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3-13-2019

Montana Kaimin, March 13, 2019

Students of the University of Montana, Missoula

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MONTANA KAIMIN

Who speaks for students?

AFTER 17 SENATORS
RESIGN, ASUM RECKONS
WITH RELEVANCE

STORY BY SYDNEY AKRIDGE

NEWS

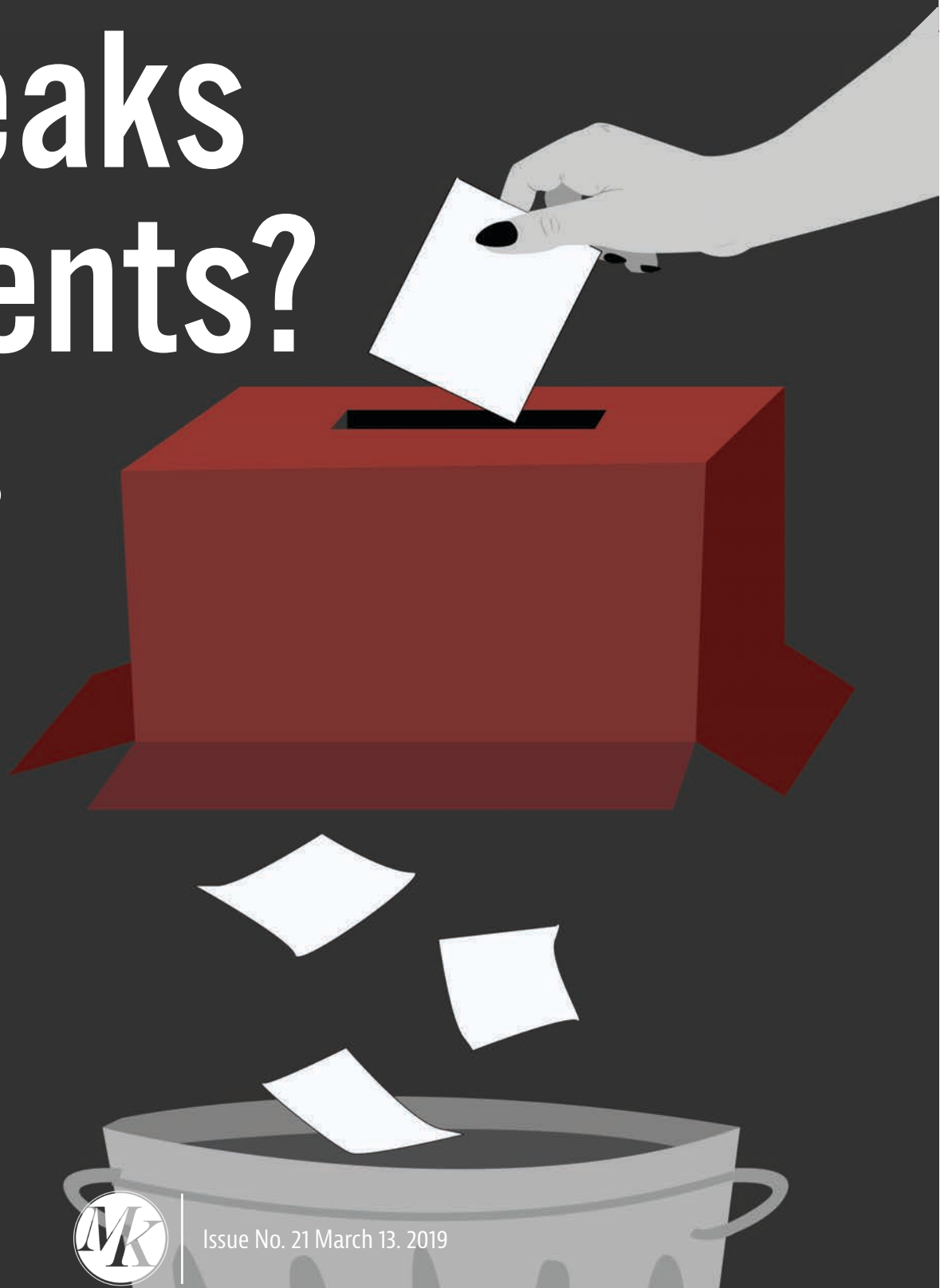
Back to McGill
PAGE 5

ARTS

Food Zoo hacks
PAGE 23

SPORTS

Court rules against NCAA
PAGE 31



Issue No. 21 March 13, 2019

KIOSK | CLASSIFIEDS & CONTENTS

ON THE COVER

DESIGN BY LILY JOHNSON

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CONTENTS

KIOSK	2	PHOTO COLUMN	20
OP-ED	3	CULTURE	21
NEWS	4-9	SUBMISSIONS	22
EVENTS	10	FOOD & PUZZLES	23-25
PROGRAMMING	11	STYLE	26
COLUMNS	12-13	SPORTS	28-29, 31
FEATURE	14-17	GALLERIES	27, 32
MUSIC	18-19		

INSIDE THIS WEEK



PAGE 27: A FRIENDLY COMPETITION AT ROCK THE REC



The Montana Kaimin is a weekly independent student newspaper at the University of Montana. It does not condone or encourage any illegal activities. The Kaimin office and the University of Montana are located on land originally inhabited by the Salish People. Kaimin is a derivative of a Salish language word, "Qeymin," that is pronounced kay-MEEN and means "book," "message," or "paper that brings news."

For comments, corrections or letters to the editor, contact editor@montanakaimin.com or call (406) 243-4310.

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It's time for ASUM to do what it exists for: Stand up for students

The Associated Students of the University of Montana's constitution says the "primary responsibility of the Association is to serve as an advocate for the general welfare of the students." But since the departure of outspoken former executives Sam Forstag, Elizabeth Engebretson and Chase Greenfield, the Senate body and its leaders have become complacent.

About three-quarters of the ASUM Senate is made up of social science majors, many of whom currently are or intend to pursue law degrees. As the Senate and its leaders become less vocal, it seems securing careers in Montana politics is more important than standing up for University of

Montana students.

Students are angry with the University's lack of transparency and carefulness with regard to creating solutions for the ever-growing enrollment and budget crises. The Senate has produced a single academic prioritization resolution asking the provost to elaborate on his 2021 strategic budget targets since Butler and Welch took office.

ASUM has also failed to respond to the displacement of its own childcare after asbestos levels prompted UM to move babies and pre-schoolers from two buildings. According to senate minutes from Jan. 30, the Senate finds the University responsible

for fixing the asbestos-related problems in association with ASUM Childcare. Since the discovery of asbestos in January, the Senate has passed legislation regarding its own website, defining students-at-large and responding to state legislative bills.

As the voice of the students, we expect both executives and senators to not just take half-baked stances on important issues facing the University, but also to take action. While we acknowledge much of the valuable work done by senators happens on the committee level, it's time to stop wasting senate meetings on passing non-actionable resolutions defining the role of the senate.

The Kaimin should not be the only body of students addressing the administration and informing campus about the issues it's facing. ASUM has used its power to produce real action at the University before, and it can be done again.

Note: This editorial was written in response to this week's cover story. The opinions in this editorial represent those of the Kaimin's editors and do not reflect on the reporter of the cover story.

LIKE IT? HATE IT? WISH WE WERE DEAD?

Email us your opinions at
editor@montanakaimin.com

BIG UPS & BACKHANDS

Big Ups to the structural integrity of UM's roofs.
Backhands to MSU's.



Backhands to Michael Jackson and R. Kelly for forcing us to delete them from our playlists, among other things.



Big Ups to that moose and her calf for reminding us that Missoula is still firmly Big Sky Country.

Backhands to the ASUM buses for having two crashes in a week. It's not your fault, but still.

Big Ups to illegal downloads of the newest season of "Star Trek: Discovery" finally becoming available. They had us setting our phasers to "fun" this past weekend.



JACKIE EVANS-SHAW | MONTANA KAIMIN

Student startups compete for cash

PAUL HAMBY

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Entrepreneurs from across the state gathered to compete for thousands of dollars in the annual John Ruffatto Business Startup Challenge at UM's Music Recital Hall on March 8.

The event brought 12 teams from a pool of 25 applicants in front of nearly 60 judges, along with attending spectators and students. The business startups included an enterprising nature network, ecologically conscious jackets and a new method for adding kale to smoothies.

"Have you ever tried to make a smoothie and reached into your fridge to find greens that were old and slimy? If you're anything like us, you're over it," Kubed co-founder Sophie Koopmeiners said during the "elevator pitch" portion of the competition.

Hosted by the University's College of Business and backed by the Blackstone Launchpad, the startup challenge has supported businesses founded in Montana since 1989. According to the event's MC and Montana High Tech Business Alliance Executive Director Christina Henderson, Montana has ranked in the top five states for successful business startups for the past several years.

The 12 teams started the day pitching their products to a group of rotating judges. Between these pitches, teams received feedback from an assigned coach. At the end of the fourth round, judges selected the top four teams to pitch to the public that afternoon.

"I competed fifteen years ago. When they offered me a spot as a judge, I said 'Of course,'" Jesse Lakes said. Lakes competed in the JRBS three times before starting Geniuslink, a business specializing in e-commerce, based out of Seattle.

All 12 teams left with at least \$1,000 in prize money and got 60 seconds in front of the audience for an "elevator pitch." The judges' choices for the best four startups then took the stage for 10 minutes to



Judges in their seating section at the John Ruffatto Business Startup Challenge on March 8. DANIEL DUENSING | MONTANA KAIMIN

compete for the competition's top prize of \$15,000.

The creators of Sellout, a ticket app that helps prevent scalping and direct more money to artists and promoters, estimated earnings exceeding \$10 million in just a few years. Sellout took fourth place. Some judges and audience members purchased tickets to the competition through the app.

Sponsors for the startup challenge contributed \$50,000 in prize money, with other awards given to the competitors, such as best manufactured product. The \$1,000 "Athena Award," given to the best team led by women, went to Sophie Koopmeiners and Serena Gossack of Kubed. Their concept of creating frozen kale cubes to add to any smoothie also earned them third place

overall and another \$5,000.

May West, a company designing winter coats from milkweed in an effort to create both warmer jackets and a suitable habitat for endangered monarch butterflies, took second place along with awards for best elevator pitch and best manufactured products.

"This all started from an art project and trying to live the life of a creative person and create something that's economically viable," founder Alayna Rasile-Digrindakis said. She named May West both after the actress and the nickname given to life vests during WWII.

