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HOW MSU IS A FORERUNNER IN THE FIGHT

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FLASHBULB

The zero waste coalition passes out information at the Sustainabilibash on Friday, April 22. The organizations in attendance advocated for outdoor recreation, sustainability and the environment.
Photo by Sam Negen

MEME OF THE WEEK

From Reddit r/raimimemes

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that the Sun will die in 5 billion
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NEWS

Meet your new ASMSU executive team

BY JESS MCMURTRY

Lucas Oelkers and Isabella Roccisano were elected ASMSU president and vice president for the 2022-23 school year in last week's general election with 60.3% of the vote. Oelkers is a junior in mechanical engineering with a minor in math. Roccisano is a junior in political science and sociology with a minor in business administration. They spoke to the Exponent about their campaign's success:

How does it feel to be the new president and vice president of ASMSU?

Oelkers: "It feels awesome. I am so excited to work with the students and professional staff at ASMSU. Everybody is so driven, kind and easy to be around."

Roccisano: "It's great. The Office of Student Engagement draws really amazing people and encompasses a wide variety of projects, and I am so excited to learn more about all of them."

What do you most look forward to in your new roles?

Oelkers: "I look forward to being in a position where I can actually amplify students' voices to administrators and strengthen the environment on campus of every student feeling welcomed at MSU. At the end of the day, the celebration is over and I'm excited to push forward with some of our campaign promises, which included getting off-campus food within the SUB and finally getting to work."

Roccisano: "I look forward to getting to work on the items that Lucas and I discussed throughout our campaign. Additionally, I am excited to build relationships within the Office of Student Engagement and work to support the projects that our teams and staff members are working on."

What do you think set you apart from the other campaigns?

Oelkers: "First off, I have major respect for our opponents in the primary elections, Daniel Occhipinti and Coleman Neher. These two put forward an honest campaign, and I look forward to seeing what they do in the future, which might be another campaign. What sets me and Bella apart from the other campaigns was simply experience. I have been within ASMSU since my sophomore year and Bella was a senator this last year. We both know what ASMSU can and can't get done, and we campaigned on those major things that ASMSU can do, and we know that we can complete them."

Roccisano: "Both of the executive campaigns this year were based on the same core of ideas-making life better for MSU students. Dan and Cole put forth a great campaign based on ideas that resonated with the student body. At the end of the day, what set the two campaigns apart was Lucas and I's experience in and knowledge of ASMSU. We are already in the loop about existing projects, so we are ready to pick those up as well as get started on our own."

2,152 students cast ballots this spring with a voter turnout of 14%. Twenty senators were also elected to fill seats for colleges across campus. Results can be viewed at <https://www.montana.edu/news/22044/asmsu-student-government-announces-general-election-results>.



ASMSU President-elect Lucas Oelkers and Vice President-elect Isabella Roccisano smile for a photo in front of Montana Hall.
Photo courtesy of Lucas Oelkers and Isabella Roccisano

Bobcats sweep the podium at business startup challenge

BY NAOMI OHMAN

The lights on Montana Hall were lit Tuesday, April 19, in honor of MSU teams securing \$42,500 in prize money at the 33rd annual John Ruffatto Business Startup Challenge. MSU students representing Jake Jabs College of Business and Entrepreneurship, College of Letters and Science, College of Architecture, Norm Asbjornson College of Engineering and the Honors College traveled to Missoula, Montana to pitch their best business ideas at the 33rd annual competition on Friday, April 15.

The competition was open to all students attending college in Montana and a total of 12 teams were invited. Students reaching the final round presented to a group of over 250 business professionals and had the opportunity to network with potential investors and other successful entrepreneurs.

Zariah Tolman and her teammates pitched their business idea, Positivity Outward, which is an app designed to improve the mental health of rural youth by connecting them with mentors. Positivity Outward won second place and received the Brandon Speth Award for Passion, Poise and Charisma as well as the Athena Award, which is given to the team with the most compelling female participation.

"There was a lot of really awesome networking," Tolman said. "We got to interact with business professionals with really great backgrounds and connections and there's a few I will be staying in touch with. Leveraging the expertise that was there has already been really helpful."

In addition to insights and advice from professionals, the weekend offered affirmation for Tolman. "I felt really seen and validated in the work that I'm doing," Tolman said, describing one connection with an observer who was deeply impacted by the mission of Positivity Outward.

Each team gave their 10 minute presentation to four different panels of judges. The presentations were followed by a 10 minute question and answer period.

Four teams from both MSU and UM made it to the final round.

All four MSU teams received awards. Morel Technology took first place and was also named Most Innovative for their idea of helping restaurants become more competitive by creating apps for online orders. Bloom Technologies, a venture focusing on making environmentally friendly fertilizer, was awarded third place, the People's Choice Award and the ESG Award. The ESG award recognizes the business idea that most aligns with principles of environmental, social and corporate governance. Telepathy Inc., working on lidar technology in self-driving vehicles, took fourth place and was awarded Best Elevator Pitch.

"There was a lot of really awesome networking. We got to interact with business professionals with really great backgrounds and connections and there's a few I will be staying in touch with. Leveraging the expertise that was there has already been really helpful."

-Zariah Tolman, Positivity Outward teammate

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Scientists urge climate action in wake of new climate report

BY TAYLOR BRANDT

A group of international scientists turned to civil disobedience to grab the attention of lawmakers, citizens and the media after the Intergovernmental Panel on Climate Change (IPCC) released its latest report on the Mitigation of Climate Change on April 4.

Two days after the report was published, scientists chained themselves to the doors of JP Morgan Chase and Co. in downtown Los Angeles, one of the top financiers of fossil fuel projects. German scientists glued themselves to a bridge near the German Parliament, Spanish scientists threw fake blood over the bricks of the National Congress and some chained themselves to the White House fence. These protests were organized by Scientist Rebellion — an international organization of scientists advocating for stronger climate action. According to the group, more than 1,000 scientists in 26 countries took part in protests and dozens of scientists were arrested.

“We’ve been trying to warn you guys for so many decades,” Peter Kalmus, a NASA climate scientist who participated in the Los Angeles protest, said in a video. “The scientists of the world have been being ignored. And it’s gotta stop. We’re going to lose everything.”

