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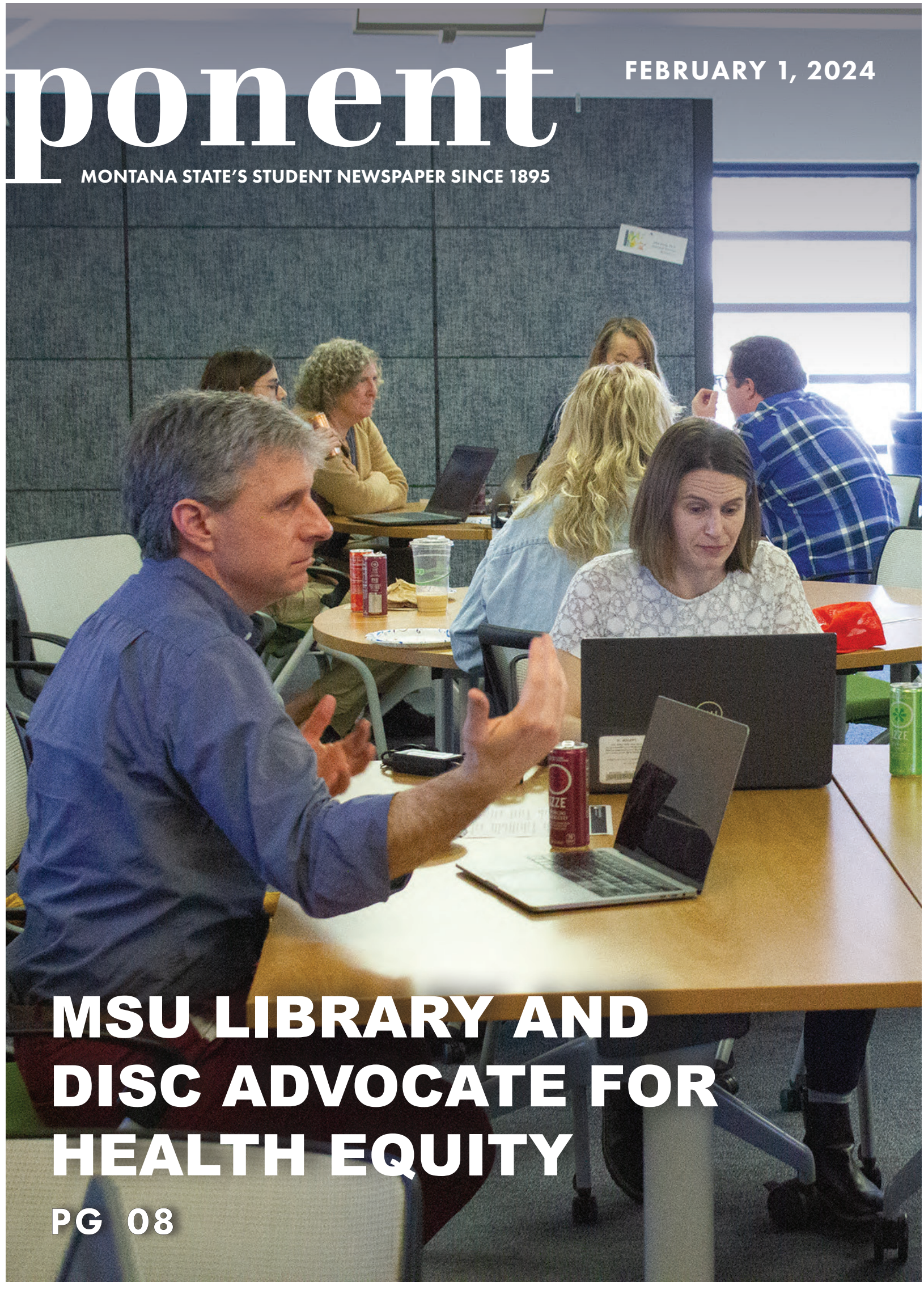
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MSU LIBRARY AND DISC ADVOCATE FOR HEALTH EQUITY

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Volume 118, Issue 14



Members of Sigma Nu set up a stand in front of Montana Hall to promote fraternity recruitment on Wednesday, Jan. 24.

PHOTO BY LOGAN ROSS
COVER DESIGN BY SAWYER WHITE

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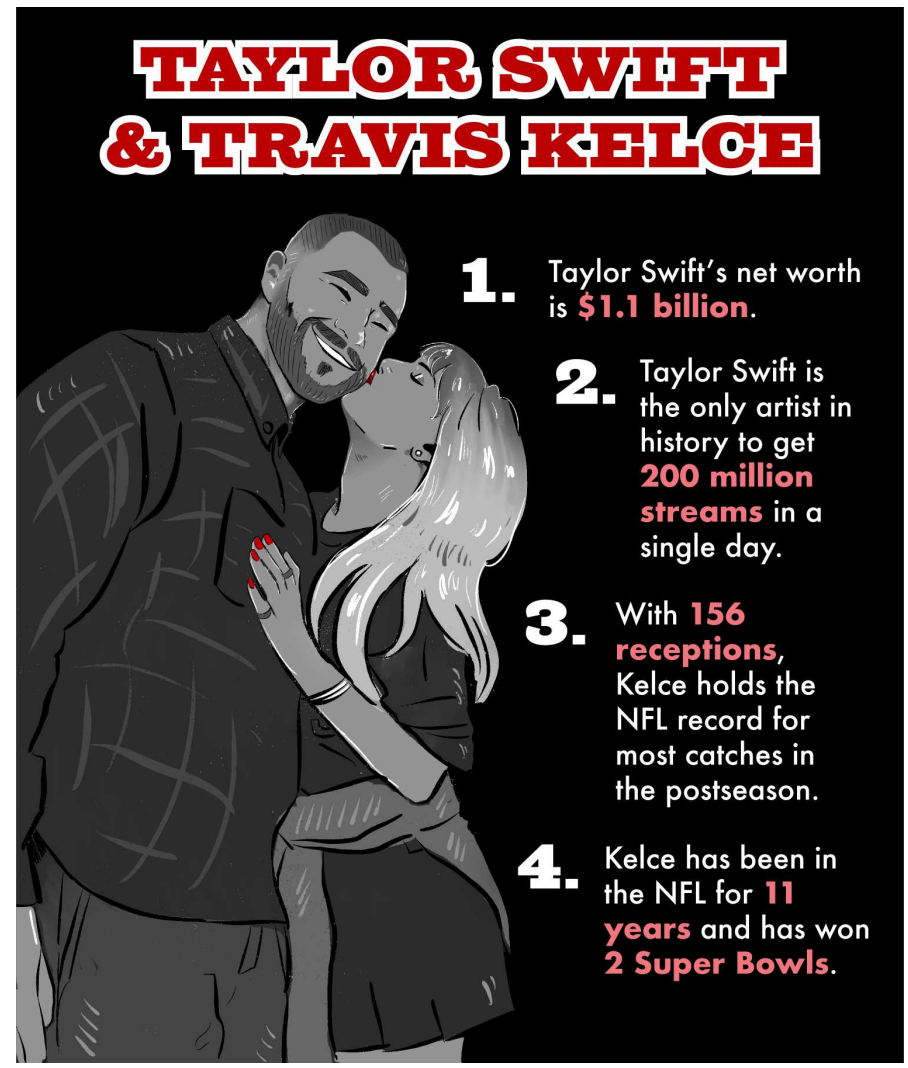
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The full moon is so beautiful



SIGNIFICANT FIGURES

COMPILED BY EMMA FIELD AND EVAN HANSEN
DESIGNED BY SAWYER WHITE



Bridger Solar's solar-powered car near completion

BY CHRISTINA GIBBS

Transportation is one of the larger hurdles when it comes to sustainable energy, according to Forbes Magazine. What better way to prove a future exists for sustainable transportation than through a student-built, solar-powered car? The MSU Bridger Solar club — a team of mostly engineering students — is setting out to do just that.