Rasile-Digrindakis plans on directing every dollar she earned at the competition into material testing, to ensure her jackets

are both washable and durable.

First place went to the Ant Network, pitched by director and self-proclaimed "Antman" Miles Maxcer. Taking inspiration from Steve Irwin, Maxcer and his team launched the network aiming to promote science and technology through content centered around nature, specifically ants.

According to Maxcer, Ant Network has worked with both NASA and the Smithsonian Institution. The company's revenue will come from advertising online content and launching shows on various streaming networks.

"Way to go, Antman!" said one audience member as Maxcer accepted a massive check from Christopher Shook, dean of UM's College of Business.

Media arts classes return to McGill

PAUL HAMBY

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Classes resumed for media arts students in McGill Hall March 11 after University of Montana officials announced the building to be safe enough to enter.

UM announced Feb. 28 that McGill Hall would reopen for faculty and staff March 9, while students would return to class March 11. The reopening follows more than a month of crews clearing the entire building of loose asbestos, a hazardous building material initially discovered above a ceiling tile in December 2018.

Vice President for Operations and Finance Paul Lasiter said in a campus-wide email that the entire building will open as soon as the first floor of McGill has been abated.

Although students and staff were able to utilize the first and second floors by March 11, according to the email, abatement will continue in McGill's basement for the next three to four weeks.

"The basement's still off limits, and the sound and recording equipment are in a bit of disarray, but other than that, the crews did a great job of respecting our equipment," media arts professor Michael Musick said.

Musick, who teaches interactive arts and graduate classes, spent the past month in a Gilkey Building office. He and the rest of the media arts faculty moved back into McGill March 9.

The University announced the closure of McGill Hall Jan. 31 after weeks of trying to calm concerns from students, faculty and parents of children enrolled in the building's preschool program. Its shuttering displaced the children as well as the University's Department of Health and Human Performance and College of Visual and Performing Arts programs.

During the abatement, media arts students and professors found temporary space in Don Anderson Hall. According to interim journalism dean Denise Dowling, both the classes and the teachers can remain in Don Anderson indefinitely if needed.

The March 4 announcement came after a meeting with media arts graduate students, professors and UM Provost Jon Harbor. The provost ensured daily email updates from the administration to faculty to ensure the reopening stays on schedule.



Media arts professor Michael Murphy moves equipment back into McGill Hall on March 8, 2019.
DANIEL DUENSING | MONTANA KAIMIN

"The students have expressed their concerns, and they're entitled to them," media arts director Mark Shogren said.

University officials granted building access to graduate students early to access a lab on the second floor after industrial hygienists assured the space was safe to enter. Other students, including some seniors waiting to access 3D animation computers on McGill's first floor, had to wait another week.

According to Shogren, the past month has taught him and his students just how specialized the media arts equipment is. He has kept cameras for his cinematography class stacked in his office since crews cleared them of asbestos. Shogren rented out anything else his students needed himself. As soon as the equipment room in Mc-

Gill opens, the several truck loads of cameras and sound equipment will be returned immediately, according to Shogren.

McGill's abatement has included vacuuming all asbestos-contaminated dust and waxing over ceiling tiles to prevent corrosion.

UM's head of facilities, Kevin Krebsbach, said industrial hygienists conducted air and surface tests for dangerous levels of asbestos before opening the first two floors of the building.

According to Lasiter's email, the industrial hygienists will advise administrators on future "deep cleaning" protocols as well as possible recommendations for testing in other buildings. In the email, Lasiter did not specify when the protocols would be released or which buildings will be recommended for testing.

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SSEAS classes for Fall '19:

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Gita**
(TR 12:30-1:50)

GH328L
**Gender & Sexuality in Indian
Cinema**
(TR 3:30-5:00)

RLST232H
Buddhism
(TR 12:30-1:50)

ANTY 330X:
**Peoples and Cultures of the
World: South Asia.**
online summer 2019

Student mental health in the U.S.



Source: Association for College Counseling Center Directors 2013

DAYLIN SCOTT | MONTANA KAIMIN

Cultivating mental health takes a village

LYDIA MERCIER

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Walt Pfau left the Army on a Friday and went to his first college class the following Monday. After a year of eating well, exercising and staying away from cigarettes and beer, he found himself coming to terms in a professor's office.

"I'm fucking bipolar," he said.

In the Army, he was diagnosed with depression. According to Pfau, he was over-prescribed Effexor and Wellbutrin and couldn't sleep. He was prescribed a sedative. When he slept through work, the sedative was switched out for an antihistamine.

His first panic attack was in spring 2017. The world began to spin, and Pfau found himself trapped on his couch. He sobbed for hours. Every time he tried to get up and leave, the anxiety got worse until he had to sit

down again. Eventually, he drove himself to the Veterans Affairs clinic by Target.

Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults age 18-44.

*NATIONAL ALLIANCE ON MENTAL ILLNESS, 2015.

At the VA, it took two hours to be seen, but Pfau said he was lucky. Often, people wait weeks.

Pfau said the professor he reached out to was supportive, as most of his professors are.

"I feel most comfortable in the classroom," Pfau said.

Pfau said he wasn't sure whether he could use Curry Health Center's services because he's a veteran and doesn't pay for student insurance. The thought of being turned away was anxiety-inducing enough to keep him from reaching out.

According to UM data, 63 percent of students report "more than average" to "tremendous" levels of stress.

"You don't quite know what to do," said physics professor Paul Janzen, recalling a time when a student had a panic attack on an exam day.

Next door, physics adviser Mark Reiser is in a unique position — he has experience as an instructor and a mental health professional. He's been at UM since 2013, primarily advising physics students and teaching astronomy on the side. Reiser is still a licensed

counselor and is excited to guide students through their emotional barriers. He notes activity as a professional counselor for students is unethical and beyond the scope of his position. "It's not appropriate for me to be the primary mental health resource for a student, but it's so fortunate that we can connect students to needed resources right here on campus," Reiser said.

Reiser said UM has great resources, if they're taken advantage of. Mental health support can come from offices all across campus: Curry, Student Advocacy Resource Center, ASUM Renter Center, the Food Pantry and legal counsel, to name a few. Reiser said this "collective web of care" offers holistic support that can positively impact mental health.

According to Reiser, undergrads might not realize what's available to them. Improvements to advising and the new freshman seminars could help. He said he has seen great mental health discussions in adviser meetings, including some led by the Behavioral Intervention Team, which responds in crisis situations, and UM Allies, focusing on LGBTQ+ support. The freshman seminar will introduce incoming students to many of these resources.

Reiser said a lot of UM professors are extremely caring and willing to go out of their way to get students the resources they need.

"I've seen faculty give \$20 out of their wallet for a student to get food, and even professors offering a student a place to stay for a few nights," Reiser said.

Still, Reiser said continued education and professional development would be beneficial for everyone on campus — advisers and faculty alike.

According to Amy Fowler Kinch, Faculty Development Office director, Curry works hard to provide a variety of trainings to faculty and staff, including many focused on mental health. Instructors can also reach out to have a Curry representative speak to their classes about services offered on campus.

In October 2018, Curry released a faculty toolkit to provide evidence-based recommendations for promoting student well-being.

Though faculty members are always encouraged to work within their personal boundaries, the kit suggests reaching out for guidance from campus resources. The toolkit has all the phone numbers for these resources in one convenient place, making it easier to connect students with the services they need. It even has a section on instructor self-care.

Curry also keeps a list of student wellness advocates — faculty and staff who are nominated by students for excellence in supporting student success and well-being. This encourages faculty and staff to familiarize themselves with UM's resources. Nominations can be made on the Curry Health Center Wellness' website.

Curry is working hard, but a national trend of increased demand for mental health services is a hurdle.

One in five people between ages 18 and 24 have a diagnosable mental illness, and 54 percent of students sought counseling for mental health concerns in 2018, according to the Center for Collegiate Mental Health. In 2017, the Kaimin reported that Curry Health Center

Counseling was struggling to meet growing demand. Open appointments were often weeks away and a retired counselor came in to help. Assistant director Cathy Joy says the situation is much the same today.

Joy said requests for counseling have continued to grow, even as enrollment at UM declines.

Keeping mental health care accessible is a top priority, Joy said. The medical clinic lends a helping hand, screening for depression and suicide and giving students additional medication options. If students urgently need services, Counseling reserves four same-day appointments every day. Even if all urgent care appointments are taken, Joy said no student in crisis will be turned away.

According to Joy, students have been leading supporters of increasing the health fee to maintain mental health services in the past, and Curry is counting on it in the future. Student advocates make a huge difference in improving health care systems and access, Joy said.

The U.S. military has spent \$2.7 million on antidepressants alone in the decade following 9/11.

*FOUNDATION FOR EXCELLENCE IN MENTAL HEALTH CARE.

Skiing down Sentinel: What are the risks?



Snowboarding tracks near the M on Mount Sentinel on March 4, 2019.
DANIEL DUENSING | MONTANA KAIMIN

HELENA DORE

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After a small avalanche slid down part way Mount Jumbo Feb. 28, city officials closed the mountain to any activity. But just across the valley on Mount Sentinel, ski tracks still line the slopes. Onlookers in Missoula can see skiers and snowboarders trudging up the hills above campus every day.

According to Adriane Beck, director of the Missoula County Office of Emergency Management, skiers and snowboarders who hike up and ski down Sentinel risk starting an avalanche. Most avalanches occur on 30-to-45 degree slopes, and there are areas on Sentinel within that range.

However, Beck said much of the mountain is broken up by established trails, lowering the avalanche risk. While there's no rule against it, people are encouraged to stay on these established trails. The main concern city officials have is someone could start an avalanche right above Missoula. This is a high-consequence zone, Beck said.

While most avalanches in the U.S. happen in the backcountry, triggering an avalanche above an urban zone can be deadly. On Feb. 28, 2014, a snowboarder triggered an avalanche above a residential neighborhood in the Rattlesnake Valley. The slide destroyed a home and buried three people. Two

days later, 68-year-old Michel Colville, who was caught in the slide, died in the hospital due to injuries.

According to UM natural areas specialist and manager Marilyn Marler, there is no specific University policy prohibiting skiing and snowboarding on Mount Sentinel, but it's still generally discouraged. This is because of the steep pitch and significant cross-fencing, she added.

As of March 11, 24 people in the United States died in avalanches between 2018 and 2019, according to the National Avalanche Center. Three of these fatalities occurred in Montana. On Feb. 26, a backcountry skier triggered an avalanche outside of Bozeman in the Bridger mountains. The skier died in the slide due to trauma.