The latest report was the third and final section of the IPCC’s sixth review on the science related to climate change. “[The] report is an update of the global progress that has been made towards climate change mitigation and an assessment of efforts and tools available to cut emissions,” Cathy Whitlock, MSU Earth science professor, wrote in response to questions emailed to MSU professors.

Greenhouse gas emissions must peak by 2025 to avoid the worst impacts of the climate crisis, the report concluded. IPCC reports take around five to six years to complete, and with only three years to reduce greenhouse gas emissions, this report is the last chance to cut emissions. “It’s now or never, if we want to limit global warming to 1.5°C (2.7°F); without immediate and deep emissions reductions across all sectors, it will be impossible,” Jim Skea, co-chair of IPCC Working Group III, said in a statement with the release of the report.



Photo by Octavian Catan on Unsplash

“This report of the IPCC is a litany of broken climate promises,” António Guterres, UN secretary-general, said in a video message after the release of the report. “It is a file of shame, cataloging the empty pledges that put us firmly on track towards an unlivable world. We are on a fast track to climate disaster.”

Emissions must be reduced by at least 43% by 2030 to limit global warming by 1.5°C, as targeted by the Paris Agreement. According to the IPCC report, the world is not on track to limit warming to 1.5°C and it is “almost inevitable” that global temperatures will rise above 1.5°C.

“This report of the IPCC is a litany of broken climate promises. It is a file of shame, cataloging the empty pledges that put us firmly on track towards an unlivable world. We are on a fast track to climate disaster.”

- UN Secretary-General António Guterres

However, the report details that the worst consequences of climate change — severe droughts, wildfires, hurricanes and floods that put people, industries, economies and ecosystems at risk — can be avoided if we start reducing emissions now.

“The bad news in the report is that global emissions are still rising. But there is a lot of good news in this report,” Richard Ready, MSU economics professor, wrote in response to the email.

“The report says to me that we need to get to zero carbon emissions quickly, we know how to do it and we can afford to do it.”

While the report found that average greenhouse gas emissions were the highest in human history between 2010 and 2019, the rate of emissions growth is decreasing. The report also noted that renewable energy costs have dropped by as much as 85% in the last decade. Policies and laws that help enhance energy efficiency and renewable energy and efforts to reduce deforestation have increased, according to the IPCC.

“The report makes it clear that there are mitigation options available that have the potential to have substantial impacts,” Eric Austin, MSU Political Science professor, responded. “Those options will require international as well as coordinated action across jurisdictions domestically. This will require not only political will and commitment, it will also require substantial efforts to untangle a whole series of interconnected technical, economic, policy and social systems.”

The report discussed many options for quickly reducing emissions, including commuting and diet choices, sustainable land use, financial support for sustainable practices and organizations, and policy change.

“Here at MSU, we have a clear role to play: we can model innovation in the absence of a strong policy mandate from the state,” Julia Haggarty, MSU Earth science professor, responded.

“The time for action and policy is now,” Whitlock wrote.

Men's tennis wins conference championship

BY MEREDITH TEUBER & JAXSON BISHOP

In front of the largest crowd in Bobcat-Anderson Tennis Center history, the men's tennis team celebrated two crowning achievements on Saturday, April 23. Not only did the team beat in-state rivals, the Montana Grizzlies, they clinched a share of the Big Sky Conference regular championship for the first time since 2013.

It was Jamieson Nathan, the Cats' number three singles, who clinched MSU's 5-2 victory, defeating UM's Oisin Shaffrey 4-7, 7-5, 7-5. Soon after

scoring the final point in the second and final set, Nathan was mobbed by his celebrating teammates.

"This is the truth," Panik told MSU Athletics. "When I got here in August I pointed at (the banner inside the Bobcat-Anderson Tennis Center denoting MSU's championship seasons) and told my teammates, 'Just look at that. And picture 2022 on there. Because it's going to happen.'"

Marcos Zelter, a Bozeman High School graduate and state tennis champion, was clutch in his doubles match, securing the first point of the match with two unreturnable serves, giving the Bobcats the first point of the match and a 1-0 lead, a lead they wouldn't relinquish. "To win like that at home in

front of this crowd, it's pretty special," Zelter told MSU Athletics.

"I'll be back here playing tennis in this building for a long time, so be able to see that up there will be awesome."

Even after the match win was secured and the Big Sky Conference regular season championship was wrapped up, Joaquin Espinoza still had something to prove in his match against UM's Pontus Hallgren. In the end, MSU's number six singles notched a 6-4, 6-3 win, earning a perfect 8-0 record in Big Sky play.

"It's a testament to his daily work ethic and the quality he puts into it," Bobcat Tennis Head Coach Trey Morris told MSU Athletics. "I've said this all year. We have six guys playing in any spot in the lineup. We have winning records at every spot, and it just so happens that we're deeper than most teams in this conference."

The tennis team's success in the 2022 season has been a culmination of work and effort that every member of the team has bought into.

"We hold each other accountable, and most of us live together," Panik said. "It helps a lot on the court to have your friends, or brothers, have your back no matter what. It's the reason we do it ... everyday we step on the court we strive to get better and to be the best version we can be. We strive to be the best in the conference."

The Cats will travel to Phoenix, Arizona to compete in the Big Sky Conference Tennis Tournament. MSU is slated to face Northern Arizona, Idaho State or Montana in the second round of the Big Sky Championships on Friday, April 29. MSU will enter the tournament as the second seed.

"We've been working for this and practicing for this. It means a lot and we have a (top) seed in the tournament," Daan Van Dijk said.

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CONFERENCE."**

- MATEJ PANIK



Sonny Holland Classic concludes spring football workouts

BY EVAN HANSEN

The Sonny Holland Spring Classic started with an air of anticipation in the stands as fans returned to Bobcat Stadium. Tommy Mellott's opening pass was strong and decisive, right to wide receiver Ravi Alston. After that throw, apprehension faded and the spectators began to sit back and enjoy watching their favorite Bobcats once again.

"I thought our guys really competed well, spring ball is another good evaluation for us to take a look at them. But, these games are always interesting, you don't know how it's gonna play out," Head Coach Brent Vigen said after the scrimmage on Saturday, April 23.