The car has been a year-long project and is finally nearing completion. Soon it will enter an endurance race to be held this coming summer in Bowling Green Kentucky at the National Corvette Museum Motorsports Park, said Eric Foran, vice president of Bridger Solar and a junior studying mechanical engineering. "We're building the body of the car right now and it has to be done by the end of the semester."



The race will take place around mid-July, Foran said. The contest and race are organized by the American Solar Challenge, he said. According to their website, the American Solar Challenge is a multi-day, cross-country collegiate race, challenging students nationwide to build and race solar-powered cars.

"It's a 24-hour endurance race, over three days," Foran said. The goal is to be able to race as many laps as possible on full solar power, he said. The drivers also switch out every four hours for safety purposes. "You have to wear a helmet and you have to have a full five-point harness," he said.

The drivers will be sitting in a roll cage, which has to be designed to sustain the force that would compress the cage if the car were to roll or be impacted by another car, Foran said. The drivers also have to keep water in the car to stay hydrated in the summer heat. "We're in Kentucky, in the summer, in an enclosed little box which is designed to draw in as much sunlight as possible," he said.

The process starts with brainstorming ideas and aligning them with competition regulations, Foran said. The biggest regulations they adhere to are related to safety. They need to make sure the car is safe in the event of a roll over, crash, lithium fire or general failure. The goal is to create an aerodynamic, efficient car that takes in more solar energy than it expends. Through computer-aided design models, the car starts to come together, he said.

Now, the team is starting to weld parts together, laying carbon fiber and assembling "all the bits and bobs," as Foran put it.

This year's club is relatively young, Foran said. "We have a lot of freshmen that have just joined and are actually being able to get the experience, to really apply all of the things that they're learning or are about to learn."

About 200 people have handled the car in some capacity at this point, Foran said, but a team of 20 is currently in charge of the project. This includes mechanical and electrical engineering and business majors. It also includes communication majors to run their website. "It's a team effort for [the car]" he said. A 10-person team will physically make the trip for the race in mid-July.

At the beginning of the year, Bridger Solar wasn't sure if they'd have enough funding to build a car and make it to the race, Foran said. But they were encouraged to compete in order to, if nothing else, have fun and get the experience.

Although the budget's tight, the club got enough funding to build and compete. MSU Giving Day, which took place last February, brought in a lot of the funds, Foran said, but the team is also being sponsored by Hyundai's New Horizons Studio R&D Center.

Although building and racing the solar-powered car is the main focus of Bridger Solar, they also participate in outreach events to boost funding. "We'll go to the Earth Day events and in the past we've gone to a science school for homeschooled kids. We give them a run down about what solar energy is," Foran said.

To learn more about Bridger Solar, visit *https://montanastate.campuslabs.com/engage/organization/bridgersolarteam.*
To learn more about the American Solar Challenge, visit *https://www.americansolarchallenge.org/about/american-solar-challenge/.*

Exploring Montana's geologic climate with local expert

BY SHELBY SVEIVEN

Due to Montana's rich geologic history, paleobiological research is robust both on MSU's campus and across the state. Paleobiology is a field that uses the fossil record to study evolution over time, according to the Department of Zoology at the University of Cambridge.

David Varricchio, a professor in MSU's Earth Science department, said he was drawn to MSU because he wanted to do fieldwork and study dinosaurs. He completed his Ph.D. at MSU in 1995.

Varricchio described how growing up on a farm in Pennsylvania and near mining first drew him to studying Earth's history and evolution. "I remember collecting trilobites as a kid. Things that are, you know, 400 million years old. You can't sit here dumbfounded all day. We can't get too existential. You can't really wrap your head around that [amount of time]," he said.

He also explained the process of finding certain fossils. "The state has been well mapped multiple times, so you can pull out a map and say, what kind of rocks are in this area? If I'm interested in marine reptiles, I can look for geologic formations that represent the ancient ocean, and if I'm interested in dinosaurs, I can choose ones that are like floodplains and rivers and stuff like that," he said.

Varricchio said the next step in fossil hunting is to look for "outcrops," or places where the rock is exposed. There, researchers search for fossils that are weathered out of the ground, according to him.

Another important aspect of preserving natural history is through museums. The Museum of the Rockies' "exhibits, collections, programs and research create a community resource that brings the world to Montana and shares the Northern Rockies with the world," according to its website.

There are many research opportunities available for students in the paleobiological field. For example, the paleobiology department at the National Museum of Natural History (NMNH) in Washington, D.C. has multiple fellowship programs that offer immersive research opportunities. There are three different types of fellowships at the Smithsonian. There are Central Fellowship Programs, which take place at Smithsonian museums, research institutes, and offices. There are museums specifically through each of these Smithsonian-managed museums, institutes and offices. Finally, there are fellows hosted by the Smithsonian that apply through a partnering organization. Many of these programs are open to graduate, predoctoral and postdoctoral students. Applications are typically due between Aug. and Nov. each year.

One of the Central Fellowship Programs is the Smithsonian Institution Fellowship Program. The aim of the fellowship is "to conduct independent research and to utilize the resources of the Institution with members of the Smithsonian professional research staff serving as advisors and hosts," according to the NMNH website.

If you are interested in learning more about paleobiology or earth sciences visit the Smithsonian's Department of Paleobiology website. *https://naturalhistory.si.edu/research/paleobiology*.



Bridger snowpack running thin, patience running thinner

BY WILLIAM MALIZIA

The Bozeman area has seen an especially dry winter this 2023-24 season. Up at Bridger Bowl, the impact of this drought has raised questions for the skiers and snowboarders amongst us. All those ranging from patrollers and athletes to more casual hobbyists are being forced to confront and make do with a suboptimal snowpack.

Richard Griffen, snow safety director of the Bridger Bowl ski patrol, is currently working his 29th season up at the hill. He claims that this is one of the lowest snowpacks he's ever seen for this time in the year and that it's looking sparse all around.

"Usually in a thin year, it's thin down low but better up top, and this year it's just been thin all the way to the top which is sort of an anomaly," Griffen said.

Griffen and other patrollers make daily observations of the mountain's base depth from their weather station located at the bottom of the apron, towards the northern end of the ski area boundary above the Alpine lift. According to Griffen, Jan. closed out with around a 30-inch base depth at this location – the second-lowest recorded base depth to end the month ever, according to seasonal data dating back to the 1967-68 winter season.

Griffen explained how the thin snowpack is not just a product of low snowfall alone. High temperatures have led to snow melt, and low moisture content in the snow that has fallen prevents it from adhering properly and keeping on the mountain.

The effects of all this are tangible for many, including Bridger Ski Foundation (BSF) athlete Makayla Papke, who claims the low snowpack has impeded her training for the BSF Freestyle Mogul Team, a group of skiers that engage with steep and heavily moguled terrain where they make quick turns and complete aerial maneuvers.