There are ways to enjoy skiing and snowboarding in the backcountry while minimizing the risk of triggering an avalanche. Regularly reading the West Central Montana Avalanche Report before deciding to shred the slopes is good practice. Taking an Avalanche I course enables avid skiers and snowboarders to dig and analyze snow pits, identify high-risk slopes and properly use beacons. This knowledge is critical for safe backcountry travel.

According to Beck, city officials do not expect avalanche conditions to get better soon, but they also don't expect them to get worse.

Seth Bodnar's emails to campus: a graphic

GREETINGS FROM SETH BODNAR	THE NEW SEARCH FOR UM PROVOST	PROVOST SEARCH UPDATE	UPDATE RE. PROVOST SEARCH	A NEW YEAR AND NEW CHAPTER FOR UM	MARTIN LUTHER KING JR. DAY
A MESSAGE FROM PRESIDENT SETH BODNAR	AGBIS CONSULTING REPORT	OPPORTUNITY IN THE PRESIDENT'S OFFICE	FACULTY, STAFF, AND STUDENT PRESENTATIONS SLIDESHOW	RECENT NEWS REGARDING UM SOCCER PROGRAM	UNIVERSITY PLANNING COMMITTEE
TOMORROW'S EVENT FEATURING MIKE ADAMS	UPC CAMPUS UPDATE 2.16.18	RESPONSE TO CONCERNS ABOUT CHANGES TO COMMENCEMENT	UPC CAMPUS UPDATE 2.27.18	CHIEF OF STAFF ANNOUNCEMENT	PROVOST SEARCH UPDATE 3.7.18
UPC CAMPUS UPDATE 3.9.18	PROVOST FINALISTS	ALIGNING EFFORTS AROUND STUDENT SUCCESS AND RECRUITMENT	ORGANIZATIONAL CHART	COMMENCEMENT UPDATE	UPC CAMPUS UPDATE 3.21.18
CALL FOR NOMINATIONS – 2018 EMPLOYEE APPRECIATION AWARDS	AFFIRMATION OF VALUE	ANNOUNCING OUR NEW PROVOST, DR. JON HARBOR	UPC CAMPUS UPDATE 4.3.18	DEANS RETREAT AND UPC UPDATE	RECENT CAMPUS EFFORTS
DRAFT RECOMMENDATIONS FOR UM'S FUTURE	OCHE STATEMENT	UPDATE ON VP FOR ADMINISTRATION AND FINANCE SEARCH	HONORING RICHARD DRAKE'S PLS SERVICE	VP FOR ENROLLMENT AND STRATEGIC COMMUNICATIONS SEARCH	DEADLINE FOR INPUT ON UM STRATEGY FOR DISTINCTION
VICE PRESIDENT FOR ENROLLMENT MANAGEMENT AND STRATEGIC COMMUNICATIONS	BROCK TESSMAN JOINS MUS TEAM	PRESIDENT'S LECTURE SERIES OPENS MONDAY	HURRICANE FLORENCE	INAUGURATION WEEKEND: A CELEBRATION OF SERVICE	AMERICAN INDIAN HERITAGE WEEK
NATIONAL REGISTER TO VOTE DAY	UM'S COMMITMENT TO CAMPUS SAFETY	INDIGENOUS PEOPLES DAY	ELECTIONS, CIVIL DISCOURSE AND DIVERSEU	JOHN MCCORMICK MEMORIAL SERVICE	TRAGEDY IN PITTSBURGH
VETERANS DAY	BOARD OF REGENTS MEETING AND UM EVENTS	REFLECTIONS AND THANKSGIVING	CAMPUS HOLIDAY RECEPTION	AN INCLUSIVE CAMPUS COMMUNITY	VICE PRESIDENT FOR OPERATIONS AND FINANCE ANNOUNCEMENT
MESSAGE FROM UM PRESIDENT SETH BODNAR	MCGILL HALL UPDATE	UM'S COMMUNITY OF LEARNING AND INCLUSION	RESPECTFUL EXCHANGE OF IDEAS	CELEBRATING CHARTER DAY	

OTHER

ADMINISTRATION/BUDGET UPDATE

UNIVERSITY EVENT/HOLIDAY

BODNAR'S RESPONSE TO AN ISSUE

Since Seth Bodnar was named to his position as president in October 2017, students and employees alike have received a variety of communications from the former GE executive.

About 60 emails sent over the past year-and-a-bit-more can be sorted into four categories. Twenty-six emails pertain to a change in leadership within the administration or the direction of the University as it faces its budget and problems. Fourteen promote a holiday or campus-wide event. Thirteen are responses to a controversial campus issue or tragic event. The remaining six don't quite fit into a category.

In the graphic, left, the Kaimin categorized all of Bodnar's emails, sorted by date and labeled with the email's subject line. This does not include emails sent from the Office of The President, which do not include Bodnar's signature.

REPORTING AND GRAPHIC
BY CASSIDY ALEXANDER

University of Montana Global Engagement
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Butler and Welch attempting to fulfill campaign promises



The ASUM office in the UC. MATT NEUMAN | MONTANA KAIMIN

SYDNEY AKRIDGE

sydney.akridge@umontana.edu

ASUM's executive pair, Alex Butler and Mariah Welch, included implementing a green office plan for the Associated Students of the University of Montana in its election platforms, but a plan is yet to be put into place.

Butler and Welch ran for ASUM president and vice president in spring 2018. The team won the general election with over 75 percent of the vote and has held the positions since the fall semester.

The green office plan's concept is focusing on building sustainable habits for a day-to-day basis. Butler said it could be an example for the rest of campus.

"I think this campus is very receptive to

student interests and concerns, so starting this in ASUM is a really great place," Butler said.

On their campaign website, Butler and Welch said the plan would focus on small solutions such as recycling and switching to LED light bulbs. According to the website, they would also "provide departments with information on how they can do the same."

During an interview Feb. 28, Butler said he did not know the status of the green office plan, but that the ASUM Sustainability Office had been working on it.

"Our sustainability coordinator, Kat Olson, is working on implementing one at ASUM. I think she has been working with the UM Sustainability Office to create one," Butler said.

Olson said ASUM plans to join the University's Green Office Program which the Office of Sustainability is developing. The program started last fall and is now implemented in 12 offices across campus, including the offices of the campus recreation director, the executive director of student success and the Mansfield library program coordinator.

Eva Rocke, Green Office Program coordinator, works directly with offices to create plans that fit. Resources on the program's website suggest energy saving routines, reducing waste and purchasing recycled products like paper.

"We've been very excited at the high levels of interest with minimal advertising, so there seems to be a good deal of support across campus," Rocke said.

Raucous St. Paddys, North Korean baddies

Wednesday 13

Take a moment to learn something new about culture you may be unfamiliar with. UM's Pacific Islanders club is dedicated to creating sacred spaces around campus. It's created a display at the Mansfield Library entrance featuring indigenous clothing and instruments. Learn the difference between the gourd instruments ipu heke and 'ul'ul' (hint: the latter is feathered). Running through March.

Worried about nuclear war? Who isn't! But knowledge is power, so it might be worth your time to check out "The Future of Denuclearization in North Korea," a Mansfield dialogue revolving around... well, it's right there in the title. Speakers will discuss the current state of the Korean peninsula, including human rights and the possibility of reunification. Noon to 1 p.m. UC room 225

Thursday 14

Feel sophisticated in your snow boots at the 39th Annual Buddy DeFranco Jazz Festival at the Music Building and Dennison Theatre. Some of the best jazz artists in the country will blow your minds, man. Performers include Doug Stone on saxophone, drummer Brian Claxton, Matt Harris tickling ivory (ahem, piano), Aric Schneller on trombone, bassist Ashley Summers and Steve Roach on trumpet. All day.

"If Walls Could Talk: Women of the East Front Street Neighborhood in Early Missoula." A lot of words, a lot to learn at this lecture in the Mansfield Library Theta Rho room. Anthropology doctoral candidate and author of "Historic Underground Missoula" Nikki Manning will enlighten attendees on a past many Missoulians may not even be aware of. Refreshments will be served. 12:30 p.m. to 2 p.m.

Friday 15

The UM student chapter of the Wildlife Society is hosting Beats, Brews and Beasts, a fundraising

event to support this group's dedication toward all things furry, feathery and scaly. Food, a silent auction, live music and a portion of drink sales all help out this important cause. VFW at 245 West Main street. 6 p.m.

Relive that sweaty-palmed, stomach-churning feeling with the Missoula Community Theatre's production of "The 25th Annual Putnam Spelling Bee." This Tony Award-winning comedy taps into everyone's worst nightmare: middle school. Laugh, cry and cringe as six adults play pubescent competitors struggling with tween drama. MCT Center for the Performing Arts. 7:30 p.m.

Saturday 16

UM's Irish Studies program and Global Engagement Office are getting into the seasonal spirit with an entire day of St. Patrick's Day events. Start the morning with an Irish Catholic mass at St. Francis Xavier at 8 a.m. before heading to view the parade on Higgins Avenue. Watch a game of hurling at the Washington-Grizzly Stadium or taste whiskey at the Rhino Bar downtown at 2. Finally, for those with deep pockets, a banquet and auction supporting Irish studies and culture will take place at the Holiday Inn downtown. Tickets for that are \$30.

Oh, honey! Come watch Missoula's finest drag queens strut their stuff in Magicked! An Evening of Enchantment at downtown's Badlander. This is 2019-2020's Gay Big Sky Pageant, so be prepared to put on your most discerning wig and vote for this year's big winner. Bring your ID or Griz card to vote. Just remember: don't fuck it up. 208 Ryman Street. 7:30 p.m. 18+. \$5.

So you've seen the parade and tasted all that Irish whiskey. What's a UM student to do? Surely there's only one answer: dance. Kris Moon's Absolutely is there like an old drinking buddy, available week after week and ready to watch you dance like St. Patrick himself probably did after banishing all those snakes from Ireland. Wait, that's what he did, right? Maybe it's time to brush up on my Irish history. 208 Ryman Street. 9 p.m. 21+. Free.

Sunday 17

International Festival returns for its 27th year of cultural enrichment with a special Irish Extravaganza and St. Paddy's Day celebrations. Travel the world without leaving the Zoo with shows, storytelling, art exhibits and everyone's favorite: Food! University Center. 12 p.m.

Monday 18

So you partied a little hard last night. Pull yourself together and maybe learn a thing or two at the 64th Montana Science Fair, Monday, March 18. Parents, teachers and students will have the opportunity to get their hands on some real academic activities. Judging occurs from 1 p.m. to 4:30 p.m., public viewing is from 7 p.m. to 9 p.m. Adams Center.