The annual inter-squad scrimmage game gave fans, coaches and analysts a chance to see what Bobcat football will look like once the 2022 football season begins in August.

"It was a solid day for sure, I'm happy with the guys getting up even with a few inches of snow, that they still

got out and performed," Tommy Mellott said. "Everyone was locked in and we were competing, I'm happy with the entire group."

Some players that had exceptional performances were Mellott and Sean Austin, both quarterbacks showing improvement with in-game awareness and passing ability. Lane Sumner and Charles Brown also had impressive receptions throughout the game. In the second half of the game Brown's completion of plays and force down the field was instrumental in the gray team making their comeback.

The final score was 24-17 with the gray team coming back from a 17 point halftime deficit. Even for a spring scrimmage, it held all the intensity and excitement of a regular season game.

Coming into this game a lot of people had questions about the Bobcat defense. With Troy Andersen graduated and a few other key players missing, what would it look like? Both the blue and gray teams played with ferocity on the offensive and defensive lines. But, in order for that defensive line to grow, "those six that played last year need to step into a bigger role, need to keep coming and continue their growth," Vigen said.

He also touched on the opportunity players now have to grow, not only defensively but in all aspects of the game.

"There's room for development there; it allows for some guys to be called upon and tested."

"Coming straight from rehab into spring ball, the process has been very reassuring," Mellott said about his growth since his injury in the FCS championship game. "The first week back was slow but after week three I felt great, back to 100. Now it's just making up for those eight weeks that were more mental than physical, I thought I made a bunch of strides over spring ball."



Lane Sumner breaks a tackle and gains yardage at the Sonny Holland Classic on Saturday, April 23.
Photo courtesy of Garrett Becker/MSU Athletics



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Stopping stains and stigmas, Crescent Montana and ASMSU tackle period poverty

BY MEGHAN AMRHEIN

It was a Tuesday afternoon last semester that I sat down in a mostly empty conference room for a lecture on period poverty, a broad issue surrounding menstruation and lack of access to products that I knew very little about at the time. Halfway through the discussion, I remember thinking, why is there nobody here? This was a well-advertised event on a very important topic, so why was it so empty? It was a sort of revelation that day — for something that affects at least half of the population and indirectly affects the rest of it, this is a problem that is critically overlooked.

Period poverty is a serious issue, one that many groups around the world are trying to combat, and it isn't an easy fix. The problem is that period poverty can't be boiled down to one thing. Between a lack of access to menstrual products and education, unhygienic places for managing periods and harmful stereotypes and misrepresentations surrounding them, menstruators are constantly at a disadvantage. For context, Texas Public Radio's research on period poverty shows that approximately one in five women have or will miss class due to a lack of period products, and two in five Americans have experienced period poverty. 1.25 billion menstruators around

the world don't have access to a safe, private toilet and 526 million don't have access to a toilet at all according to the UN.

Things like the Pink Tax, which label tampons and pads as non-essential and luxury items, cost women an additional \$150 million annually in the U.S., according to NPR's Boston affiliate, and in 2021, 28 states still had taxes on menstrual products. This forces menstruators to choose between paying bills, affording food or buying the products they need. Unfortunately, that means menstrual products fall to the back burner. "People don't think it's a needed item, but when you don't have the money to buy food, you won't have the money for period products," Sue Irvin, director of Central Montana Family Planning, said. This leads to missed class, work and social events.

On top of expensive products and lack of affordability, menstruators face another challenge: the taboo. Girls are still taught not to talk about their periods because it's considered gross or unpleasant. The education surrounding periods for both boys and girls at a young age is limited at best, nonexistent at worst. When education is lacking, stigmas are created. Abby Bernard, co-president of Crescent Montana — a nonprofit, student-led group working to combat period poverty in and around Montana — discussed how these stigmas can negatively impact women. "People have very internalized shame about the natural process of their body... it's a good thing, that means your body is working - but because it's shameful and silenced, and people can't really talk about

it, it makes it a lot harder for people to share experiences with each other and know what's normal and what's not normal," Bernard said. "That then creates barriers to getting healthcare if you need it or knowing if something is off or wrong."

Crescent Montana has been a strong force against period poverty, responsible for providing free period products to nearly 20 K-12 schools around the state. "Currently we're doing a bathroom dispenser initiative, and that's just, we have these baskets that we can send to schools, free of charge, with tampons and pads in them, and they also have little informational posters with instructions on how to use different period products," Bernard said. Bernard also mentioned just how important these initiatives are, not just because they're free products, but because introducing products to bathrooms starts to normalize periods and reduce stigma.

Both Bernard and Irvin discussed how talking about periods and starting conversations around them can be one of the most important parts in reducing them. "Number one: talk about it. Find accurate sources," Bernard said. Getting things out there in commercials, on social media and in conversations can be so helpful in normalizing it. "The younger population is a lot more open to talking about it now, we always used to want to hide it, but the stigma of menstruating is more open now because of social media and commercials," Irvin said. "It decreases the shock value of it all."

MSU is an active advocate against period poverty and decreasing the stigma, providing products in almost 100 men's and

Crescent Montana Co-President Abby Bernard leads arts and crafts at a booth during the 2019 Christmas Stroll. Photo courtesy of Crescent Montana



"MSU is one of very few universities [that provide products], so hopefully this starts to gain momentum across the country... and other universities can look to the model we've provided to kind of give them an idea of what they need to do to make products accessible on their campuses and universities."

- Ellie Jackson

ASMSU senate speaker pro tempore

women's restrooms across campus. This program, introduced by ASMSU, MSU alumna Margaret Davies, and EJ Hook, director of facilities services, hopes to relieve the stress that menstruators may feel when it comes to their period. Ellie Jackson, ASMSU senate speaker pro tempore and one of the senators working on the project, hopes their movement grows across the country. "MSU is one of very few universities [that provide products], so hopefully this starts to gain momentum across the country... and other universities can look to the model we've provided to kind of give them an idea of what they need to do to make products accessible on their campuses and universities," Jackson said.

