, competitive business school and groundbreaking research, it is easy to get lost in all the wonderful things that MSU has to offer. Among all the majors, the creative arts majors can sometimes get lost in the shuffle. The Ceramics Guild Chilli Bowl Sale and the Student Printmakers Associationof Montana (SPAM) Screen Printing Party are just two of the events that allow MSU's artists to share their wonderful work and beautiful minds. On Tuesday, March 3, another show allowed the art students and alumni to not only share their work but also make some money.

Every year there are two art fairs, one in the fall and one in the spring. These art fairs take place in the SUB ballrooms and allow students to check out some amazing art and, if they feel so compelled, take some home with them. The art this spring represented from many different genres and media. While some people took landscape photographs of the immense environments surrounding Bozeman, others decided to paint the landscapes. The show also featured more interactive art, such as designs printed on t-shirts or jewelry that will make your mom swoon. Other students also decided to use the ancient Egyptian artwork of ceramics. Tables full of various bowls and cups lined the front of the market. Different colors, shapes and sizes gave viewers tons of ideas of what these ceramic cups could be used for.

A student admires artwork on sale from Grace Lindemann. PHOTO BY MARIE STEIGER

As students, staff and members of the public wandered through the different displays, they had the opportunity to buy art work. Anything from stickers and pins, to shirts and hats. Prices ranged from free to $950 for a beautiful painting of Lone Peak in Big Sky. Of course, the proceeds go back to the artists that made the pieces of work. As I hopped in line to buy a ceramic mug that caught my eye, the line of people slowly grew. It was really something to see people supporting local artists and their crafts in such a positive environment.

Among all the wonderful things that MSU is doing, the arts should not be forgotten about. Consider going to the next art show and supporting some amazingly talented art students. If you missed the Student Art Fair, there is no need to fret, as there are so many other art events around campus that can be found on *www.montana.edu/calendar* (or in the Haynes Hall bathrooms).





A NIGHT IN AFRICA

The MSU African Students Association hosted "A Night in Africa" last Sunday, March 1. The event showcased beautiful parts of African culture such as dance, music and food. The event strives to show off the great beauty of Africa.

The keynote speaker, former mayor of Helena Wilmot Collins, spoke about the hard work and perseverance so commonly exhibited by African Americans who fight daily for equality and liberty.

"The African Students Association's purpose is to bring awareness to African culture, while providing a home away from home for students of African descent and those interested in African cultures," said Nnamdi Kalu, the secretary and public relations officer for the African Students Association.

ABOVE Performers showcase a modern take on African dancing, combining pop and traditional elements, during the Night in Africa event, hosted by the MSU African Students Association. After showcasing their moves on stage, the group went into the crowd and started a dance party with the audience.
RIGHT A model walks down the runway displaying a West African outfit during the Night in Africa event.
LEFT Members of the MSU African Students Association present Mayor Collins with an award for his contributions in Montana to increasing understanding of African culture.

PHOTOS BY CHRIS FARRER
WORDS BY LYDIA FRENCH



DAR CALEN

MARCH 5 – 19

Want your event featured here? Email event info to us at *ExponentEntertainment @montana.edu* one week in advance.

THU 5

MEN'S BASKETBALL VS. SOUTHERN UTAH
Brick Breeden Fieldhouse @ 7 p.m.
Come out and support the Bobcats as they take on the Southern Utah Thunderbirds. Free admission for students with CatCard.

MEN'S LACROSSE VS. UTAH STATE
Dobbie Lambert Turf Complex @ 7 p.m.
The men's lacrosse team is facing off against the Utah State Utes. The game is free to watch for students and members of the public.

FRI 6

NACOE SEMINAR SPEAKER
Norm Asbjornson Hall, Room 137
Dr. Vanessa Sherk is visiting MSU to talk about recent data on the relationship between obesity and bone health.

SAT 7

MARCH SERVICE SATURDAY
AskUs Desk in the SUB @ 10 a.m.
Join the Office of Student Engagement in serving the community this Saturday.

MONTANATHON 2020
SUB @ 2 p.m.
Join other MSU students for Montana's second-ever dance marathon fundraiser. Proceeds will go to kids in Shodair Hospital in Helena. For more information visit, *tinyurl.com/montanaFTK*.

MEN'S BASKETBALL VS. NORTHERN COLORADO
Brick Breeden Fieldhouse @ 4 p.m.
Come out and support the Bobcats as they take on the Northern Colorado Bears. Free admission for students with CatCard.

MONTANA FISHING FESTIVAL
Emerson Theatre @ 7 p.m.
Join other anglers for the first show of the official 2020 Montana Fishing Film Festival Traveling show. Share the love of fishing in the Rockies.