Storytelling is an ancient and powerful tradi-

tion, and it takes a lot of guts to stand in front of an audience airing out some personal stories. Come support eight live storytellers as they regale you with true tales at the Wilma's Tell Us Something: Stranger in a Strange Land (and all without notes). Each will have you pondering deep issues and considering that maybe, just maybe, none of us are alone in this world. 7 p.m. 131 South Higgins Street. \$10 in advance, \$12 day of.

Tuesday 19

San Francisco's Ganesh Vasudevan is sure to wow with India's oldest dance form, Bharata Natyam. You really can't miss this display of human agility and moved emotions through movement put on by UM's South and South-East Asian Studies and the School of Dance. PARTV Center, room 005. 6 p.m. Free.

The VFW hosts will host its weekly all-ages trivia night from 8 p.m. to 10 p.m. Flex that gray matter, or at least, bring your knack for random facts to win a bit of pride. 245 West Main Street.

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 sat 3/15 930pm **shōdown**
 sat 3/16 930pm **COUNTY LINE**
 thurs 3/21 8pm **PRO DJ ENTERTAINMENT**
 REGIONAL KARAOKE COMPETITION
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 fri 3/29 930pm **LOLO CREEK BAND**
 sat 3/30 930pm **PAY DIRT**
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AUTUMN PAYNE | CONTRIBUTED PHOTO

Horsin' around at The Roxy: Equus International Film Fest

MAZANA BOERBOOM

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WHAT AND WHEN IS IT?

Equus International Film Festival is bringing a weekend full of horses to The Roxy, March 14-17. A slew of films, presenters, music videos and other programs will fill each day with a variety of ways to be entertained and learn about our equine friends. The student price is \$5.

WHAT IF I'M NOT A HORSE PERSON?

Founder and director of the festival, Janet Rose, said even those who aren't pony stans can enjoy the diverse range of stories. "A lot of them are gonna make people cry," she said. "A lot of them are gonna make people cheer."

WHAT SHOULD I SEE?

Rose thinks all the films can be enjoyed by anyone, but she did share some highlights. "Their Last Ride," playing Friday morning, is about a woman's personal journey and the world of horse slaughter. "Boy Nomad," also screening Friday morning, is about a 9-year-old nomadic boy living in Mongolia, where horses are an integral part of his life. "A Horse, a Convict, a Chance for Change," playing Friday afternoon, details the story of a career

criminal who began training wild mustangs as a part of a correctional program. Saturday morning's "The Ride" follows a Montana cowgirl chasing her third National Championship in skijoring, a sport that merges fast horses and daredevil skiing.

EIFF is also holding several interactive experiences. There's an audience choice awards for best music video Saturday morning. Sponsor Mustang Heritage Foundation is giving a virtual reality experience on both Friday and Saturday. Dreams will come true as the audience becomes "one with the wild horse herd." But what about the real deal? Take a "field trip" to Willowbend Farm to meet its mustangs and enjoy a lunch at the Paws Up resort (The field trip costs \$25 in advance). EIFF's website has a schedule posted of the entire weekend and trailers for sneak peeks of the films.

WHO IS BEHIND IT?

EIFF is a labor of love for Rose. She created the festival in 2011 as a part of her volunteer-run organization Horse Haven Montana. She felt there wasn't a good platform for horse films and that a festival would help spread awareness. The EIFF mission statement is "to enhance the equine/human bond and to improve the welfare and well-being of the horse."



NETFLIX | CONTRIBUTED PHOTO

What to expect from 'Queer Eye' season three

KAILYN MIDDLEMIST

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The first two seasons of "Queer Eye" brought tears to the eyes of many jaded internet users. Kicking off the series with a cute old man who reunited with a lover at a vintage car show? Heartwarming content at its finest. The story of the gay man who was closeted to his stepmother and came out during his party? Tears. Tears EVERYWHERE.

The reboot of the early 2000s television show, which starred Ted Allen of "Chopped," brings a more diverse lineup of men and women in need of a makeover from Tan France and an uplifting talk from Karamo Brown. Skin routines and new diets are handed out by Jonathan Van Ness and Antoni Porowski, and homes in the heart of Georgian country are remodeled by Bobby Brown. It's a simple, wholesome show with an easily-maintained concept. So what could possibly be new this time?

The third season of "Queer Eye" drops on Netflix March 15. What can we expect from the beloved show? More of the same wholesome and heartwarming content? Not quite. "Queer Eye" has been working on expanding to a wider array of characters, but it needs more trans and nonbinary folks getting their makeovers. Maybe even a drag king or queen who hasn't found their niche yet!

The show already has a reputation for being emotional, but could maybe expand its scope into other emotional stories. Most episodes offer some sort of human experience people can connect with, but it would be nice to see some experiences most people would not relate to. Stories told in an empathetic way can help viewers learn about experiences other than their own.

We can also expect more French tucks and confusion over what, exactly, Karamo's job is. And we might finally learn that Jonathan Van Ness is, in fact, Big Gay Jesus and is our new ice-skating lord and savior.

Being away at college just isn't the same as being at home!



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HALISIA HUBBARD | MONTANA KAIMIN

Deep breathing in the bathroom

In the parking garage outside Mansfield Library, I sat on a stoop in the alley leading into the first level of the garage trying to catch my breath. My hands were numb, my chest felt tight, and I couldn't stop hyperventilating. I tried as hard as I could to stop, to calm down, to breathe. But I couldn't do anything until the panic attack passed.

With a panic disorder, there is commonly a looming threat of a panic attack. A racing heartbeat, feeling dizzy, chest pains and difficulty breathing aren't things you want to experience around a lot of people. But as students, we are very often surrounded by people.

According to the Anxiety and Depression Association of America, 6.8 million Americans have a panic disorder and another 6 million have general anxiety disorder (I'm sure there's some overlap in those numbers). With so many people experiencing clinical anxiety and panic, it seems a bit silly to feel so ashamed of hiding in bathrooms, empty rooms and parking garages to panic.

In that moment, I am in my most vulnerable state. I'm scared of almost anyone who walks by me or tries to talk to me. I can't breathe, and

I can't stop any of this from happening. I feel trapped in my mind while my body reacts without me, and there's an overwhelming sense that I'm out of control. Of my mind, my body and the world around me. It's not something I want strangers involved in (though sometimes that might be necessary).

Dealing with a panic attack is difficult enough on its own but can become more difficult, depending on which stage of the attack you're at. If you feel that you're about to have a panic attack, first notice the signs. What feels weird in your brain or your body? Are you fidgety or irritable? Are you short of breath? Maybe you're feeling overwhelmed and anxious? So let's get you somewhere comfortable.

I'm lucky enough to have an office on campus full of people who will help me if I need it, but I know not everyone has that luxury. Before I worked at the Kaimin, I had specific places I liked to feel anxious. The Honors College lobby is in the top three, alongside the Dell Brown Room in Turner Hall and the bathroom at the end of the far hall of the Liberal Arts building. These are places I can go to calm down before a panic attack.

During a panic attack is a different beast entirely. Being in a large space full of strangers probably won't have the best effect on your anxiety, so bathrooms are your best option. The Honors College bathrooms are alright but are nothing compared to the third floor single stall bathroom in Liberal Arts. The bathroom across from the Market in the UC is a solid choice because people hardly use it. Another good choice, if you're in the area, is the PARTV bathrooms. First floor, near the stairs. So dark. So comfortable.

The point is, find a place where you're comfortable on campus. If you're here for 12 hours a day like some of us, you're going to need a place to decompress. So find somewhere you like to be.

But if it gets too bad, and if you get too scared — which is normal and valid, do not feel ashamed — go to the Curry Health Center. Panic attacks can be scary and dangerous, but you don't need to suffer them alone.

KAILYN MIDDLEMIST

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Riding the line between self-care and self-destruction

Not to sound cocky, but I'm pretty much the queen of self-care. I'm fresh out of a bubble bath and painting my toes as I write this. I take mental health days on the regular (I'm sure they'll start working eventually) and I own 44 different scents of lotion.

That being said, I haven't been to the dentist in, like, two years. Sometimes I feel a weird pang in my chest or stomach and instead of making an appointment at Curry, I assume that this must be the moment I die. If I get a chronic back pain — well, I guess this is my life now.

I know I'm not the only one who avoids the doctor. I also know that it would be remiss to write about avoiding medical care in America without pointing out the outrageous price of health care. However, we at the University of Montana are blessed with Curry. Sure, the student insurance plan is far from cheap, not to mention that time that I went to Curry with mono and they diagnosed me with dehydration — in their defense, I was dehydrated. Still, the staff is kind, usually good at their jobs and they give you those passes that excuse your absence from class, so why aren't we going?

For a lot of us, it's anxiety. Take my inability to make a dentist appointment, for example. At first I was afraid I had a cavity. Then I was afraid that I'd need a root canal. Then I was afraid that I had developed a fatal blood infection (thanks for the hypochondria, "Grey's Anatomy"). The anxiety builds itself up until I find myself so stressed out that I'm in dire need of another bubble bath and an

episode of "Love Island." You know, self-care.

When your self-care starts to get in the way of your responsibilities — be it to your job, your loved ones or your body — it's no longer self-care. It's avoidance behavior. I may not really be the queen of self-care, but believe me when I say that I am the omnipotent ruler of avoidance behavior. Just ask my psychiatrist, whose calls I've been screening for weeks.

A few things to ask yourself when performing self-care: Is this act going to hinder

productivity (e.g. alcohol, weed, naps)? Is this act going to give your mind a break or actively dumb you down (are you watching an episode of "Bob's Burgers" or binging "Flavor of Love 3")? And most important are you going to feel worse about yourself when you're done self-caring? If the answer is yes to any of these, your practices may be more self-destructive than self-caring.

This isn't to say that we should never engage in unproductive or even brain-numbing activities. I like living my best life as much

as the next guy, but I'll be damned if I stop watching "The Bachelor." The key is to acknowledge if you're vegging out because your psyche needs it or because you're afraid of what you really ought to be doing. And seriously, guys: Go to the doctor. I know you need to, and Curry has walk-ins.