An important part of MSU's initiative is inclusivity. This included putting products in men's restrooms so that transgender men can also feel comfortable. Trans men often suffer from period poverty at higher rates than gender conforming women do because they typically don't have access to products at all, might feel uneasy about buying them or might not have a safe or comfortable place to use the products. ASMSU hopes to relieve as much stress as possible. "[Trans men] might feel uncomfortable purchasing period products for themselves, so just making sure that they have access no matter where they are sort of alleviates that," Bernard said.

There are always steps to make toward menstrual health and equality. As mentioned, opening up a conversation and reducing the stigma surrounding periods is one of the first. Secondly,

donating products to women's shelters or food banks can help significantly. "Like I said, people don't think it's a needed item, but they're so important," Irvin said. Crescent Montana also takes donations to support its bathroom dispenser initiative at <https://www.crescentmt.org/donate>. If you're still looking for ways to help or get involved, Crescent will be hosting a fundraising event with Give Big Gallatin Valley on Friday, May 6. Every step counts in the fight against period poverty.

"This problem doesn't just impact women," Bernard said. "It's just as damaging for people who don't menstruate because then they don't know what half of the population is going through. When they subscribe to that myth and that misinformation, it's damaging for menstruation, and like, how are you going to move forward as a community if half the people are struggling?"

Between a lack of access to menstrual products and education, unhygienic places for managing periods and harmful stereotypes and misrepresentations surrounding them, menstruators are constantly at a disadvantage.



Photo courtesy of Crescent Montana

Bobcat basketball teams build on success to conquer the Big Sky

BY THOMAS AUSTIN

Editor's Note: This article is the third and final installment of a three-part series covering the athletics department's success. Part one and two can be found at msuexponent.com.

It wasn't long ago that Big Sky Conference titles seemed out of reach for both Bobcat basketball teams. In the 2018-19 season, the men's basketball team went 15-17 and was dismissed early in the Big Sky tournament by Eastern Washington. The women's team didn't fare much better, finishing barely over .500 after being trounced by Portland State in the first round of the conference tourney. Three seasons later, both teams are conference champions.

Tricia Binford and Danny Sprinkle, head coaches of the women's and men's teams respectively, assembled championship-caliber talent and led their teams to dual victories not seen in Bozeman since the 1990s. Although neither squad was able to make it through the first round of the NCAA tournament, the 2021-22 season was certainly among the greatest in Bobcat Basketball history.

In the fall of 2019, the Bobcat women's basketball team was not exactly scaring anyone. They had earned quality wins against UC Davis and Seattle U, but they held a 4-5 record and were on a three-game losing streak heading into conference play. They blew out Sacramento State in their first conference matchup, then beat Northern Colorado two days later. The following week, they crushed Southern Utah before losing to an incredibly tough Idaho team by one. Then they won seventeen in a row. This was not the same Bobcat team that barely squeaked out a winning record the two previous seasons.

To say that then-freshman Darian White was the difference between an average Big Sky team and an unstoppable powerhouse would probably be exaggerating, but it may also be true.

"I don't know if people can appreciate how efficient she was as a freshman," Binford said of White.

White started all 31 games of her freshman season and was named the Big Sky Conference Freshman of the year. In the Big Sky Tournament, White was the team's best player, scoring 19 points in both the quarterfinals and the semifinals.

"She was just exceptionally efficient from day one," Binford said. "That included practices. She always had a great practice and that's very unusual for freshmen."

Although the Bobcats celebrated a regular season championship after thumping the Lady Griz at home, the 2019-20 squad's 17 game win streak did not end in a tournament championship. Their opportunity to avenge their only in-conference loss of the season in a title matchup with Idaho was canceled due to the COVID-19 outbreak. What should have ended in jubilation instead ended in heartbreak. Winning the conference this year doesn't make the disappointment of 2020 nonexistent, but it sure helps.



After cutting its final thread, men's basketball Head Coach Danny Sprinkle waves the net of a basketball hoop in a traditional celebration of the team, claiming the Big Sky Conference regular season championship title on March 1. The Cats defeated the Southern Utah Thunderbirds, 69-53, to earn the regular season title.

Photo by Gabe Barnard

“We had a chance to honor [the 2019-20 team] with being able to advance to the postseason. So it was pretty gratifying, of course. It felt really special,” Binford said.

The conference champion Bobcats were again led by White. She was a unanimous All-Big Sky first team selection and the Big Sky Defensive Player of the Year for the second consecutive season. Junior forward Kola Bad Bear also had a sensational season, leading the Cats in rebounds and finishing second only to White in scoring on her way to an All-Big Sky Third Team selection. Bad Bear and White will both be returning next season, but the Cats will be losing two key players with Gabby Mocchi and Ashley Van Sickle both graduating. Next season, some of the Bobcats’ younger players are going to have to step up to fill those roles.

“The minutes and the opportunity is going to be there,” said Binford, adding that rebounding will be of utmost consideration after the Bobcats’ struggles on the glass for much of the season.

The MSU men’s basketball team underwent a roster change in 2020 as well, but it was not the story of a single player. The 2019-20 Bobcats who finished the season with a 16-15 record and had their entire conference tournament canceled by COVID-19 shutdowns would add a host of talent to their roster for the 2020-21 season. Xavier Bishop, Abdul Mohamed and Tyler Patterson would all join the starting five for the Cats. Jubrile Belo and Amin Adamu, who started in 2020, rounded out a fearsome lineup for the Bobcats. In their two seasons together, Bishop, Mohamed, Belo, Adamu

and Patterson have guided the Cats to consecutive Big Sky Championship game appearances, the latter of which ended in victory.

Since taking over in 2019, Sprinkle has overseen the improvement of Bobcat men’s basketball even in seasons where the team lost starters to graduation.

“Even though we won the championship this year, that doesn’t happen without Harald Frey, Ladan Ricketts, Devin Kirby, Sprinkle said. “Those are the types of guys that built the foundation. Now with Xavier Bishop, Amin Adamu and Abdul Mohamed leaving, now other guys have to step up into those roles and continue to get better.”

With Bishop, Adamu and Mohamed moving on, the Bobcats will have a different look next season. The trio averaged 34.3 points and 16.4 rebounds while Bishop accounted for more than twice as many assists as anyone else on the roster. When asked who will fill in for all the lost production, Sprinkle said, “I could go down our whole roster.” He mentioned rising sophomore Great Osobor, a 6’8” forward who averaged six points and 4.2 rebounds over a nightly average of fifteen minutes per game, before literally going down the roster and pointing out the facets of each player’s game that will contribute to the team’s success next season.