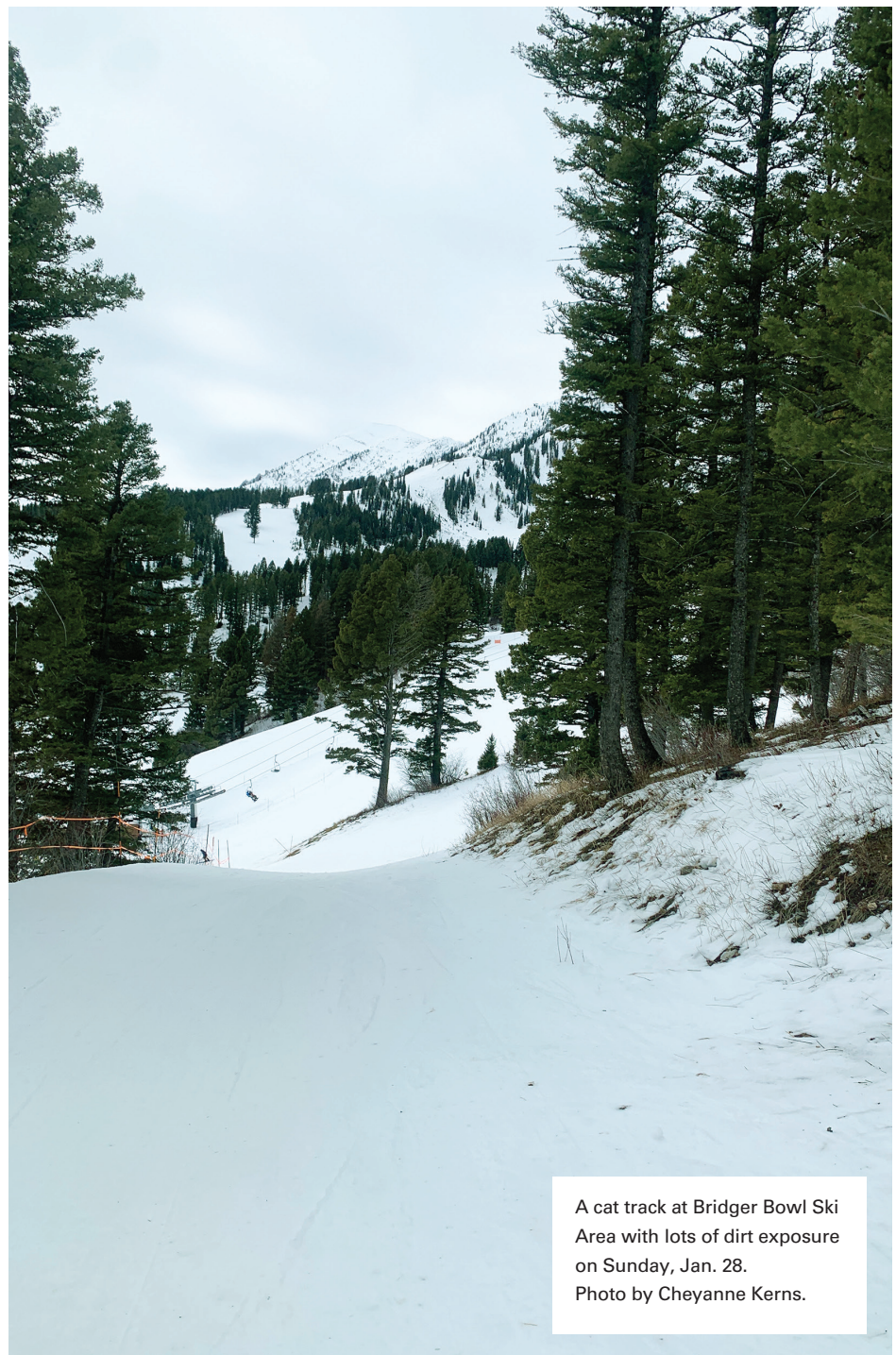
"It delayed us severely. The training has been minimal. Because the conditions are unsafe we were unable to practice aerial tricks until recently," Papke said.

Papke, who was born and raised in Bozeman, said this is the worst snow she's ever experienced.

"This is the lowest I've seen in my 18 years of skiing Bridger," Papke explained. "I am afraid to ski above Bridger Midway."

While conditions are less than ideal, those who do choose to brace the elements and try their luck at the hill can improve their experience and avoid danger by skiing cautiously. Griffen encourages skiers to tread lightly, especially when theres fresh or untouched snow covering the already thin base.

"Ski cautiously. We have a lot of stuff to hit. Even if it snows a foot or two, that's just gonna make it worse," Griffen explained. "It's really surprising when we open Schlasman's — you always get people flying around and leaping off stuff. And the reality is, there's two to three feet of snow at best and you get hurt really easily."



A cat track at Bridger Bowl Ski Area with lots of dirt exposure on Sunday, Jan. 28. Photo by Cheyanne Kerns.

High temperatures proved to be hazardous this past Monday as the ski hill was forced to close a variety of terrain due to extreme warmth and wet slide activity, Griffen said. Pierre's Knob, Powder Park, Schlasman's and the upper Bridger lift were all shut down. Although Pierre's Knob and Powder Park re-opened the following day, Schlasman's and the upper Bridger lift remained closed through the end of Jan., according to the Bridger Bowl website.

"Just have fun, but be cautious. It's not worth getting hurt over marginal ski conditions," Griffen said. "It's gonna get better, and maybe it'll flip and be a great March, but at this point just take it easy, enjoy yourselves and have fun without ending up in the hospital."

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Straight from the horse's mouth

BY JACKSON DESCOMBAZ

MSU has a plethora of clubs for students to join. However, one that the campus community might not know much about is the Intercollegiate Horse Show Association (IHSA) Club Equestrian Team.

"We are a club team associated with the national IHSA. IHSA was founded with the goal to provide equestrian competition for all college and university students regardless of riding level while promoting sportsmanship, horsemanship and academic excellence," senior and Fundraising Chair McKenna Quirk said.

The MSU club equestrian team is a group of competitive and passionate student athletes focused on their heartfelt love for the world of horses.

"After graduating from high school, it was no longer feasible for me to have and show a personal horse. I originally tried out for the team as a way to ensure that I would be on a horse at least once a week and that I would have the opportunity to continue improving my horsemanship during college," Quirk said.

For those wondering what the commitment level is, the club practices at least once a week at the Bob Miller Pavilion. They also travel across the country to compete with other IHSA college club teams.

"The Western riders normally travel to Billings, Montana and Logan, Utah for horse shows, while the English riders travel to North and South Dakota and Minnesota for their competitions with the goal of qualifying for the National IHSA Horse Show each spring as a team and as individuals," Quirk said.

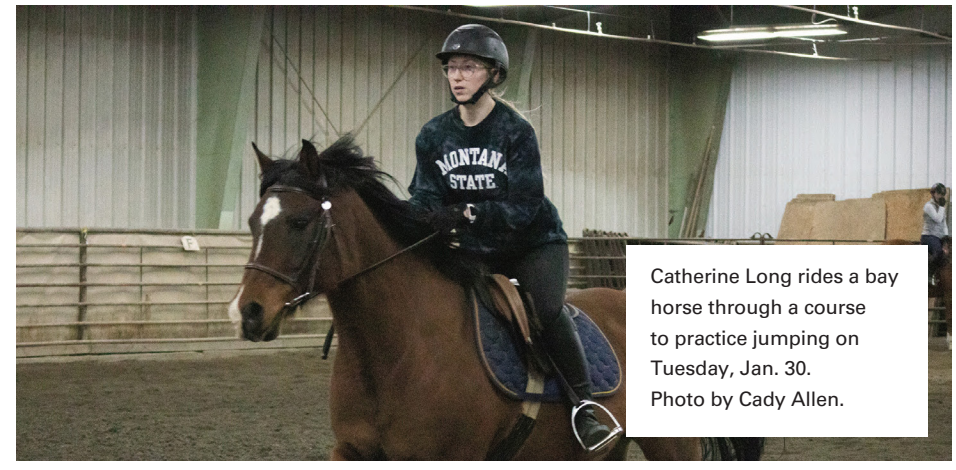
Western riding has a larger and heavier saddle and riders only use one hand to hold the reins. English riding deals with a smaller saddle and two hands on the reins.