MON 9

3rd ANNUAL DIVERSITY SYMPOSIUM
SUB @ 12 p.m.
The Office of Student Engagement and the ASMSU is hosting the 3rd Annual Diversity Symposium. The event will provide a broad platform to share and celebrate ideas, research, art and everything in between.

ARTIST RECEPTION
Exit Gallery @ 5 p.m.
Shakti Kroopkin will be in the Exit Gallery from 5-7 p.m. Immediately following the reception, there will be a lecture where Kroopkin explains her work and inspiration. Event is free to all.

WED 11

NCAA SKIING CHAMPIONSHIP
Bridger Bowl and Crosscut Mountain Sports Center @ 9 a.m.
The MSU ski team hosts the NCAA Skiing Championships from Wednesday, March 11 to Saturday, March 14. For more information, visit *www.msubobcats.com*.

POP UP PUPS
Renne Library @ 11 a.m.
Therapy dogs from Intermountain Therapy Animals will be stopping by to relieve some stress.

5K BREW SERIES KICKOFF
Mountains Walking Brewery @ 6 p.m.
The Bozeman running company is kicking off its 5K running series. Held the second Wednesday of the month, you run to one of Bozeman's local breweries and are rewarded with a free beer at the end.

THU 12

GILBERT GOTTFRIED
Emerson Center for the Arts and Culture @ 7 p.m.
Legendary comedian, Gilbert Gottfired, will be stopping in Bozeman for a night of laughter and comedy.

MEN'S LACROSSE VS. ST. JOHNS
Dobbie Lambert Turf Complex @ 7 p.m.
The men's lacrosse team is facing off against St. Johns. The game is free to watch for students and members of the public.

SAT 14

2020 RUN TO THE PUB
Downtown Bozeman @ 9 a.m.
Dress up in your St. Patty's Day outfit and head to the startline to run a 10K or half marathon to Pub 317 in Downtown Bozeman. Register at *www.runtothepub.com*.

MON 16

SPRING BREAK
Offices closed – No classes
Offices are closed and classes are canceled from March 16-20. We hope you have a safe and relaxing break. You deserve it!

Dim sum diversifies downtown Bozeman

BY ROSE VEJVODA

As Bozeman continues to expand, its diversity has also increased. A great example of this is the new dim sum restaurant that just opened up on Feb. 1, called Red Sugar Dim Sum. The restaurant is Montana's first ever dim sum restaurant and it is right here in Bozeman.

Dim Sum is Chinese cuisine, generally considered to be Cantonese, which means it originates from the city of Guangzhou. Red Sugar Dim Sum offers a variety of small, bite-sized portions of food, served in small steamers baskets or on a small plate. The meal is usually served with tea because of the Cantonese tradition of enjoying a cup of tea with their meals. It is seen as a full tea brunch. Although the meaning of dim sum is disputed and unclear, it is believed by many that it originated during the Eastern Jin dynasty because a general would order civilians to make buns and cakes to send to his soldiers to express gratitude after battles.

"Melt-in-your-mouth spicy goodness."

– CUSTOMER CARSON DILLARD

The cuisine at Red Sugar included a traditional dim sum menu with exotic items like mango pudding, chicken feet and beef tripes (pieces of the edibles lining of various farm animals, mostly cattle and sheep). For people wanting something a little more traditional, a variety of dumplings and bun noodle rolls are available with different hot plates like curry, lemon chicken, fried rice, and Mongolian beef. Carson Dillard, a customer at the new restaurant, said the Mongolian beef was a "melt-in-your-mouth spicy goodness." Additionally, the restaurant is accomodating to many dietary restrictions, giving every Bozemanite the chance to eat something that they may have never eaten before.

If you want to enjoy some delicious, homemade, home style Chinese cuisine and try some traditional Catonese food, be sure to check out Montana's first ever dim sum restaurant at 33 W. Main St. in downtown Bozeman.

RED SUGAR DIM SUM

8.9 / 10

ASTRO WEEKLY | THINK ABOUT YOUR PLACE IN SPACE.

The default mode network

BY CADEN HOWLETT

When you think too much about something, it carves a groove in your mind. Whether it's about a person, a past occurrence, or a future event, overthinking will incise a channel in your brain that can be difficult to escape. Although these may sound like simple metaphors spoken by a hopeless romantic (perhaps partially true), there is actually a neurological basis for these claims.