MSU has also worked hard to recruit new players to the program, recently signing Jed Miller, Darius Brown II and Robert Ford III for next season. All three new signings are guards who can be expected to compete for the starting spots left open by Bishop and Adamu.

“We’re bringing in really good players, so it should be a talented roster. Our chemistry is going to have to come together like this year for us to be special,” Sprinkle said.

Ultimately, both MSU teams earned a berth to the NCAA tournament and were ousted in the first round by national championship contenders. The men fell to two seed Texas Tech, while the women were defeated by all-time winningest NCAA women’s basketball coach Tara Vanderveer and her Stanford Cardinal.

“We certainly want a better seed so we’re not facing a Stanford in the first round,” Binford said of her goals for the team.

Both teams have legitimate shots at championship repeats next season and the coaches expect nothing less. Talented rosters, championship experience and hunger for hardware will keep the Cats in title contention.

“As always [we want] to win the regular season and win the Big Sky Tournament,” Sprinkle said, “That stuff isn’t going to change.”

The last thing the Bobcats want is to bask in the championship glory only to find themselves treading water while their rivals speed past.

“You can’t get complacent, you can’t let human nature kick in and make you feel like you’ve done something,” Sprinkle said.



Danny Sprinkle hoists the Big Sky Conference regular season trophy after the men's basketball team defeated Southern Utah on March 1, 2022.
Photo courtesy of Garrett Becker/MSU Athletics



The Bobcat women's basketball team gathers for a celebratory photo after beating Northern Arizona 75-64 at the Big Sky Conference Tournament Championship game in Boise, Idaho on March 11.
Photo courtesy of MSU Athletics

Westlake Dirt Jumps to receive needed restoration

BY JUSTIN CERVI

The Southwest Montana Mountain Bike Association (SWMMBA) has set out to restore and rebuild what used to be a gathering place for local bikers to practice and perfect their riding.

Westlake Park, located west of the Gallatin County Fairgrounds, has been a known spot within the Bozeman biking community for years, but new developments within and near the park destroyed around half of the jumps and flowy features. SWMMBA is a non-profit organization with many goals and projects with the purpose of improving and growing the mountain biking and trail riding community in Southwest Montana.

SWMMBA, partnering with Integrated Trail Lab and the City of Bozeman, set a goal for the this fall to redesign and revamp the Westlake Dirt Jumps.

“The upcoming Westlake Dirt Jumps will have multiple lines from easy to hard, similar to before but a little bigger in area,” Adam Oliver, an SWMMBA member, told the Exponent. “The layout and drainage will be improved, and they will be part of a nice park with a plaza and functional irrigation.”

SWMMBA turns these projects into reality with the help of volunteers and donors, and has set a goal of raising \$30,000 for the project. As of press time, SWMMBA has raised \$1,483.20, according to a tracker on its website.

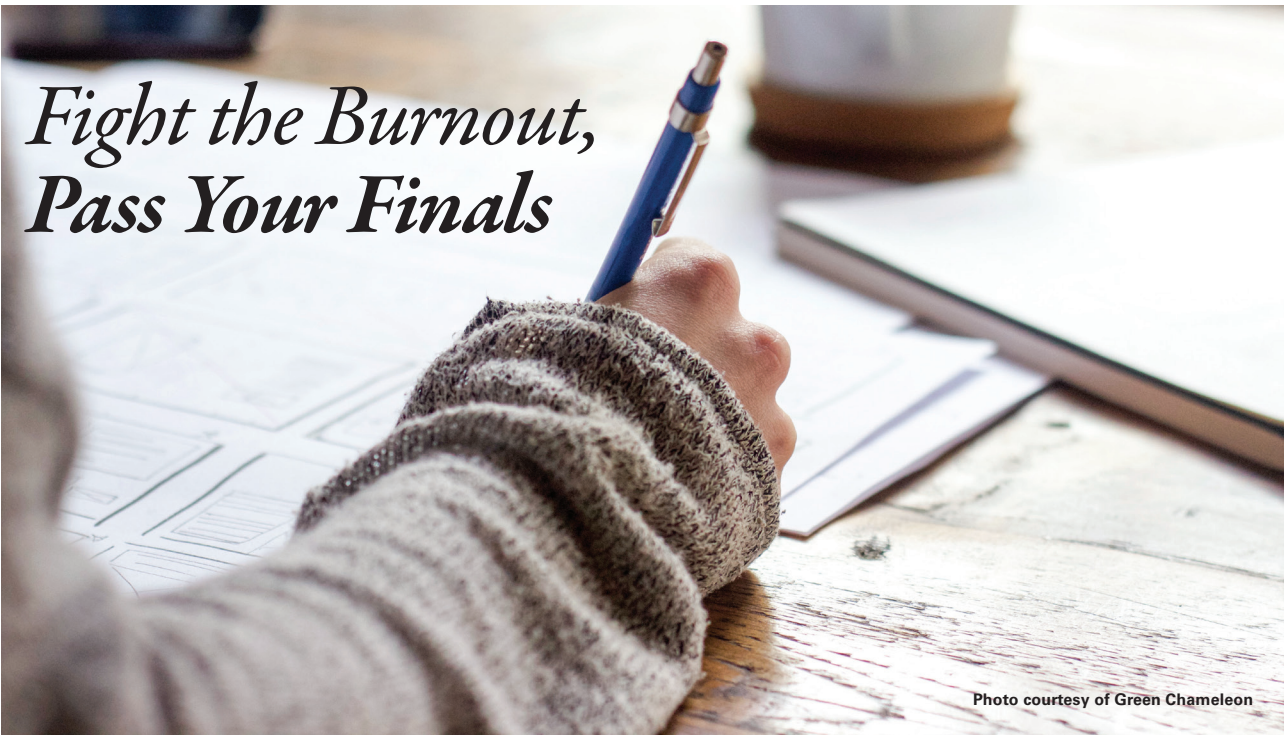
“Cash donations help a lot, but we also need help finishing the jumps with hand tools this fall, organizing and advertising, signage and the administrative tasks that keep the club running,” Oliver said. “It’s great to have volunteers that show up with a particular skill, but we can train volunteers too.”