"Our team members ride either in the English discipline and compete in flatwork or jumping, or they ride Western and compete in horsemanship, ranch riding and reining competitions," Quirk said.

According to Quirk, the club is a welcoming, friendly group of riders who are actively continuing to pursue their passions.

"Riders of all levels are welcome on the team, from individuals who have only taken a few lessons, to riders who have been competing for many years. Riders do not need to provide their own horses to be a part of the team, or to compete. IHSA shows are based on catch-riding, where team members randomly draw a horse that they will ride and compete on," Quirk said.

If you're interested in reaching out to get some information on how to try out for the club, check out IHSA Equestrian's Instagram at *@montanastateeq* or email them at *ihsamsu@gmail.com*.



Catherine Long rides a bay horse through a course to practice jumping on Tuesday, Jan. 30.
Photo by Cady Allen.

Bobcat basketball's star of the season pushes team to early success

BY AUSTIN SWARTZENBERGER

With nearly half of the Big Sky Conference regular season under their belts and a record of 5-3 in conference play, one thing has become abundantly clear about this year's iteration of MSU men's basketball — Robert Ford III is this team's engine on both the offensive and defensive ends of the floor. His impact cannot be understated.

The six-foot senior guard from Portland, Oregon has seen his usage skyrocket under new Head Coach Matt Logie. Last season, he averaged just under 21 minutes per game and only started in two of the 35 games he appeared in. His playing time has jumped this season to 33 minutes per game, and he has started all 19 games. His other stats paint the picture that is obvious to everyone who watches him — not one of those minutes played is wasted or taken for granted.

His effort and skill on the defensive end always stand out. He leads the team and the Big Sky with 2.9 steals per game, pestering opposing guards up and down the floor while jumping passing lanes regularly. Ford is 11 steals ahead of the next closest player in the Big Sky, Maleek Arington from Idaho State. Across all of Division 1 men's basketball, he is fourth in steals per game, according to the NCAA.

The steals are an obvious way to measure his impact on the defensive end, but what is less appreciated is the outstanding rebounding season he is having. Rebounding is important for ending possessions on the defensive end of the court and giving your team a second chance on the offensive end. Few players do it better than Ford, and pound for pound, no one else comes close to matching his value in that category. He pulls in an average of eight rebounds per game, a remarkable number for a guard his size. He leads the team in rebounding, as well as being third in the Big Sky. He is the only guard in the conference to be in the top 15 in rebounding as of Jan. 26, according to the Big Sky Conference.

The offensive end of the court has been the site of Ford's largest improvement from last season. His shooting percentages have spiked compared to last season. His field goal percentage is up to 48%, a stark contrast to his 28% shooting from the floor last season. His three-point percentage has seen a similar uptick, going from 26% last season to 44% this season. This increased efficiency has led to Ford averaging 14.5 points per game.

Looking ahead, MSU will need Ford to keep powering the team through the second half of the conference season. The 'Cats are fourth in the standings as of Jan. 28 and will look to maintain or improve that standing as they prepare for the conference tournament.

Winning the conference tournament would be a large victory in Logie's first year in charge and a clear sign that the program is still headed in the right direction. Ford's elevated play this season will give the Bobcats a real chance at making that happen.



MSU LIBRARY ADDRESSES HEALTH EQUITY ISSUES

By Lukas Kosel

The MSU Library held a health equity Wiki edit-a-thon in the Renne Library. The event was held in conjunction with the Diversity and Inclusion Student Commons (DISC), the MSU Research Alliance and the USDA National Agricultural Library (NAL) to spread awareness of health equity issues in Montana communities.

The "Health Equity: Barriers Under-served Communities Face Advocating for Healthcare, Wiki Edit-a-thon" was created by the MSU Library in collaboration with the DISC. An edit-a-thon is a space for people to learn to edit Wikipedia articles in a group setting. During the event they chose to edit articles that focused on health equity. Health equity is defined by the Center for Disease Control as "the state in which everyone has a fair and just opportunity to attain their highest level of health."

"Last summer, Melissa Pomeroy contacted me about the Wikipedia edit-a-thon event the library was going to organize," DISC Managing Director Barbara do Amaral said. Curator of Archives and Special Collections Melissa Pomeroy said the specific focus of the event was determined in a meeting between the DISC and library representatives.

"I suggested a topic related to health and wellness that explores the experiences of marginalized communities with healthcare providers," do Amaral said.

The library and DISC teams worked through the summer and fall semesters to organize the event in association with the USDA, according to do Amaral. The official contributing parties were the MSU Library, The Research Alliance, DISC and USDA NAL.

"The USDA partnership brought another critical aspect to the conversation — food security," do Amaral said. Access to proper nutrition is one of the many barriers health equity aims to combat.

While the library has had edit-a-thons in the past, this was the first one held in conjunction with the DISC, according to Pomeroy.

Introduced by Kristin Nelson, senior law librarian for the NAL, the first portion of the event consisted of student and professional panels and presentations that were recorded via Zoom. Online viewers were able to ask questions and provide input during the event. The presentations will be available on the NAL YouTube channel, according to USDA Senior Wikepedian and Outreach Specialist Jamie Flood.



Image by rawpixel.com on Freepik

The students on the panel were chosen for their experience and involvement in the campus community. "I have known them for a couple of years. They were able to speak about the subject with first-hand knowledge, share their personal stories, and expose us to dimensions of experience we would not have considered otherwise," do Amaral said.

The student panel consisted of pre-med student Miller Rijfkogel and Barla Beaudoin, a cellular biology and neuroscience student.

"Most of my time at MSU, I've been doing things that focus around diversity, equity and inclusion," Beaudoin said, speaking on her experience in various campus organizations and as a Latina woman in the healthcare field.

Beaudoin also cited a particular experience that strengthened her dedication to promoting equity within the healthcare field. According to Beaudoin, a Spanish-speaking patient who had allegedly fallen off a roof working construction was brought into the hospital when she was working the front desk. No one else could understand what they were saying, but Beaudoin knew enough Spanish to get them the help they needed.

"He was having internal bleeding — really serious stuff. And I just can't imagine other patients who have gone through that same thing, and not have had an interpreter and have not been able to get that surgery that they needed, because there's no interpreter to convey the needs of a patient. So really it does come down to life or death," she said.

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Rijfkogel, who is also the co-founder of the MSU Disabled Student Association, highlighted the issue of inequity based on disability. "Campus, while also inaccessible to psychological disorders, is very inaccessible to physical injuries and disabilities as well," they said.

They also spoke on the inequity present in medical schools, and how difficult it can be for potential students with disabilities to be accepted. "There are laws against discrimination when it comes to disability, but medical schools are clever and they find a way around it," Rijfkogel said. "You might have to travel, and you have to pay for that all yourself. Then if you get accepted, you also have to pay a deposit. For me, it was like a

thousand dollars for school to save your seat. So that's just one of the biggest barriers that I've seen."

Following the student panel were the professional presentations. The first presentation was given by BridgerCare Operations Director Ellie Webster.

According to Webster, BridgerCare is doing its best to fill in the gaps Rijfkogel and Beaudoin mentioned. A reproductive health clinic, BridgerCare has multilingual providers, high patient satisfaction rates and employees who treat all patients with the respect they deserve, Webster said.