LINDSEY SEWELL | MONTANA KAIMIN



LILY SOPER

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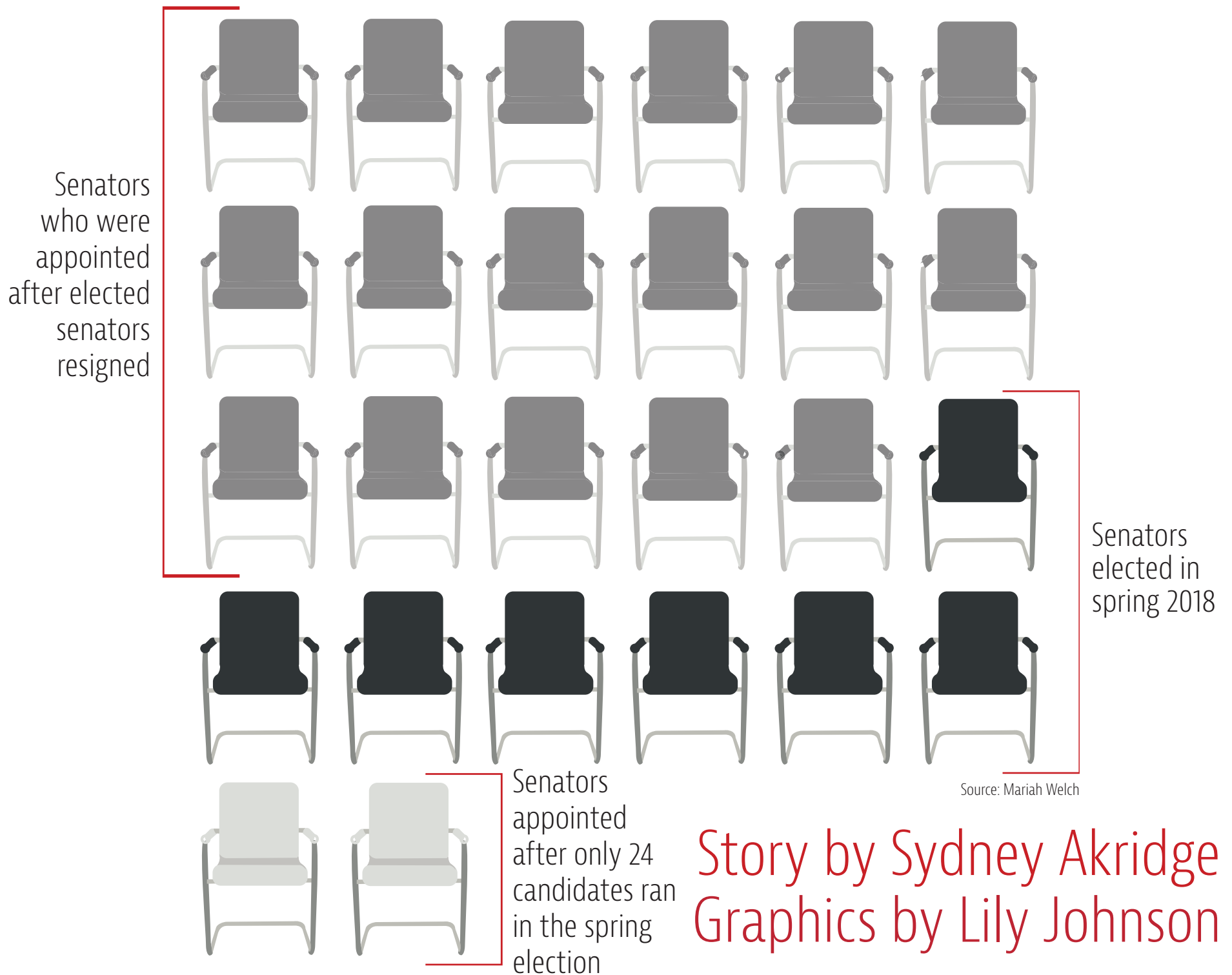
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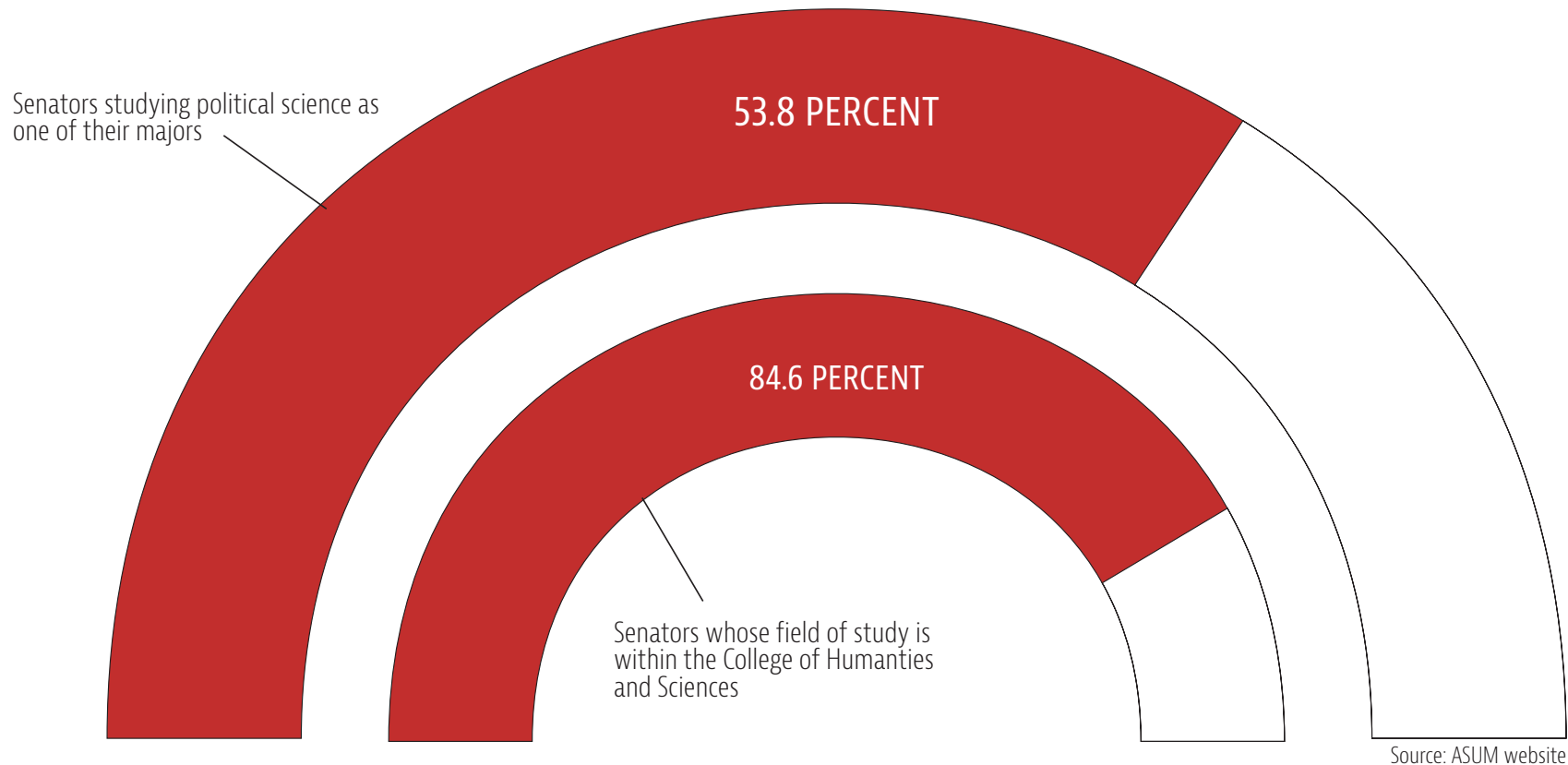
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Who Speaks for Students?

AFTER 17 SENATORS RESIGN, ASUM RECKONS WITH RELEVANCE



BREAKDOWN OF SENATOR MAJORS AND COLLEGES OF STUDY



When Eli Brown took to the podium during a meeting of the Associated Students of the University of Montana Senate on Jan. 30, he critiqued how the senate was run and presented a resolution for ASUM to apologize to the student body before he resigned his seat and stormed out.

"I felt that I haven't been able to get the senate on board for larger action. Bringing things to the senate floor only brings more issues. I didn't feel like I could make an impact," Brown, who started serving on ASUM this fall, said in an interview with the Kaimin.

The ASUM Senate was created in 1906 to represent student interests to the administration, faculty and legislature of Montana. The University of Montana's Collective Bargaining Agreement dictates that ASUM facilitate student representation in University decision making.

Due to a lack of diversity of majors, a high turnover of senators and a shortage of interest in ASUM, the senate often does not meet the standards written in its own governing documents.

In his resignation speech, Brown voiced concerns about the previous week's senate meeting, which he said may have violated senate rules and Montana open meeting laws. He criticized ASUM Vice President Mariah Welch, whom he said brought anonymous testimony to the senate floor and did not allow for discussion on the testimony, and struck the testimony from the minutes.

Welch said that she consulted the ASUM legal counsel before and after the meeting, and she does not think that she broke ASUM rules or Montana Open Meeting policies.

"Unless a University investigation is ongoing, it is not private," Brown told the senate. "In my opinion, this is just one instance of ASUM being on the decline this year."

Brown said the result of ASUM meetings are grammatical changes to its constitution, internal resolutions and arguments between senators that "result in nothing."

During his speech, Brown brought up a 2017 resolution in which ASUM had debated animal testing at the University, and noted how the resolution had been passionately

debated for three hours.

"No matter how you feel about the substance of the resolution, you can't deny that the people of the resolution cared. It was advocacy of the students who elected them," Brown told the senate.

"The truth of ASUM is it's no longer the representative body it was founded to be," Brown said before he walked out of the meeting. "Only y'all have the ability to redefine that truth."

The senate is made up of 26 available senate seats, the president, vice president and business manager. Students can run for positions on the ASUM Senate every spring, but the senate can approve appointments to fill individual senate seats during the academic year.

All students enrolled in at least seven credits each semester pay the \$73 per semester ASUM activity fee. These students have the ability to vote in ASUM elections and run for senate. But since 2009, the average voter turnout was just 17 percent of the stu-

dent population. The percentage tended to be higher during years in which there were more executive candidates running.

Thomas Hiett, the chair of the ASUM Elections Committee, and President Alex Butler said that ASUM is using campus-wide emails and social media to reach out to students about the upcoming elections, students needed to serve on committees, and to inform students on the efforts of ASUM.

"We are just trying to let people know about the elections and know that they can run," Hiett said.