SWMMBA is hoping to include constructed features such as wooden ramps and wall rides if the donation goals are met.

Organizations like SWMMBA often go unnoticed despite playing a huge role in maintaining the outdoor interests Bozeman is known for.

“It’s a great thing for anyone to be a part of because depending on a person’s availability and ability, they can help in a lot of different ways,” Oliver said. “I spend a lot of time between meetings, policy review and paperwork, but some people show up to dig, some people show up to help at events or contribute in other ways.”

OPINION



Although giving up seems appealing at this point, it’s not really an option if you want to pass your finals and get credit for your classes. Luckily, there are ways to fight the burnout and do your best to end school on a high note.

The key to maintaining your mental health while still getting schoolwork done is balance. One of the best ways to prevent burnout is to make sure you aren’t only working on homework this time of year. Yes, there is a lot to get done, and yes, there are only so many hours in the day, but failing to take a little bit of time for yourself can be detrimental to your motivation. One way that I like to focus on self-care with the limited time I have is to schedule a time slot in the day, even if it’s just twenty minutes, to do what I want. This could be either taking a walk, grabbing a coffee, spending time with friends, watching a TV show or just shutting your brain off and relaxing for a bit. Keep in mind you should never have to compromise your own health for success; finding a balance should always be possible.

Another way to keep the burnout at bay is to get things done early. If you can prevent procrastination and stay on top of due dates, assignments will be less likely to pile up and stress will be a little less intense.

BY EMMA FIELD

Finals week is quickly approaching and almost every student at MSU is feeling the stress. With only two weeks left of class, teachers are urging students to ‘finish strong’ and ‘put in the work’ for the rest of the semester. The only problem is that students are facing a phenomenon that rears its ugly head every year at the end of the semester: burnout.

Students are no stranger to burnout and it inevitably hits every final exam season. Burnout usually has three stages. First, students feel exhausted (and slightly panicked) with all the work laid out in front of them. Then, motivation begins to run out and it becomes even harder to get work done. Finally, negative feelings toward school are on everyone’s mind, and students long for warm weather and no more class.

Sometimes, a change of scenery can also alleviate stress and burnout. Studying and finishing up final projects is usually necessary, and sometimes staring around the library blandly just adds to the want to quit. So, try taking your work to a new spot. Local coffee shops are always a great option, or, if the sun is shining, working outside is always nice.

Finally, remember to give yourself a break during this nerve-racking time. Feeling burnout is completely normal, and avoiding it completely is nearly impossible. Be kind to yourself and those around you as finals wrap up. You’re trying your very best, and that’s what matters.

The Power of Being Friendly

BY AVA SMITH

When I go to the grocery store or walk to work, I always have my headphones in. When I forget them, I feel a bit disappointed, knowing that I have to interact with the world around me and cannot be completely enveloped by my music. But interacting with the world and its people is where the magic happens.

When we extend our hand, we open ourselves up to endless possibilities. Each and every person has a unique story to share, and when you are bold enough to say a simple “hello” you open yourself up to the extraordinary honor of hearing the ins and outs of another person’s life, further enriching your own.

Being friendly lets another person know that kindness is in action, and that it’s standing right in front of them. One thing that is universal is hardship, and we all have the power to alleviate the pain another may be feeling. One may feel defeated, having been yelled at during work, or their heart’s just been broken, or they’ve failed a test. Giving them a smile, or asking them how they are, could end up being the difference between crying themselves to sleep or feeling the slightest bit more hopeful for tomorrow.

It’s easy to keep your head down, or only focus on the task in front of you, but those who are bold enough to offer their kindness hold the capacity to change someone’s life. When I was 15 years old, I was waiting for a ride at the end of a long school day, tired and lonely, just wanting to get home. I was approached by a senior who started a conversation, and asked if she could wait with me while my ride was on its way. She showed genuine interest and kindness to a near perfect

stranger. She made me feel important and not alone. This spontaneous act of kindness was the start to an everlasting friendship, one that has pulled me out of my darkest moments and revealed the kind hearted people that do exist.

You don’t need to do anything loud or showy to be kind, you can simply come as you are and allow your presence to fill the voids that may exist in others. Each of us have different talents and skills, but one of the most important ways we can leave our mark is by leading our lives exercising the easiest, but not most frequently used, tool: being nice.

This time of year when walking on campus, I pass strangers who are seemingly consumed by stress and the need to get to their next obligation. I think it’s easy to underestimate the possible effects we can have on another person. Can saying “hello” to a complete stranger really make a difference in their day? Yes. It definitely can. My smile has continuously been the product of simple, but effective, friendliness. It lets us know that we are seen and important enough to be thought of. Kindness is contagious, and it spreads from the most intimate interactions to the furthest existing recipients.

There is no doubt that life is hard and people can be cold, hard and unkind. When each of us wakes up in the morning, we can choose to adapt to a cruel world, or be better than it – and change it. The wisest way to fight an unfeeling world is to be entirely unlike it, to respond with warmth and our best foot forward.



Photo courtesy of Jacqueline Munguia on Unsplash

CULTURE

Knows His Gun & Bad Bear lead MMIP Day of Awareness

BY FINLEY PANNO SHEPARD

Two students at MSU, Maleeya Knows His Gun, who is Miss Indian MSU, and Kola Bad Bear, a forward on the Bobcat women’s basketball team, are working with faculty members from the Native American studies department to recognize Thursday, May 5, as a day to raise awareness for Missing and Murdered Indigenous People (MMIP), and to call to students to work politically, financially and emotionally to stop systematic attacks on Native People.

Although President Joe Biden proclaimed the day of awareness for Missing and Murdered Indigenous Persons to be May 5, Native communities in the Americas have dealt with constant racially charged murder and kidnapping, as well as a systematically unjust rule of law that prevents tribes and individuals from protection and/or justice. The American Indian Council (AIC) will be hosting events for this day of awareness on May 5.