Webster also listed barriers of access to care and highlighted what BridgerCare is doing to combat those barriers. "Affordability of services is remaining at the forefront of our mission," Webster said.

According to Webster, BridgerCare maintains affordability by having service fees depend on patient income, meaning some people may be eligible to receive free service.

The final presentation was given by NAL representative James Cain.

Focusing on equity through the lens of food security, Cain went through the USDA's many food security programs such as the Supplemental Nutrition Assistance Program and the National School Lunch Program.

According to Cain, *nutrition.gov* provides credible resources for food, nutrition, physical activity and food safety for the public. The available resources are targeted toward the general public and people lacking a strong background in nutrition, he said. The goal of the website's education is to increase awareness of ways to achieve food security to perpetuate health equity within communities. The website also has a Spanish language toggle button, and there are plans to have more languages added for broader accessibility in the future, Cain said.

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or Barbara do Amaral

Flood led the final portion of the event with instructions on editing Wikipedia articles and free-edit time for attendees with help available from the present Wikimedians, people who work to edit and oversea Wikipedia pages.

"We know representation matters, and there are a lot of editors who focus on underrepresented demographics," Flood said. "The more editors we have, the more diverse and accurate the content is."

The pages edited were in theme with the presentations, being on topics related to health equity. According to Flood, the maintenance of these pages ensures reliability and accuracy so people can trust what they are learning about these important topics is factual.

Presentation slides will be available on the Wikimedia Commons, and more information can be found at *https://www.nutrition.gov/ and https://www.bridgercare.org/.*



Archivist Heather Mulliner, library research and data science specialist Jason Clark and curator Melissa Pomeroy talk while waiting to help students during the virtual health equity event. Photo by Logan Ross.



Members of the MSU Library staff on call during a virtual editing training session for students on Wednesday, Jan. 24. Photo by Logan Ross.

Summoning the Swifties to Downtown Bozeman

BY MOLLY HOUSER



An attendee waiting to enter the Rialto Theater holds out a stack of friendship bracelets she created to hand out at The Eras Tour and the Taylor Swift night. Photo by Ariana Crockett O'Harra.

The women's bathroom on the lower floor of the Rialto saw more sequins than ever before. Last Saturday, the beat of Taylor Swift's "Style" vibrated the walls as concert attendees waited for an open stall and navigated their way around a tight space. Commonly, restrooms do not facilitate conversation, but the vibes were electric in this case. Here, those using the women's restroom gathered around sinks to reapply makeup and take selfies. Laughter bounced off the walls as friends gathered.

Last Saturday on Jan. 27, the Rialto on Main Street collaborated with Zephyr Cycling Studio to host Taylor Swift Night, which was performed by Michael Weber, a DJ based out of Los Angeles. Weber is currently on a nationwide tour and stopped in Bozeman for this event.

"The Rialto team thought this would be a really fun community thing," Concert and Event Supervisor Noelle Houser said. "There's a lot of Swifties out there. We thought it would be a fun night to celebrate that and create a space for everyone to gather."

Back in the bathroom, while waiting by the hand dryer for her friends, sophomore Anna Waldorf explained how she got into Swift in the first place. "[My earliest memory of Taylor Swift] is probably You Belong With Me, but I didn't really start getting into Taylor Swift until The Eras Tour when we went together in Denver," Waldorf said.

Swift's The Eras Tour began in March 2023, and according to Guinness World Records, Swift now holds the record for the highest-grossing music tour of all time. "Taylor is on every single one of my playlists; [she has music] for any mood," Waldorf said.

Similar to the chaos in the bathroom, the Rialto theater was flooded with well-dressed Swifties. Many sported outfits draped in rhinestones, while some wore flowy purple dresses with cowboy hats. The Rialto features a main stage at the rear end of the hall, with a slightly lowered pit in front. There, Jenni Claseman and Ashton Hardy danced in the front row.

"We're actually from Saint George, Utah," Claseman said. "[We came to Bozeman] because of Michael, the DJ. We know him from the Bop to the Top Tour where he, Lucas Grabeel from High School Musical and Jeffery the DJ all got together, went to venues like this, and played early 2000's Disney Channel music like High School Musical and Lemonade Mouth. We fell in love with Michael. We went to his 1989 release party in Vegas and so we were like, we have to go support him."

The duo also described their deep connection to Swift and her music.

"We had a friend growing up, who was super into Taylor Swift. I wasn't yet, but she was super excited for the Red album to come out," Hardy said. "I hadn't listened to a full album until Reputation, but I fell in love with it. Her opening night of the Eras Tour — she welcomes the girls, gays and theys. [Taylor] is such a safe person for people like me."

On the balcony floor, Belgrade High School seniors, Grace and Lily Stewart, celebrated their 18th birthday with their older sister.

"Our sister offered to bring us for our birthday," Grace said. "I used to listen to Taylor on my iPod shuffle [as a kid.]"

Many concertgoers seemed to have a shared fondness for Swift and the influence of her early music.

"My earliest memory involves growing up listening to my sister listen to Taylor," Lily said. "My favorite [era] is Speak Now."

With over 102.8 million monthly listeners on Spotify, Swift has clearly built an extensive fanbase. As demonstrated by the line wrapped around the building before the doors opened, Bozeman is home to quite a few Swifties. They all came to support and dress in their finest Eras Tour outfits and party the night away with other like-minded individuals.

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International becomes Beacon Coffee Roasters

BY MAGGIE TOWNSEND -MEHLER

International Coffee Traders has been a staple in Bozeman for more than 20 years known for its coffee, atmosphere and friendly baristas. Recently, the local icon has received a new name. Beacon Coffee Roasters sits on the corner of 10th and Bozeman right off of campus.

Patrick Flemming, the owner since early 2020, referred to the establishment as a beacon in Bozeman, commenting on the recent name change. "Beacon is a saying between me and my family, like go be a beacon of light in the world," Flemming said. From this saying, an idea began to grow. "One of our family friends actually said to us — why don't you guys just change the name of International, you're always talking about this beacon saying," Flemming said.

The name change has been a couple of years in the making. Patrick and his wife Sarah have been working hard to settle into the name change and make the regulars comfortable with it.

"There's been a lot of speculation about change in the business or new owners, but it's really not changing," Flemming said. "For the most part people are reacting well. Some people are bummed out about the shift, but if they're too focused on the name and not the cause then they're missing out on what we're trying to do here," Flemming said.

"For the most part I think people are just curious," Beacon barista and MSU alumna Cleo Schied said. Schied has been working for Flemming since July of 2022 and recognizes the vision that Flemming has for the new Beacon Coffee Roasters.

"I knew the moment I interviewed here, this is the place I want to work and these are the people I want to work for," Schied said.

For Flemming, his goal is to make an impact on the community. A third-generation Bobcat, Flemming commented, "It's something that's bred into us I think, just that this is our hometown and we want to take care of it."

A time that seriously impacted Flemming was watching customers in the coffee shop during the COVID-19 pandemic. "Everyone was just gloomy and down, people would come in and just be watching the news. If we can just be a place where people can come in and forget about what's going on for a minute and get some good coffee and have a good time that's a triumph for us," he said.