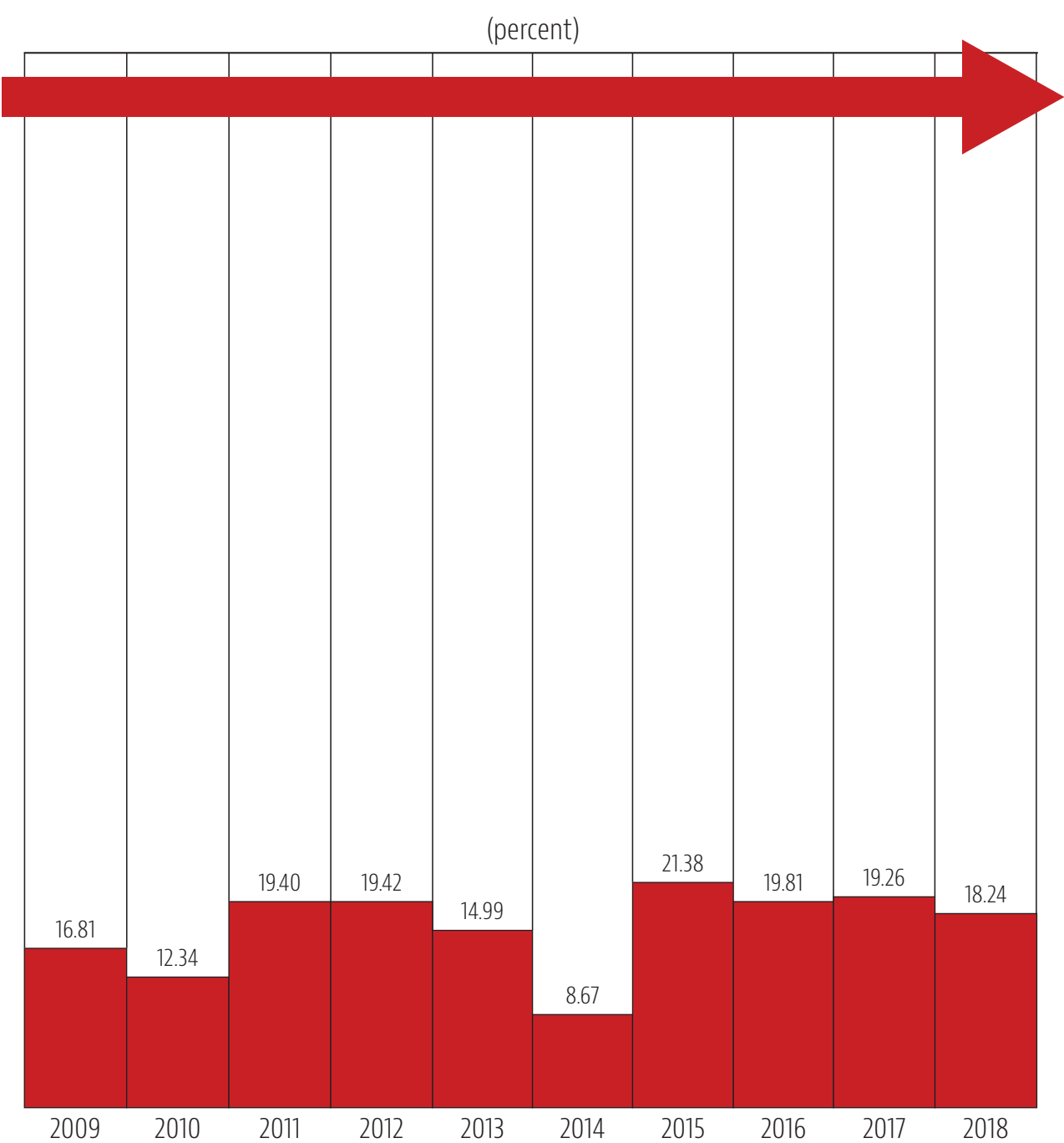
Marti Liechty, a former ASUM senator and a senior in the journalism school, said it is hard to tell how many students care about ASUM. She resigned after serving for fall semester.

"I think that they are doing a lot, but it is hard to know how effective those methods are. I read the campus emails that Alex sends out, but that doesn't mean that everyone else is reading them," Liechty said.

President Butler said that students don't need to understand all that ASUM does,

ASUM ELECTION TURNOUT FOR THE PAST 10 YEARS

ASUM VOTING



Source: ASUM office election data

but ASUM tries to make its work accessible to everyone. Senate meetings are open for public comment every Wednesday, and all senators are required to hold office hours every week.

Over half of the senate is made up of political science majors, and only four senators come from majors outside of the College of Humanities and Sciences. There currently is no representation of students from Missoula College or the graduate school.

The elections committee said it plans

to go to classes to speak to students who might not know a lot about ASUM. Because the majority of the current ASUM Senate is made up of humanities and sciences majors, the committee plans to talk to at least one class from every other college, Hielt said.

“I don’t think ASUM has given them a reason to care,” said Liechty, a senior journalism major. “Why should they care that this is how ASUM feels when ASUM doesn’t represent anyone outside of the humanities and sciences?”

There have been 17 senator resignations since April 2018 — well over half the senate — meaning the majority of current senators were not elected by the student body. ASUM does not keep a record of how many senators resign each year, but the number of resignations has increased in the last few years, Welch said. The high turnover of senators makes it difficult for ASUM to be effective and have power on campus, Liechty said.

“If you have no personal connection, it is hard and you get left out, and that can be

OCTOBER 2009 ASUM supports the Tobacco-Free UM policy	FEBRUARY 2010 ASUM Sustainability Board is formed to oversee the ASUM Sustainability Center
FEBRUARY 2017 ASUM opposes animal testing labs on the University of Montana Campus	SEPTEMBER 2017 ASUM stops maintaining student group webpage

 **ASUM ACTIONABLE RESOLUTIONS**

hard. That could be why ASUM is mostly political science and humanities majors,” Liechty said.

There is a fall retreat for ASUM every year to get to know other senators and learn specifically how ASUM runs. Liechty said it is difficult for senators to come in part way through the year and try to learn everything when the rest of the senate already knows what is going on and learn the constitution and bylaws that govern ASUM.

The role of the vice president is to oversee the work of the senate. This includes keeping track of attendance, following ASUM bylaws and Montana Open Meeting policies for all senate meetings and giving a report at each senate meeting.

“I think [Welch] has grown to be very lenient in holding people accountable for absences. She has no idea if I went to my committee meeting. There is no way to hold people accountable,” Liechty said. “There are mechanisms in place to deal with absences, but clearly, I don’t think they are working.”

Welch said she has been more harsh on senator absences than past ASUM vice president. Senators can only receive an excused absence for personal or family emergencies.

Brown, the political science and philosophy junior who resigned from the senate in

G RECORD FROM 2009 TO 2019

2010	OCTOBER 2014	MARCH 2015	SEPTEMBER 2016
ility to UM nter	First electric busses begin running on campus	ASUM supports Reinvest Montana's request that the UM Foundation change its investments	First deaf senator is sworn into ASUM
2017	MAY 2018	SEPTEMBER 2018	JANUARY 2019
ent es	A Student Group Coordinator position is created to work directly with student groups	ASUM endorses the 6-Mil Levy	The J. Doe Ad Hoc Committee is formed to assess the needs of sexual assault survivors

Source: ScholarWorks database
of ASUM resolutions

ASUM NON-ACTIONABLE RESOLUTIONS

January, said that Welch is more concerned with the feelings of senators than getting necessary work done.

"She is interested in what everyone is doing and what is going on, and she thinks that is what makes her a good leader," Liechty said. "I don't know whether or not I agree with that."

Because more than half of the senate are political science students, the senators spend classes, senate meetings and personal time together. Welch has a difficult job to keep personal lives outside of the work that ASUM does.

"I think I have done a good job this year drawing the line between personal and professional," Welch said. "I don't think that senators let that affect them on the senate floor, and I definitely hope that doesn't affect them in committee meetings."

There are two reserved seats on the senate for a Missoula College student and a graduate student.

"I think that having seats dedicated to Missoula College students and graduate students does show that ASUM does care about representation," Liechty said, "but that does not mean that it is working to rep-

resent those students."

ASUM's lack of representation affects the association's institutional integrity, Brown said.

"Until we have more representation and participation, ASUM will not be reflective of the student population," Brown said.

ASUM has a voice in some very major conversations on campus, President Butler said. Its influence at the University comes, in part, from its role in giving student perspectives in decision-making committees on campus.

The ASUM president has the responsibility of appointing students to sit on University and ASUM specific committees, according to the ASUM constitution. Senators are required to serve on at least two boards or committees and be present at all committees and senate meetings unless they are specifically exempted by the vice president. Students not on the ASUM senate can also sit on committees as a student-at-large.

Brown said that most of ASUM's time is being spent making changes to ASUM itself. This includes altering its constitution and giving out money to student groups.

"I think what we see a lot of the time is if there is a resolution that makes it to the floor, too much time is spent on fixing grammatical and formatting mistakes,"

Liechty said.

Resolutions passed by the senate allow ASUM to take a stance on things happening on campus, in Montana or nationally. Resolutions can also be used to amend or change the documents or create ad hoc committees that meet until the end of the school year.

"They don't do anything," Liechty said.

Brown said the way the senate is run forces senators not to act. He said he tried to talk to the vice president, but he didn't feel like he got anywhere with the conversation.

Brown said that there were times when he brought up issues directly to the vice president. Brown respects Welch, he said, but, "she has chosen to do her job by facilitating ASUM focusing on the opinions and the feelings of different senators."

Brown said the vice president obviously cares very deeply about ASUM and the senators, but this is not the purpose of ASUM. He said the senate should professionally be an exchange of ideas.

"There needs to be room for intellectual conflict on the senate floor and especially with the administration. If it is going to end with an outcome that is better than keeping a good public image," Brown said.

Butler said he thinks that the UM administration is mostly receptive to the ideas of students. Butler said he believes that bringing students into committee meetings can change the administration's ideas of what students want.

"A lot of administrators are removed from students. That is just their position. So for them to be able to have a really pointed, personal experience with a student, that is something new for them," Butler said.

Butler said that he needs to try to find the balance between student input and recognizing gaps where students aren't represented.

But Brown said he thinks senators could do more to fight for student interests. He has also addressed the Faculty Senate and written multiple letters published by the Montana Kaimin.

"I think that the focus of the majority of the senate is to appease the administration to make change possible. They are willing to agree with the administration to gain political capital on other issues," Brown said.

"I believe that the current priority of ASUM is directly aligned with the administration's priorities," Brown said.