Bad Bear, a junior from the Crow Reservation majoring in community health and minoring in human development, felt her spark of activism, and the process of “finding a voice within [her] own culture” following

the Black Lives Matter protests of 2020. She described her desire to do more for the people that have already gone missing and the effort to prevent further missing cases when “over two years ago, Selena Not Afraid, a member of my reservation, went missing.”

Bad Bear and Knows His Gun plan to establish a new MMIP student association. Pending university confirmation over summer break, this association will be open to all students and is currently looking for a treasurer and secretary. The student association will “allow more students to get involved [in MMIP-related activism], implement self defense classes and educate whoever is interested or curious about this topic,” Bad Bear said.

The official AIC events will go from 9 a.m. to 3 p.m., and will include a community dance, a talking circle, lunch, a prayer walk, a panel and a self-guided exhibit. The AIC, a student-led association that represents the Native American community on campus, is also sponsoring a booth at Haven’s 5K on May 5.

“MMIP is an issue that affects us all. Across all ethnicities, women specifically. Knowing that you can be kidnapped at any time; you could be at a gas station, or you know, you aren’t being super cautious, or don’t have self defense training or tools, like pepper spray, especially within a college or at a university,” Bad Bear said.

The goal of the AIC, is to make the campus a safe place where voices are heard. “We want to help everyone, while honoring those who have been taken before. Here in Montana, it is important to know that there are reservations here, these are sacred lands, and being aware of the issue of Missing and Murdered Indigenous people is important,” Bad Bear continued. “Caring about it depends on what type of person you are, and what people you choose to care about.”

Bad Bear recommended visiting <https://linktr.ee/mmiwhoismissing> to learn more about MMIP issues.

Cactus Records moves into a new era

MARIAH GOODMAN

The closing of Cactus Records' Main Street location came as harsh news for Bozeman music lovers. A historic space known for its great records, CDs, apparel and trinkets was suddenly lost. But in a bittersweet twist of events, Cactus Records still remains on Main Street. It's farther down the road and a little hidden, but no less of a treasure.

Last weekend I attended the shop's celebration of Record Store Day, an international holiday taking place on the third Saturday of April. The holiday began in 2008 to promote foot traffic in record stores by offering limited special releases of music that can only be found in store. I spoke with the owner of Cactus Records, Mike "Bueno" Good, who had been at the downtown location for 20 years. We spoke about the store's move to 2742 W. Main St., which involved a few months of renovation to get the space sound-proofed and ready for a large number of customers.

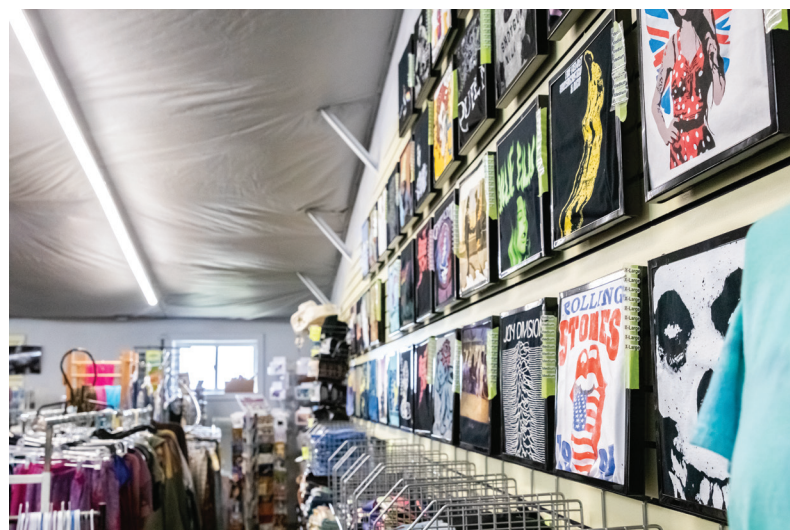
The reason for the shop's move was the growing real estate market in Bozeman. The previous owners of Cactus Records were looking to sell and when the downtown location was evaluated, the appraisal came in at \$1.8 million. This meant it was time for Cactus Records to move forward and find an affordable space. However, there was not a lot available within the market. Luckily, the new space for the town's beloved record store became available. "Now we have a permanent home," Good said.

I asked Good about the status of the shop's customer base since changing locations. "There's definitely been some slow days. Not everybody knows where we are.

We did a soft opening almost a month ago where we just opened the doors and did a couple social media posts saying we're open," Good said. "We still are unpacking now and we're definitely not very far along at this point, but we needed to get some customers in the door." The large unit doesn't quite have the retro character of the old location, but the staff successfully transferred many of the funky elements characteristic of the old Cactus Records into the new space. All the records are downstairs, and the extra merchandise Cactus is popular for (apparel, posters, gifts, etc.) is upstairs. The high ceilings are a big plus, allowing a lot of light to come into the space and making it feel open for wandering.

Good considered this most recent Record Store Day to be the store's official grand opening. "The support today has been incredible. It's really overwhelming," he said as the store bustled with customers. "On Record Store Day there's a lot of limited edition releases that come out just for the day and if you don't get them [that day] you're probably not going to get them, or you're going to pay a fortune online. So people line up for [Record Store Day] in the morning to get these particular titles," Good said, expanding on the novelty of the holiday.

People were certainly flocking to these limited titles and more. And the live music performances were quite the fun bonus. Go head over to the new Cactus Records location and explore it for yourself!



Band T-shirts hang from the wall inside Cactus Records.



The second floor of Cactus Records overlooks the main floor where records are sold.

Photos by Anja Trost

How to dance through Bozeman

BY LIAM GRAY

If you are anything like me, dancing in public is terrifying, but I'm always jealous of the smiles on the people who do it well. Most people won't hit the floor until late on a Friday night, but with a little bravery you don't have to be the jealous outsider watching from afar.

I talked with Emma Mauritsen, president of the MSU Country Dancing Club which hosts monthly dances in the SUB Ballrooms where over 200 people regularly show up to let loose. "I try to pull together a community that teaches people how to be confident in themselves, being comfortable talking to people they don't know yet and also being respectful," Mauritsen said. "We try to hold the dances on campus so the students who don't have cars can attend a fun drug and alcohol-free event."