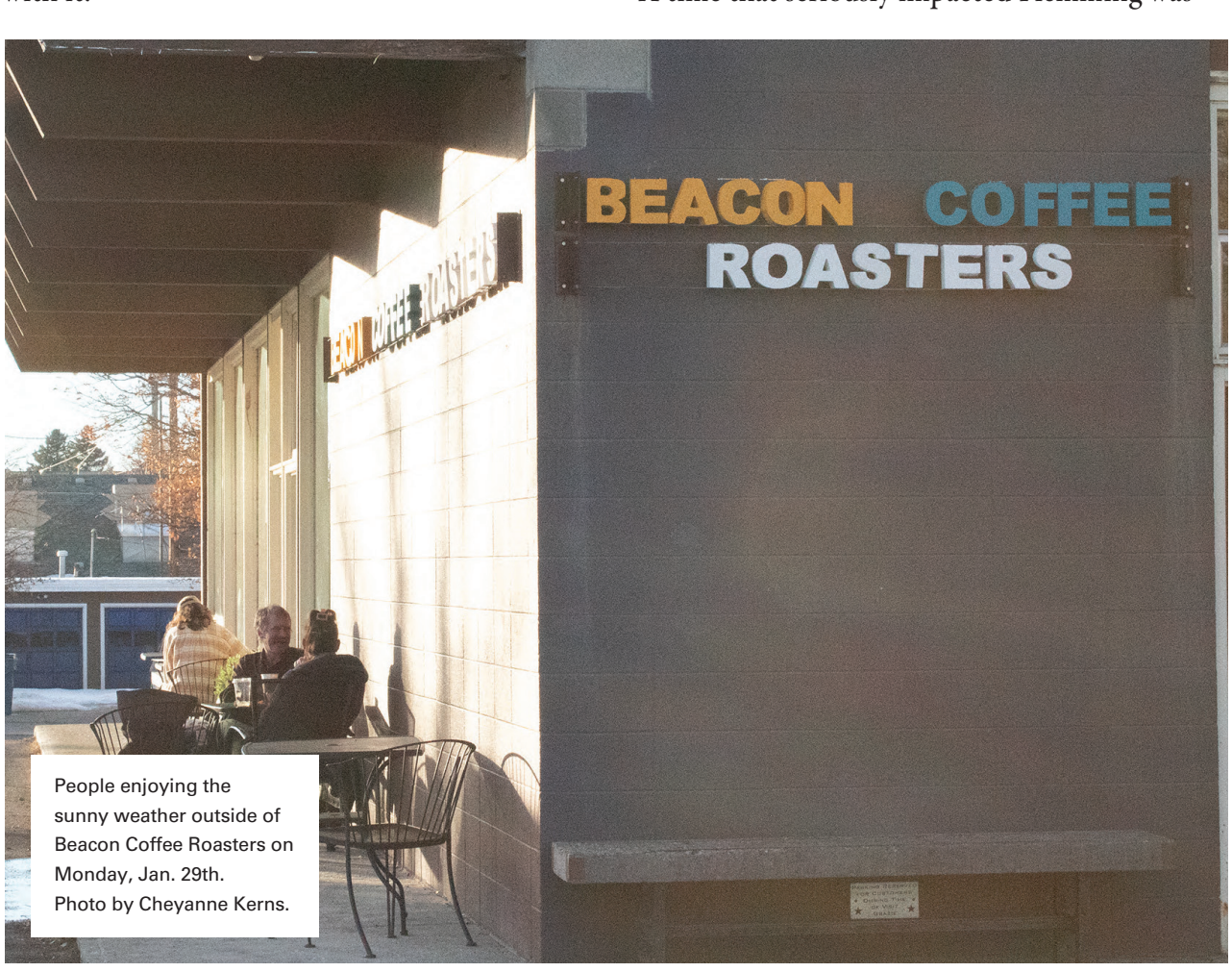
Moreover, Flemming said that what Beacon serves is "good coffee." All of Beacon's coffee beans are sourced from small farms worldwide and then roasted in-house. One of Flemming's favorite partner farms is Hacienda la Minita in Costa Rica, focuses on providing their workers withousing and health care while protecting the rainforest around the farm. According to their website, Hacienda la Minita also complies with all of the criteria to be a Rainforest Alliance Certified product; meaning their farm prioritizes social, economic and environmental sustainability.

Despite the opportunity for bragging rights, Flemming prefers to do the right thing quietly. "I like how busy we are, I don't need a bunch of people coming in because of where we're sourcing our beans. This place feels like a classic Montana coffee shop; it's backroads, not Main Street downtown where all the tourists are. This feels like Bozeman to me," Flemming said.

The other thing about Beacon that's changing is the coffee shop's logo colors. Done with the former red and white, Flemming has opted for blue and yellow to match the new name. "They've always been some of my favorite colors, and yellow is just one of those happy colors. And of course, we're Bobcats too," Flemming said. "It's not supposed to be screaming blue and gold, but at the same time that's a part of our lives."

Beacon Coffee Roasters, though slightly different than it was last year, is no less friendly or welcoming to the community. "That's what I love about this place is that the majority of people I see are regulars — like I see them regularly and I can build relationships with them and talk to them about their classes and their jobs and that's honestly the best part of my job," Schield said.

Be sure to stop by for a vanilla chai latte or a drip coffee — Flemming and Shield's recommendations — and enjoy the beacon of joy they've worked so hard to create.



People enjoying the sunny weather outside of Beacon Coffee Roasters on Monday, Jan. 29th. Photo by Cheyanne Kerns.

How Bounty of the Bridgers supports student nutrition

BY ALYSSA STARR

Nestled across the street from the American Indian Hall inside an unassuming building is a resource that not many students know about. The food pantry, Bounty of the Bridgers, is located at 1102 S. 6th St. and provides students in need with supplemental food such as rice, pasta, canned goods, bread and shelf-stable milk.

According to Margaret Davies, the basic needs program manager within the Department of Student Wellness, Bounty of the Bridgers started in 2017 as a student initiative.

According to Davies, within the last five to ten years, food pantries have become an area of focus for schools' student success departments.

"I think that has happened across the country just because costs of attendance to universities have continued to go up, and it's really hard to pay for school," she said. "And often, when budgets are tight, food is the first thing to go. So I think students recognized that need back in 2017 and just wanted to support their fellow students, so they started trying to figure out solutions for that."

With the increased cost of attending college, Bounty of the Bridgers has provided emergency-supplemental food to many students and that number continues to rise every semester. Last school year, they distributed 19,345 pounds of food to 735 unique students over 1,680 visits. Typically, students who use the food pantry visit more than once during the school year, according to Davies.

According to Davies, the food pantry anticipates more visits this semester based on trends from last year. "For example, in the spring of 2023, we were typically serving around 200 patrons or 200 visitors per month. So, not unique students, but visits. This last fall, we were seeing about 400 visits a month. So almost double from the spring to the fall," Davies said.

According to Davies, the need for more supplemental food assistance has increased. Since Bounty of the Bridgers operates as a non-profit organization, many businesses and partnerships help to support its endeavors. Most of its programming is funded through the alumni foundation. However, according to Davies, grants from organizations like the Albertsons and Kroger foundations, individual donations, and partnerships with the Gallatin Valley Food Bank and local grocery stores like Smiths, Costco and Rosauer's also support programming at Bounty of the Bridgers.

While the food pantry is open from 2 p.m. to 6 p.m. Monday through Thursday, Davies noted that some products, such as bread, milk and household staples like flour and oil, go fast. The best time to find those items is after student employees complete their "food rescue" at the three grocery stores mentioned above. After the food rescue, students bring that food directly to the Family and Graduate Student Housing community center and distribute it immediately. Bounty of the Bridgers food rescue distribution pop-ups are from 1 p.m. to 3 p.m. on Saturdays.

"Often, when budgets are tight, food is the first thing to go."