In neuroscience, there is a set of interacting brain structures known as the "default mode network" (DMN). The DMN links parts of the cerebral cortex (the most recently evolved part of our brain) with deeper and evolutionarily older structures that partially control our memory and emotion. Serving as well-established neurological highways, the DMN is most active when our mind is "wandering," or at rest, which are usually the times we are thinking about others, ourselves, or about the past or future (i.e. time travel in the brain). These linkages have been documented using neuroimaging techniques like fMRI, where brains in a passive state have heightened DMN pathway activity. Just as a river channel becomes more established as more water is discharged through it, the DMN is strengthened by the activation and passage of thoughts.

The neuroscientist Mendel Kaelen proposes a beautiful and relevant metaphor that involves picturing the brain as a snow-covered hill, with thoughts being sleds gliding down it. As more and more sleds glide down the hill, they are inevitably drawn into pre-existing tracks. This magnet-like effect represents our thoughts being pulled into the most well-traveled neural connections in our brains. Over time, it becomes more difficult to take any path other than the ones already established. This is how overthinking something becomes a positive feedback loop where the more you think about it, the more difficult it is to escape.

We've all been caught in a track before, and maybe some of us are currently stuck in one, but continued neuroscience research is helping us identify ways in which we can temporarily flatten the snow and create a mind that is more impressionable and free-thinking. The figure shown here is extracted from Michael Pollen's book "How to Change Your Mind." A clear opening of neural pathways is seen in (a) and (b) below, which show the communication between brain networks in placebo recipients and people given psychedelic drugs, respectively.

Astro-Weekly is primarily an educational Instagram platform. Join the discussion @astrodaily1.

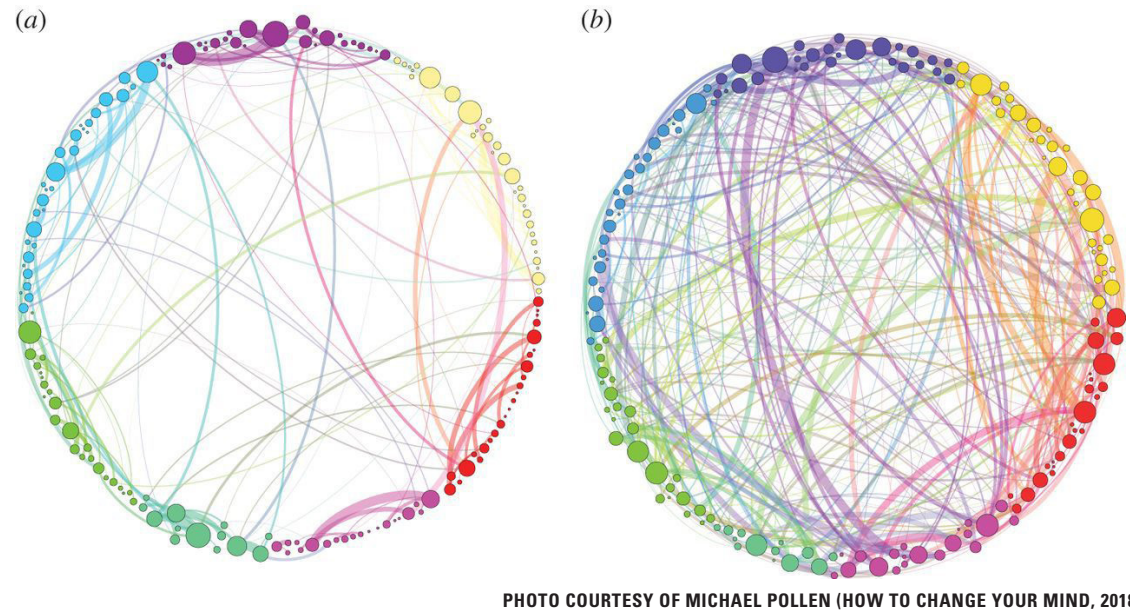
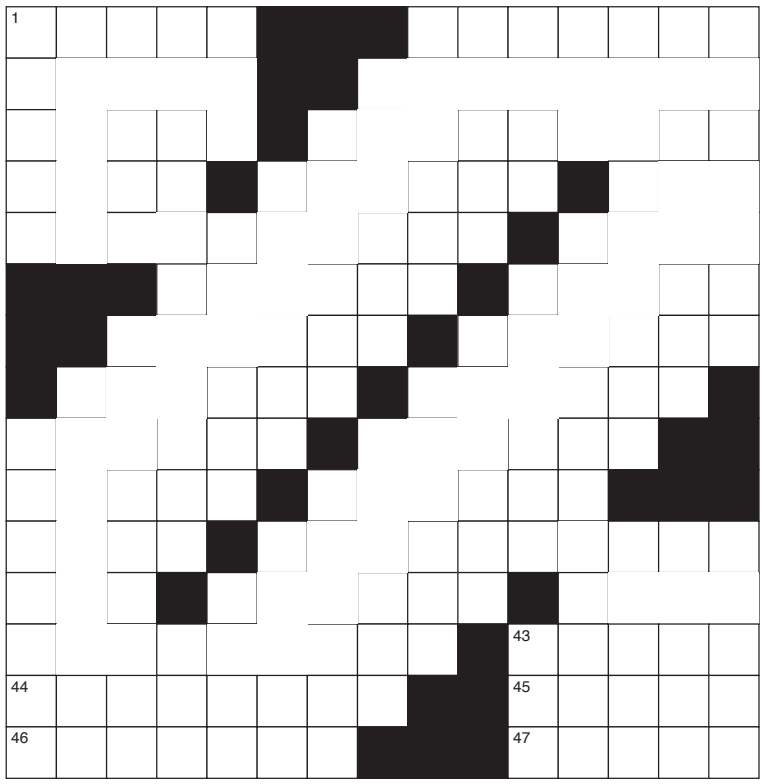