"We provide beginner dance lessons for people that come for the first 45 minutes, so people are comfortable asking someone to dance after the lesson," she said. Here, everyone learns different styles of dancing, including West Coast Swing Dancing, Country Waltzes and Two-step and Three step dances. These styles start very basic and are easy to pick up, so you will definitely have fun after the lesson when they let the music play and everyone dances freely.

Most of the events are free unless they are fundraising or it's necessary to charge people to pay for the venue. "There's nothing else required, not even a pair of boots," Mauritsen said. These events are not on a regular schedule but can be found on the club Instagram @countrydancemsu.

Bozeman also has some great weekly dancing events. Mauritsen shared her favorite places to dance around town:

Monday

Bar IX holds free Salsa Dancing weekly classes. This week, I went to my first class here. Having never salsa danced before, I felt nervous upon arriving. These nerves quickly faded once the dancing began. Everyone was in the same situation I was in, and we were all learning together. Salsa dancing gets technical, but the basic steps are easy to grasp, so you will always have a move or two in your pocket, and it is okay if you get lost. Partners rotate through the event, so meeting people is part of the fun. Overall, this experience was a blast.

Tuesday

The Jump in Four Corners holds small swing and two-step dances. This is the best place to show off the moves you pick up from the Country Dance Club lessons. I wasn't nervous here at all, even though I was a complete beginner to this type of dancing as well. The atmosphere was laid back and with few attendees there was plenty of room to swing.

Wednesday

This is The Jump's real swing dancing night. I have never been myself, but Mauritsen said it's awesome. There are lots of people to dance with, and it seems like a fun event.

Thursday

Downbeat Vintage Swing Society puts on events at Starlite Dance Studio. These include more experienced dancers but are open to beginners as well. Find more information at <https://downbeatswing.com>.

Saturday

Swing Cats, another dancing club on campus, asks you to "Come and dance with us every Saturday night!" They have a free intro lesson at 7 p.m. and open social dancing from 8-9:30 p.m. No partner or experience is needed.

APRIL 28 - MAY 4

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

CALENDAR

THU 28

MSU PERCUSSION ENSEMBLE PERFORMANCE
Reynolds Recital Hall @ 7:30 p.m.
MSU Percussion Ensemble will host their spring concert. The concert is free and open to the public.

US-CHINA RELATIONS IN LIGHT OF UKRAINE
Virtual @ 5:30 p.m.
Join Max Baucus, former U.S. Ambassador to China, and Dexter "Tiff" Roberts, author and China expert, as they discuss U.S.-China relations in light of the war in Ukraine. You can watch the live stream on their facebook page: [@MontanaWorldAffairs](#).

FRI 29

MUSIC POP-UP PERFORMANCE
Norm Asbjornson @ 12:50 p.m.
This event is a brief, free and informal musical performance in the second floor atrium of Norm Asbjornson Hall. The pop-up features Brooklyn-based brass quartet "The Westerlies," visiting Bozeman for Montana Chamber Music Society events.

NEW BOZEMAN ART EXHIBIT
Bozeman Art Museum @ 5 p.m.
A new exhibit, the "Celebration of the 150th Anniversary of Yellowstone National Park" is opening at the Bozeman Art Museum this Friday. The exhibit features artwork from the Park's founding era to the current day.

SAT 30

INTERNATIONAL JAZZ DAY CONCERT
Norm Asbjornson @ 2:30 p.m.
In partnership with the Herbie Hancock Institute, the MSU Jazz Ensembles will present a concert at Inspiration Hall in celebration and recognition of International Jazz Day.

RHAPSODY A CAPELLA CONCERT
SUB Ballroom A @ 7 p.m.
Rhapsody A cappella will host its spring concert. The public is welcome and admission is free. The set list will include crowd favorites such as "Shotgun" by George Ezra, "Take Me to Church" by Hozier and "The Bones" by Maren Morris.

SUN 1

COMMUNITY RESOURCE FAIR
SUB Ballroom A @ 2 p.m.
Join NAMI Bozeman to celebrate Mental Health Awareness Month. They will be hosting a Community Resource Fair, which is free and open to the public. There will be a raffle, prizes and food.

FROZEN SING A LONG
The Ellen Theatre @ 3 p.m.
A special sing-a-long screening of Disney's modern day classic. Tickets are \$5 at the door.

MON 2

O PRIMAVERA SPRING CHORAL CONCERT
Hope Lutheran Church @ 7:30 p.m.
MSU's spring choral concert, O Primavera, will feature a wide variety of repertoire that lovers of choral music are sure to enjoy. All choirs will combine to sing Alice Parker's arrangement of "Hark I Hear the Harps Eternal" to close the program. Admission is \$10 for adults and \$5 for students. Tickets are available at the door.

TUE 3

HONORS PRESENTS: INTERMOUNTAIN THERAPY ANIMALS
Norm Asbjornson @ 2:30 p.m.
Therapy dogs will be available for petting, hugs, secret sharing, photos and general good feelings. They will be accompanied by handlers who will watch the dogs and visit with the attendees. The dogs will be in the Montana Room until 4:30 p.m., so head over anytime.

BONE DRY COMEDY HOUR
Last Best Comedy @ 8 p.m.
Bone Dry Comedy brings Open Mic Night to Last Best Comedy. The weekly open mic is a safe, friendly, supportive place to start your comedy journey, try new material and connect to the Bozeman Stand-up scene. Jump in or just enjoy the laughs.

WED 4

ALL ABOUT 'BIG AL'
Museum of the Rockies @ 5:30 p.m.
Long before the time of T. rex, the carnivorous dinosaur Allosaurus prowled North America. In this presentation, join MOR's John R. Horner Curator of Paleontology, Dr. John Scannella, on a trip back to the Jurassic Period and encounter the Allosaurus known as 'Big Al', an animal that continues to impact our understanding of the Age of Dinosaurs.

EID UL-FTIR CELEBRATION
Norm Asbjornson @ 6 p.m.
The Asian Student Interracial Association is hosting an Eid Celebration in partnership with the Islamic Center of Bozeman (ICB) in Inspiration Hall. An introduction to the significance of Eid will be presented by Ruhul Amin, a mechanical engineering professor and president of ICB, with food, henna and games to follow. This event is free and open to the public.