- Margaret Davies, basic needs program manager within the Department of Student Wellness

"We pick up anything that they are getting rid of that day that is non-perishable produce or bread items. The reason for that is Costco, for example, if they have a bag of ten oranges and one of them is moldy, but the other nine are fine, they can't distribute that. But if they give it to us, because of food pantry laws and whatnot, we can open that bag, get rid of the moldy one, and distribute the nine good oranges," Davies said.

The food pantry is open to all, but they will ask if you are affiliated with MSU in some capacity, according to their website. "So if you go in, you say it's your first time, they'll give you a little tour, explain that everything is available to you. There are only limits on certain items that go really fast, but in terms of the total quantity of food right now, we don't have a limit. So whatever you think you'll go through, you're welcome to take," Davies said. Some of those items that have limits include bread, milk, high-protein foods like canned meats and personal hygiene products, according to Davies.

According to Davies, the Office of Basic Needs is looking forward to its move to the new Wellness Center this spring, as it will be in a highly visible location and will be a new stop on every campus tour. Other services they offer include food scholarships, assistance navigating emergency housing and assistance applying to public assistance programs like the Supplemental Nutrition Assistance Program, according to its website.

Individual donations of monetary support are accepted on their website or in person in the form of food. If you want to donate money to Bounty of the Bridgers, you can do so at: *www.montana.edu/oha/bounty-of-the-bridgers/index.html* under the donations tab.

Perhaps you have some canned goods that you don't see yourself using. Community members can donate those as well. "So if you're cleaning out your pantry, you can donate anything that is unopened, unexpired, and non-perishable. So if you have a can of beans, and you're moving, and you just don't want to deal with it, you can bring it to us anytime that we're open, and we'll take it," Davies said.

For more details on other services provided by the Office of Basic Needs, head to the website *https://www.montana.edu/oha/basicneeds/index.html.*
For more information about the Bounty of the Bridgers food pantry, check out the website *https://www.montana.edu/oha/bounty-of-the-bridgers/index.html.*

Misdiagnoses Can Curb the College Experience

BY MARQUART DOTY

College students facing mental health crises are often misdiagnosed and it harms their ability to receive proper care. According to the Gallup National Health and Well-Being Index, the prevalence of mood disorders such as depression and anxiety continues to rise each year, especially among 18-29-year-olds.

While it's true that many young people are developing mood disorders at a higher rate than in previous decades, but a seemingly significant number of young adults receive the incorrect diagnoses or are told they have a disorder when they are, in fact, perfectly healthy.

Recent studies show that misdiagnoses in young adults can be caused by diagnostic criteria that fails to account for context or a lack of distinction between poor sleep habits and cognitive issues, according to the National Library of Medicine and the Oxford Academic Journal.

Imagine this: you visit a psychiatrist and complain that you've felt lethargic and emotional for the past six months and you don't know why. But the psychiatrist doesn't ask you whether there have been any major changes to your diet or exercise. Or, you see a psychiatrist and complain that you've struggled with a lack of focus and emotional regulation for your entire school career, but they don't ask whether you get enough sleep.

Without the proper context, these issues can look like depression and ADHD. When doctors are too quick to diagnose, issues that could be fixed with simple lifestyle changes can morph into a potentially lifelong, serious diagnosis and a prescription for medication that won't work. And when the medications don't work, it only makes the person suffering struggle more and further wonder what's wrong with them.

Kristina Otfinoski, an MSU alumna who graduated in Dec. 2021, was told by a mental health counselor during her time in college that she had anxiety, ADHD and autism. She has since seen a psychiatrist who told her none of those diagnoses seem accurate. She said that she believes receiving these diagnoses held her back from learning how to recover from the issues she faced during college.

"Overall, all the doctors I saw were quick to diagnose, but not careful enough to actually ask enough about my background, how I grew up, what was going on in my family at the time," Otfinoski said.

"I'm not saying I never struggled, but to give someone these really intense diagnoses on only a few meetings is doing a disservice to that person seeking help. Mostly, what I needed was time and someone to talk to. But I don't consider myself chronically mentally ill like some of these doctors are trying to make me out to be."

Of course, mental health concerns cannot always be fixed by lifestyle changes, and many do require medication. I have depression, ADHD and anxiety. Until I found the right medication, I was drowning and constantly felt like I couldn't handle college.

Unfortunately, it took me years to find the right medication — or even the right diagnosis. When I was a teenager, I was hospitalized and diagnosed with bipolar disorder. I was asked about my habits, plenty of which could be construed as manic. I am indeed impulsive and irritable and I do talk excessively.

However, my psychiatrist didn't understand that what he perceived as wild mood swings were actually symptoms of puberty and a difficult home life. For years, I was given the wrong medications and the wrong treatments, and constantly wondered why I never felt any better.

When I finally realized I wasn't bipolar, I began the arduous process of trying to figure out what was really wrong with me. It took four years. I've made a lot of progress since then, but I often wonder how much better I might feel if I'd been diagnosed correctly the first time.

So, why do mental health workers misdiagnose their patients? According to the American Psychological Association, as more and more people seek mental health care, medical professionals are being stretched thin. They are often overworked, burned out and not afforded the time it takes to truly dive into a patient's psyche. Finding the proper diagnosis is generally complicated — it has a lot of contingencies and context.

When counselors and psychiatrists lack the proper time or energy to spend, things can easily become muddled or skipped over. This is indicative of much larger issues within our society, but the sad reality is that a lot of young people will continue to struggle with relatively manageable conditions or be treated and medicated for conditions they simply don't have.

Though this information is daunting, none of this should scare anyone away from seeking help. If you are struggling, the best thing you can do is ask your doctor to refer you to a mental health specialist.

As a college student, mental health is the most important factor in success. It determines one's ability to make friends, concentrate, learn and feel hopeful about the future. Every student should feel empowered to keep up with their mental health and seek help when they need it. However, there is a crisis of misdiagnoses bubbling. It's vital that students are aware and understand how to navigate it.

Students Face Lack of Entry-Level Positions

BY HOLT BURGE

For college students, there is typically no such thing as job security. We are all mostly locked into seasonal work or sent back to the same restaurants or coffee shops year after year. Jobs in the service industry fill an economic need; however, burnout creeps in quickly. It is easy to become trapped when the hours are flexible and the pay is enough for rent. Work should benefit the mind just as much as a bank account.

Many employers in college towns ensure that college students never get the job experience they require to escape the service industry. Requirements for entry-level positions and the issue of pay based on experience turn students toward other work that will at least make them enough money to survive. Employers have failed to create jobs that educationally and financially reward college students at the entry level of a desired field.

Seasonal work traps an employee to work within a specialized field without benefits and job security for years to come. Seasonal jobs offer college students a way to break into the fields of their choice; however, the requirements are often beyond the scope of a student. It is important to note, in an email sent out on Jan. 19 to the plant science department that read "summer job opportunity for students 2024."

In the crew member job description, it lists desirable traits such as masonry, irrigation installation and proficiency in working with heavy machinery. These are, of course, desirable traits for the employer and people with the knowledge should be paid for that. The problem is that when wages are dependent on experience (DOE) it forces people to decide between experience in their field and financial stability.

Experience is a huge bottleneck when attempting to finally look for jobs that are more than just for a paycheck. Younger demographics often begin in the service industry and escaping that can be a real chore due to the higher wages present than with entry-level positions.

DOE pay creates an environment where jobs do not financially or culturally empower learners. It vilifies the pursuit of knowledge and experience which students need to become a part of their field in the future. The attitude that suggests that people should be paid less for their work because they lack experience is entirely outdated. Due to the financial situation of students, many of us can not afford to be paid less.