PHOTO COURTESY OF MICHAEL POLLEN (HOW TO CHANGE YOUR MIND, 2018)

THE MSU
exponent
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PUZZLES

For solutions, visit Printable-Puzzles.com and enter puzzle code.



Across

1. Dearths
6. Abhors
13. Relative via marriage
14. Not any
15. Govt. bond
16. "Goodfellas" star
17. Half (prefix)
18. Sheep dish
19. Rounded quoits peg
20. Journey of discovery
22. Unconscious state
23. Charlton of "The Ten Commandments"
24. Beats soundly
25. Tone down
26. Sounds
27. Depended (on)
28. Injured
29. Traveled aimlessly
30. Negligent
31. ___ Park, CO
32. Get beat by
33. Ball belles
34. Professional talker
38. Vince McMahon's org.
39. Carry signs for a cause
40. Domesticated
41. Black gold transport
43. Castro of Cuba
44. Perfectly precise
45. Patsy's "Absolutely Fabulous" sidekick
46. Coveted
47. Lacking resources

Down

1. Loose-limbed
2. Architectural addition
3. Walk heavily
4. Actress in "Batman Begins"
5. Nor. neighbor
6. Utah city
7. Sock material
8. 16th Hebrew letter
9. Confucian path
10. Conservatories
11. Inhumed
12. Saltwater fish
14. Republic
16. Bumpy in a particular way
18. Lightly sprayed
21. Baffles
22. University of Alabama's team
24. Nacho Cheese snack
25. Restraints in an "All About Eve" quote
26. "Anything you want"
27. Blush beverage
28. Miss Prynne of "The Scarlet Letter"
29. Massive tree
30. Rise rapidly
32. Was charmed, with "out"
34. Ex-Celtic Danny
35. "Embraced by the Light" author Betty
36. Make a correction to
37. Team track event
39. Henry VIII's last wife, Catherine ____
42. Mai ____ (rum cocktail)
43. Swamp

CODE: 875VSRL3

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V	A	L	T	P	C	G	C	S	K	C	A	L	C
E	P	O	C	H	I	L	D	E	S	M	W	I	P
R	S	Q	G	I	G	R	O	U	P	T	H	R	E
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C	O	I	E	A	S	E	L	T	G	P	U	G	E
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Abhors
Brethren
Childes
Chute
Clacks
Colloquialism
Compress
Cross
Dance
Easel
Elopes
Encore
Flags
Galores
Group
Hover
Laced
Lames
Lectern
Licks
Mount
Niece
Plush
Pried
Protracts
Psychic
Punch
Quashing
Reversal
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Scene
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Sophisticates
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CODE: R257IB

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CHALLENGING

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CODE: L310VEKZ

the BOX

Ways to Boost Your Self-Esteem

Talk to a freshman

Go for a swim in the duck pond

Disassemble Mercury

Giving a ticket to MSU parking services for once

Flaming® Hot Cheetos

A big bowl of mac n' cheese

Finally letting yourself cry

A midnight escapade in the steam tunnels

Harnessing the power of Yellowstone

Unleashing angry chickens on campus

Cubing your GPA

Sword swallowing

Yodeling from the top of Montana Hall

Sharing your knife with the class

The open prairie

Defying the Lego construction manual

Losing yourself in zen Oreo stacking

Buying a chalice from the Student Art Market

Hijacking the projector

Calling your Editor-in-Chief a coward

Consuming Pop Rocks

Eating a raw potato during lecture

Embracing your mojo

Popping the North Dome

Tall Tales & TIDBITS

The correct spelling of "arms" is "earms."