"I don't necessarily agree with him that we are willing to agree with the administra-

tion to gain political capital on other issues, however, I totally think he should continue to express how he feels about ASUM," Butler said.

In October, Brown brought a resolution to the senate floor that requested the provost, Jon Harbor, explain the proposed faculty cuts. The purpose of the resolution was to put pressure on Harbor to be more transparent with students about the decisions being made.

"I felt it was very necessary to get more information," Brown said. Brown asked the senate to call the provost to speak to ASUM about the reasoning behind the budget target decisions. These decisions impact students directly, he said.

Brown said that he was questioned on the senate floor before the resolution was passed about justification to bring the provost to ASUM to speak. He said many senators did not think that this was the role of ASUM.

Brown said he was told to reach out directly to the provost with the questions he had. Brown said that the reason he proposed to ask the provost to the ASUM meeting was because the provost was not easily reachable and did not respond to emails well.

"I believe that was a very productive meeting and that was because he authored the resolution asking him to come to senate, so I really appreciate his willingness to do so," Butler said. The resolution eventually passed.

Liechty said that when Harbor was asked to come to ASUM, he gave "a very bland PowerPoint presentation mostly with information that we already knew. He had very scripted answers, and when he did not have a scripted answer, he said he would have to get back to us," Liechty said. However, she said that bringing administrators to meetings is not always an effective way of making the University administration be more transparent.

"You can't make administrators care," Liechty said.

Liechty said that students most likely view ASUM as a cliquy, liberal organization, and that can deter students from getting involved.

"I joined ASUM knowing I felt that way about it, and I left ASUM still feeling this way," Liechty said. "It is so hard getting anything done. Why should students trust us? What has ASUM done to earn that trust? I don't know."

Kids who will rock your socks off and razor-sharp power pop

NOELLE HUSER

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ZACC YOUNG ARTIST SHOWCASE: CHEESEY TURTLES AND THE FLASH FLOODS

They might not be much bigger than the guitars they wield, but the kids of the Zootown Arts Community Center rock camps have the enormous energy to match. Loud and proud, Friday they will take the stage of the Top Hat Lounge. You would be surprised at how hard a kids' band can rock, but maybe not considering the encouragement they get with the ZACC's rock camps, breeding talent and confidence at a young age. The Cheesey Turtles and the Flash Floods are two of Missoula's best bands under the age of 11 and exemplify the ex-

citement, comradery and raw talent of Missoula's young musicians. The Cheesey Turtles are a rock band with some of that Missoula psych influence and have been playing together for a year now. The group has already dropped two albums, "fishstuff" and "THUP," along with a fun single, "funion." The most recent after-school Girls Rock Camp gave rise to the Flash Floods, a group with fierce stage presence who are ready to rock

with an original song. This short-and-sweet showcase will warm your heart and make you kick yourself a little for not

picking up the guitar or drums when you were 7.

The ZACC

Young Artist Showcase is free and takes the Top Hat stage at 6 p.m. on Friday, March 15.

CALYX

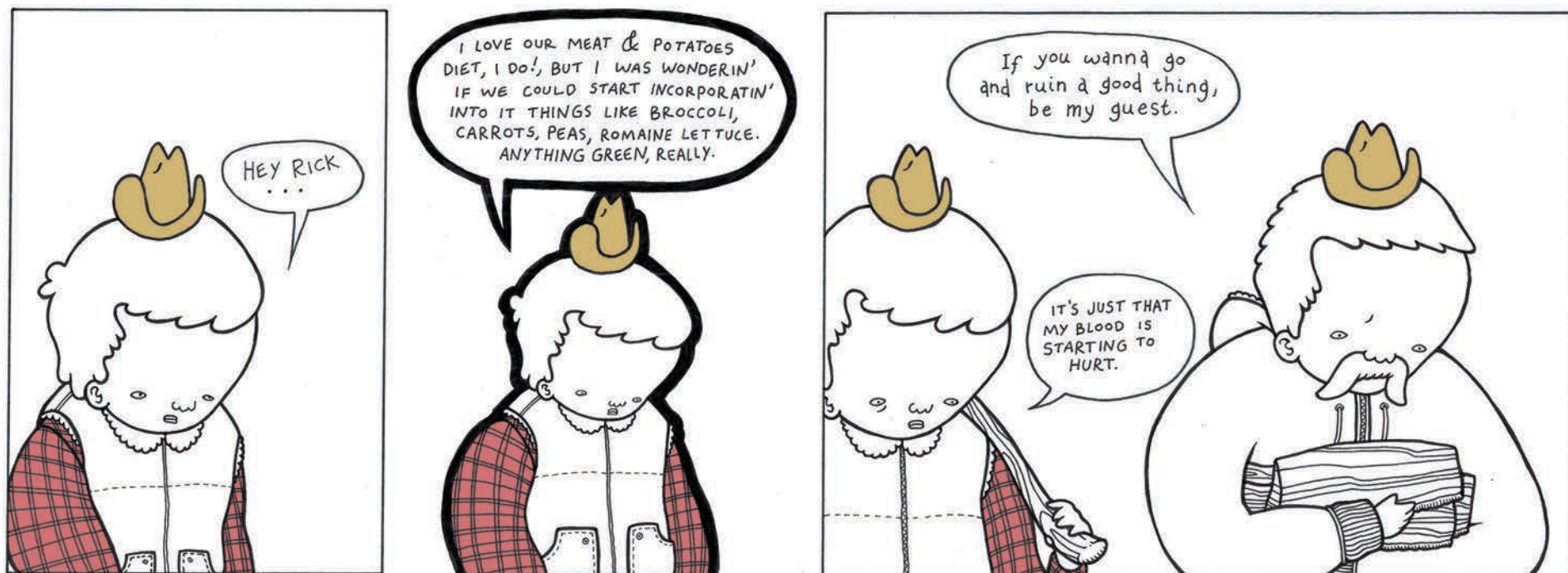
Calyx makes a sad party sound so fun, with explosive power-pop that shreds with excitement and frustration. Caitlin Bender, John Ahn and Garrett

Cassidy make up the gritty trio of Pittsburg punks. Since 2014, they have been releasing a rogue collection of singles, EPs and albums on their bandcamp. Their sound is marked by guitar that is rambunctious and full-bodied, with aggravated vocals. The lyrics are presented with an emotional frankness that recalls a Sleater-Kinney kind of razor-sharp attitude. On "Dam Behind Bam" off their 2017 EP, "For To, Oh," glowing guitar wallows over the dusk of a driven bassline. "Onom," a new single off their 2019 demo, has gripping guitar and revealing vocals. The drum rhythm is doomy and dancey all at the same time.

Calyx plays at Flavortown Saturday, March 16 at 9 p.m. along with Authority Worship, Rock & Roll GF and IO. Cash donations for the touring bands are encouraged.

ALL EARS

KAIMIN COMIC



COOPER MALIN | MONTANA KAIMIN

Solange's 'When I Get Home' provides Southern surrealism

NOELLE HUSER

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"With 'A Seat at the Table,' I had so much to say. With this album, I had so much to feel," said Solange Knowles at the Houston release of the art film accompanying her new album, "When I Get Home."

While "A Seat at a Table" was a powerful tribute to the Black female experience, the R&B songwriter's new album, released March 1, emphasizes cultural solidarity in a personalized way that Pitchfork described as "less burdened by the white gaze."

This fall, rumors and high anticipation spread about Solange's surprise album release date. The 32-year-old Texan laid low, giving only glimpses into her return home through a cowboy-hat-clad social media presence.

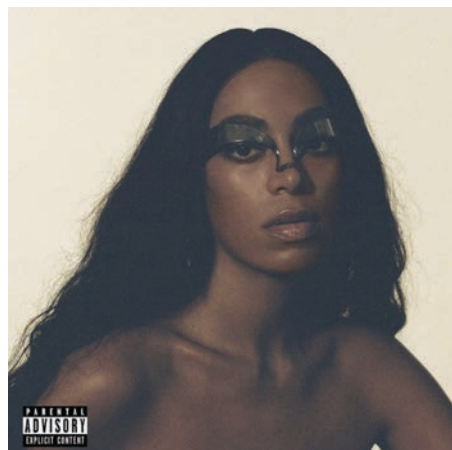
After touring for a year and coping with an autonomic nervous system disorder, she returned to a Houston demolished by Hurricane Harvey. She found a place on Wichita Street to begin a new creative process, immersing herself in her own culture for rejuvenation. Her healing and feeling on "When I Get Home" re-roots, making for her most immersive work yet.

Each moment is fully saturated in Houston spirit and Black pride. "Almeda" pays homage to Houston icon DJ Screw, using his chopped and screwed method to form methodical beats. The song features The-Dream and Playboi Carti and is a mantra of Black solidarity and resilience. "Black faith still can't be washed away, not even in that Florida water," Solange sings.

"Things I Imagined" showcases the poetic ambiguity and experimental nature of the album. The record is laced with empowered interludes. "Can I Hold the Mic" preaches, "I can't be a singular expression of myself. There's too many parts, too many spaces. Too many manifestations."

Solange directed and edited the aligning 33 minute film, which she described as "an exploration of origin, asking the question how much of ourselves do we bring with us versus leave behind in our evolution."

The film is scenic and grounded in surreal-



ARTIST: Solange

GENRE: Contemporary R&B

ALBUM: When I Get Home

SIMILAR ARTISTS: Eryka Badu, Brandy, Janelle Monáe

ism, fully rooted in Houston. It premiered at nine locations in the city, including her mother's old hair salon; Unity National Bank, the only black owned Texas banking institution; and Emancipation Gym, the only public park open to African Americans in the Jim Crow era.

The film drives through Houston neighborhoods, past mothers in rocking chairs on their lawns, kids playing in kiddie pools and lying dead covered in candles. It is full of odes to Black Texan culture, from protective hairstyles to grills and slab cars. Black cowboys ride and cast shadows, aerial footage shows rituals in desert rodeo grounds. Solange sports horse saddles, snake skin boots, and twirls a cowboy hat on her finger.

The video serves as a retreat, a homecoming, communal dancing in large enigmatic scenes that are culturally celebratory. Solange also returns into herself, showing videos of her dancing alone in her house.

"We Deal with the Freakin'" beams, "we are the walking embodiment of god consciousness." The film begins and ends with Solange, dancing with a glittering ghost. In the darkness she is radiant, flicking her wrist and tossing her hair.