Anxiety within the application process is another core aspect of why many students find themselves within the service industry. The resume is a bad way to judge a person's worth in a field. The things that matter the most, like work ethic and attitude, will not come across in a resumé or a cover letter. Making students agonize over their rather short resume and rake in three character references instead of just talking is absurd. Employers need to remember to exhibit the empathetic traits that they are looking for themselves.

Attempting to do enjoyable work is difficult. The seasonal model puts a student's future in limbo for most of the year. DOE payment plans and prerequisites punish students for needing to learn. Finally, the hiring process itself kills dreams before they are ever able to get started. However, it is the culture surrounding the hiring of college students that manages to keep these emails purely as a wistful daydream.

CALENDAR

FEB. 01 - FEB. 07

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

THU 01

VINTAGE SWING SOCIAL
BLEND @ 7:00 - 8:00 P.M.
Join the Downbeat Vintage Swing Society for the weekly vintage swing social. They will host an introductory swing lesson every week to get you on the dance floor, followed by an open dance.

FRI 02

THE INFAMOUS STRINGDUSTERS
THE ELM @ 7:00 - 11:00 P.M.
Logjam Presents is pleased to welcome The Infamous Stringdusters for a live in concert performance at The ELM. Reserved balcony loge seating, reserved premium balcony seating, and general admission standing room tickets are available. All ages are welcome.

SAT 03

MEN'S ICE HOCKEY VS. UNIVERSITY OF MONTANA
HAYNES PAVILION @ 7:30 P.M.
Come down to Haynes Pavilion to cheer on the men's MSU hockey team as they take on the Griz for their last home game. Get your tickets now, they will sell out.

SUN 04

SONGS FOR A NEW WORLD
VERGE THEATER @ 3:00 - 4:30 P.M.
A tight-knit cast of talented vocalists, supported by a four piece band, will guide audiences through a series of songs that intertwine inspirational, empathetic characters and history, diving deep into what it means to be human.

MON 05

BOARD GAME NIGHT
BOZEMAN PUBLIC LIBRARY @ 6:00 - 7:45 P.M.
Here is a chance to test your strategy and teamwork skills with board games and some overall table top fun.

TUE 06

BEACON SAFETY CLINIC- AVALANCHE AWARENESS
OUTDOOR RECREATION @ 4:00 - 5:30 P.M.
Avalanche Rescue Clinics Learn to use an avalanche beacon, probe and shovel for the first time or refresh your skills and get some focused coaching with Outdoor Recreation Program staff on hand. All equipment is provided, but you will need to arrive at least 15 minutes early to check out your equipment if you're borrowing from us.

WED 07

AMERICAN BURIAL GROUND TALK
PROCRASTINATOR THEATER @ 6:00 - 8:00 P.M.
Sarah Keyes places death at the center of the history of the Overland Trail and, in doing so, offers a sweeping and long overdue reinterpretation of this historic touchstone.

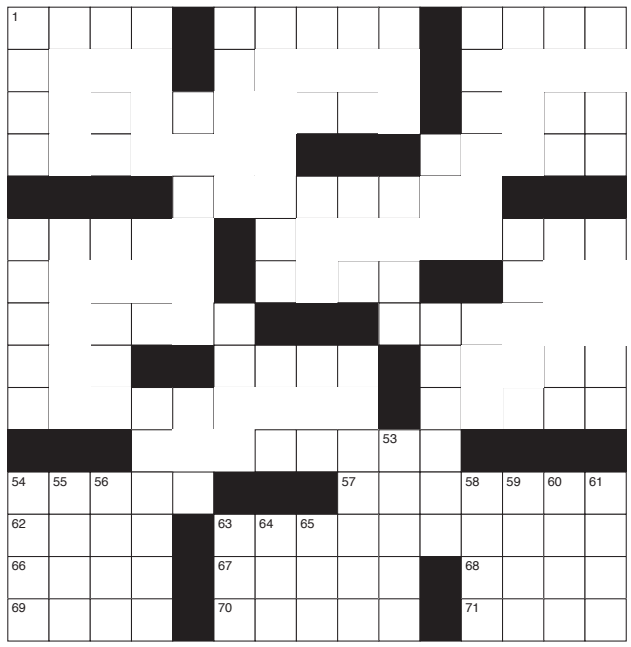
PUZZLES

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exponent

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

CODE: #9PJ6NJ63



Across

1. Abbreviation used by a forgetful writer?
5. Times to act
10. Has a cold
14. Talk like a madman
15. Kind of down
16. Bow part
17. Catches a football pass meant for another
19. Island near Key West
20. Savior
21. Walk in the Wild West
22. Scaremonger
26. Rush-hour pace
30. Cloudburst
34. Send, as payment
35. Saskatchewan senator Lillian
36. 24 hours
37. Harmonious agreement
39. Figure of speech
42. Playing piece
43. Cookie ingredients
47. Set out on an excursion
48. Welder's tool
51. Type of daisy
52. Game originally called "fives"
54. Stick on
57. "Vogue" singer
62. Roger Rabbit, for one
63. Irrelevant
66. Squad's concern
67. Canonized one
68. Crossword hint
69. Uno y dos y tres
70. Temporary pattern of behavior
71. Gels

Down

1. Proper's partner
2. Window part
3. Lowest mil. ranks
4. Understands
5. Auto-inspection sticker, e.g.
6. Bruce Willis flick
7. Payroll provider
8. Nevertheless
9. Last year's jrs.
10. Author Louisa May ___
11. Promises to pay
12. Pendulous flesh
13. Prevent from procreating
18. Grand Canal crosser
21. Submissions to lit. agents
23. Sitcom star Romano
24. Emcee's device
25. Signs
26. Piece of cake
27. Nephritic
28. Type of acid
29. Neighbor of Ill.
31. Ballet's Black Swan
32. Good news for investors
33. "I don't believe that!"
38. High time of day
40. Tristan's lady
41. "____ Headroom"
44. Ending with drunk or dull
45. Do a job well, slangily
46. Tribal magicians
49. Bellyaches
50. Levy
53. Coffee shop order
54. Off-road rides, briefly
55. Pâté base
56. Places where lines meet
58. Horrid giants
59. Cairo's river
60. Seagoing (abbr.)
61. Beer alternatives
63. Connection provider (abbr.)
64. Start of a Chinese game

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C	H	H	E	C	E	S	U	P	E	T	N	I	N
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Bobcat
Bytes
Cacao
Calcium
Catered
Cause
Chaff
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Clods
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Corps
Crooned
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Forswore
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Hassling
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Lurched
Madden
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Moorings
Noose
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Ogres
Onions
Perish
Polios
Pretty
Prude
Rectums
Salients
Since
Slogged
Smears
Studies
Super
Tactic
Tested
Vanes
Veracity
Verse

the BOX

What class are you most excited for this semester?

Advanced Minecraft

Intro to Girl Math

Fundamentals of Gaslighting

100 Ways to Make a Cup of Ramen

Multiversal Calculus

Does therapy count as a class?

The one NOT at 8a.m.

Historical Slang of the 13th and 14th Centuries

Icy Sidewalks 101

Mastery of Lawn Aeration

Fungus You Can Consume

Harnessing the Delusions Revealed to You in an Episode of Maladaptive Daydreaming

How to Detect a Reddit User 103

ACOTAR Discussion and Summary

Metabolizing freeze-dried noodles into ATP: The Basics

Finding Edible Dining Hall Food 234

Tall Tales & TIDBITS

You can APA-cite all sources revealed to you in a dream for MSU research papers.