Buckle up for theater-tinged Americana

NOELLE HUSER

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Buckle up because Backseat Buckaroo & The Roadside Fortune Tellers are about to take you on one surreal road trip of Americana rock. Riding backseat, you'll look through the window to find a Western landscape and an internal mindscape that reflects our decaying society. Backseat Buckaroo released its debut self-titled album March 1, and it is one political and anguish-driven escapade.

Musician Tyson Gerhardt started writing songs and assembled a band out of Livingston last summer. Gerhardt is a recent University of Montana theater alum and a current member of local bands Jackson Holte and the Highway Patrol and Quinlan Conley and the I-90 Blues. He reconnected with childhood friends he grew up doing musical theater with and found they were all energetic about the narrative and performance-based vision.

The album was inspired by Edward Valfré's children's book of American road-trip photography called "Backseat Buckaroo." The story takes a young boy on a journey through the West where he meets a roadside fortune teller. The book that inspired Gerhardt since he was a boy gained new

ARTIST: Backseat Buckaroo & The Roadside Fortune Tellers

GENRE: Americana

ALBUM: Self-titled

SIMILAR ARTISTS: AJJ, Meat Puppets

meaning as he aged, full of nostalgia and social and political context.

Gerhardt took the backseat here and let the narrative take over, exploring the "American Road Trip," finding themes of American dream, manifest destiny and disillusionment.

He said if you are going to play to the Western aesthetic "and do that without addressing certain things like how the West came to be," then you don't have a place making that kind of music.

Gerhardt amplifies this story with his acting skills, taking on characters as a performer and even creating a video for multiple songs off the album that follow a boy on Montana roads to roadside fortune teller booths and big top circuses. "Backseat Buckaroo" is a maddening whirlwind and captures the chaos of our world through an animated blend of Americana, folk, rock and musical theater.

The Corner of Fifth & Orange

"The Corner of Fifth and Orange" is a weekly series aimed at exploring the identity of the beloved Orange Street Food Farm and the shopping habits of its customers. The location and atmosphere of the locally owned market attract a wide range of people, all with the same need but different ways of fulfilling it.

Montana Kaimin: You're in the banana section here.

Susan Brown: I am in the banana section, there's nothing better.

MK: Tell me about your shopping process — do you usually do one big shop for the whole week?

SB: Not in the summer, 'cause I bike, and so I can't take all the groceries. But in the winter, my schedule just allows me to do one a week.

MK: What do you usually shop for?

SB: Well there's the basic stuff, but then also if there's something on sale I'll buy two, three, four of them. And I like to come here because it is sort of a neighborhood, funky, grocery store.

MK: Orange Street is known for having pretty good sales, do you research that beforehand?

SB: I just look at the ad, and then another reason I come is for the beer, naturally.

PHOTO AND INTERVIEW
BY SARA DIGGINS

In her cart: one red pepper,
three peaches and two
oranges. No bananas, yet.



Pisces season is coming to a close, and honestly? Good riddance

The end of Pisces season is upon us and you know what that means: the takeover of the stubborn and erratic Aries. Aries are going to be revving up to tell you what they think you're doing wrong, but they aren't the only ones. The whole astro-family is going to be on everyone's nerves this week.

Capricorn (December 22 - January 19): No one is going to be more annoying to you right now than a Pisces in full #piscesseason mode. Avoid the tears by just avoiding them.

Aquarius (January 20 - February 18): Brace yourself for some real talk: You're your own problem. It's nothing that you can help; you're in your head swimming in a constant desire for both change and stability.

Pisces (February 19 - March 20): There is hope for you in your fellow water signs during this period of difficult transitions. The gentle shoulders of Cancers and Scorpios are waiting for you to cry on them.

Aries (March 21 - April 19): It's almost showtime for you, babe, but that means your competition is in full prep mode too. It's been awhile since you've been the center of attention. Leos want the same thing. This competitive energy isn't bad, just feed off of it to improve yourself.

Taurus (April 20 - May 20): If you think someone was flirting with you, they were. This gem goes with the flow, and it scares you. Take a chance and say "yes" to a date.

Gemini (May 21 - June 20): Late March is a time for treading lightly around your friends. You've let one side of itself indulge too much in being unapologetic. Being true to yourself is important, but you need to let your friends

express themselves, too.

Cancer (June 21 - July 22): Communication with your family is important. With updates on pressing matters on the horizon, it's time to be present with them. So call your mom or maybe send a letter to your cousin. This is the time of year, feelings of gratitude can help us all get out of the funk.

Leo (July 23 - August 22): You're doing fine, calm down, beautiful. Quiet your mind and remember this. This adulting thing is hard, but you're crushing it. No one is trying to take you down because the signs in your life want to see you shine.

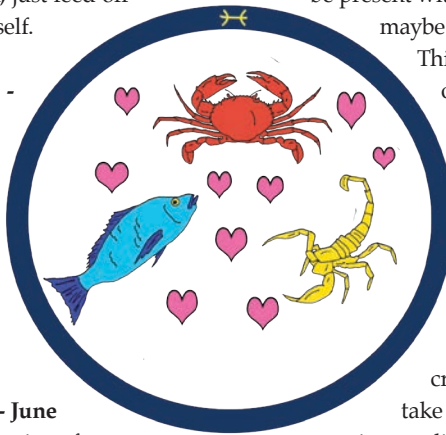
Virgo (August 23 - September 22): Don't be afraid to ask your significant other for a little affection. You've felt something linger inside

for a while telling you something is different. Talk to them; a hug may crack them in all the right ways.

Libra (September 23 - October 22): Continuing to treat yourself this way is a mistake, and you know it. Telling yourself to run every-day will hurt your shins. Remember, rest days exist for a reason.

Scorpio (October 23 - November 21): Your usual flow is wearing on you underneath the surface. Pick up a paintbrush or hang out with a different crew. Just try something new and maybe take a Pisces queen with you. Having someone to talk to will mean a lot to both of you.

Sagittarius (November 22 - December 21): It's time you stopped spreading rumors before someone gets hurt. Being quiet will be better than spreading the fire, and you'd be surprised- not everything you hear has the right context.



They trip, we laugh: The simple joy of children falling over

RAVEN MCMURRY

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There is no shame in laughing when someone falls. It's a knee-jerk reaction to something we didn't expect to happen. So the Reddit community page "r/childrenfallingover" is a gift from heaven. The name is pretty self-explanatory. Adorable kids falling off playground equipment or getting pushed by big dogs, or just falling over their own precious feet. They walk around without a care in the world and then, "Uh-oh!" they're back on the ground. We were all young and dumb like that before. But now, parents are recording their kids more, and sometimes they're running in the sand and falling face first.

Not only are parents recording the falls, sometimes they are the cause. Two little boys try with all their might to push an inflated soccer ball before a man kicks it from under their hands and directly into one of the cuties' faces. Glorious. It's a beautiful thing when parents play with their kids, but it's even better when they make mistakes.

Dogs are also major players in the "knocking

kids over" game. Sometimes it's a team effort, and they run together in order to disorient the walker. Fluffy farm animals have also been known to knock over a kid or two.

But for the most part, it's the kids themselves that cause their own demise. That's the real heart and soul of the page, the meat and potatoes. They run around on wood floors with drinks in their hands and (you should know by now) with one misstep, spill their milk all over the ground and cry out for their moms. In other instances kids are running up for balloons shaped like inflated childhood icons only to be knocked flat, learning something all of us discover sooner or later: never meet your heroes.

But the best videos, the shining stars atop the schadenfreude tree, are when kids are helping each other out. Like an older brother who forgets to get out of the way when pushing his baby brother on a swing. Ah, family. Sometimes the kids cry, and you do feel for them. We're not all heartless, but there is something to be said for sharing a laugh when kids can't figure out basic walking skills. We've all been there.



COURTESY OF U/EARTHCELTIC ON REDDIT

CHOOSE LIFE

Sometimes you find yourself searching
For something that was never there.
You hit a dead end, on a one way street,
Thinking to yourself that life isn't fair.

The problems never seem to end
As you keep trying to find a way out.
A small glimmer of hope shines through
The looming clouds always filled with doubt.

The loneliness consumes your mind
Stuffing every corner with more pain.
It feels like you'll never be free
Always on the brink of going insane.

Despite every deep, dark feeling
You crave the day it finally stops.
Just trying to move past the hell
Before the land sand in the glass drops.

There's no more room for despair
As tomorrow may never even come.
The tides are turning quickly now
With the thundering sounds of a drum.

Your time is more than precious
The greatest gift you could ever give.
Now it's time for you to realize
It's remarkable to choose to live.

Cara Grewell

UNTITLED

The part of my skin that
Is nicotine patch
Is a burning itch,
Reminding me that I'm quitting smoking,
Which seems counterproductive.

And I can't tell if it's the grief
or the lack of cigarettes
That's causing my insomnia
But either way

I had a stress dream that
I was a Kardashian sister,
helping Kourtney
Pick out tiles for some floor in her house.

And I woke up wishing
I didn't have to think.

K.M.

UNTITLED

I am the ease of convenience,
A business card
Forgetfully slid into a back pocket:
"Call for a good time."

My body is as easy to rearrange
As the furniture in my apartment;
As if a new tenant has signed the lease,
It ceases to be mine.

Yes, I tell you,
Because I only feel
pretty when I'm wanted.
Buckling under the
pressure of your storm,
All reason abandons me in the
vacuum of impressing you.

I'd do anything for your good time.

K.M.

A guide to biting the bullet at the Food Zoo and making it through the year

ADDIE SLANGER

addie.slangier@umontana.edu

It's spring semester. The temperature was recently in the negatives, the wind blows from every direction, and there is a semi-permanent layer of ice on every sidewalk. On top of this? The Food Zoo has given up.

Okay. To be fair, they've only 70 percent given up (using the proverbial 'they' of course, to avoid placing blame on anyone specific). I mean, just a few days before I wrote this we were blessed with chicken strip night (a whole 'nother article in and of itself).

But the day before that, as I stopped by quickly before my 5 o'clock class, all that was left in any of the lines were four hot dogs. No buns, no condiments, just four hot dogs. And if I have to face one more beef 'n broccoli night, I might lose my mind.

So we at the Kaimin decided to put together a little guide. A How To for the Food Zoo, if you will.

For your convenience, I've broken these tips down chronologically, from breakfast to lunch/dinner to dessert. Just keep this Kaimin issue with you as you navigate the confusing waters of the Food Zoo and you'll be set.

I will concede, breakfast at the Zoo is pretty consistent. It's probably the best meal of the day. I have two hacks, though, for when those scrambled eggs are looking a little too watery.

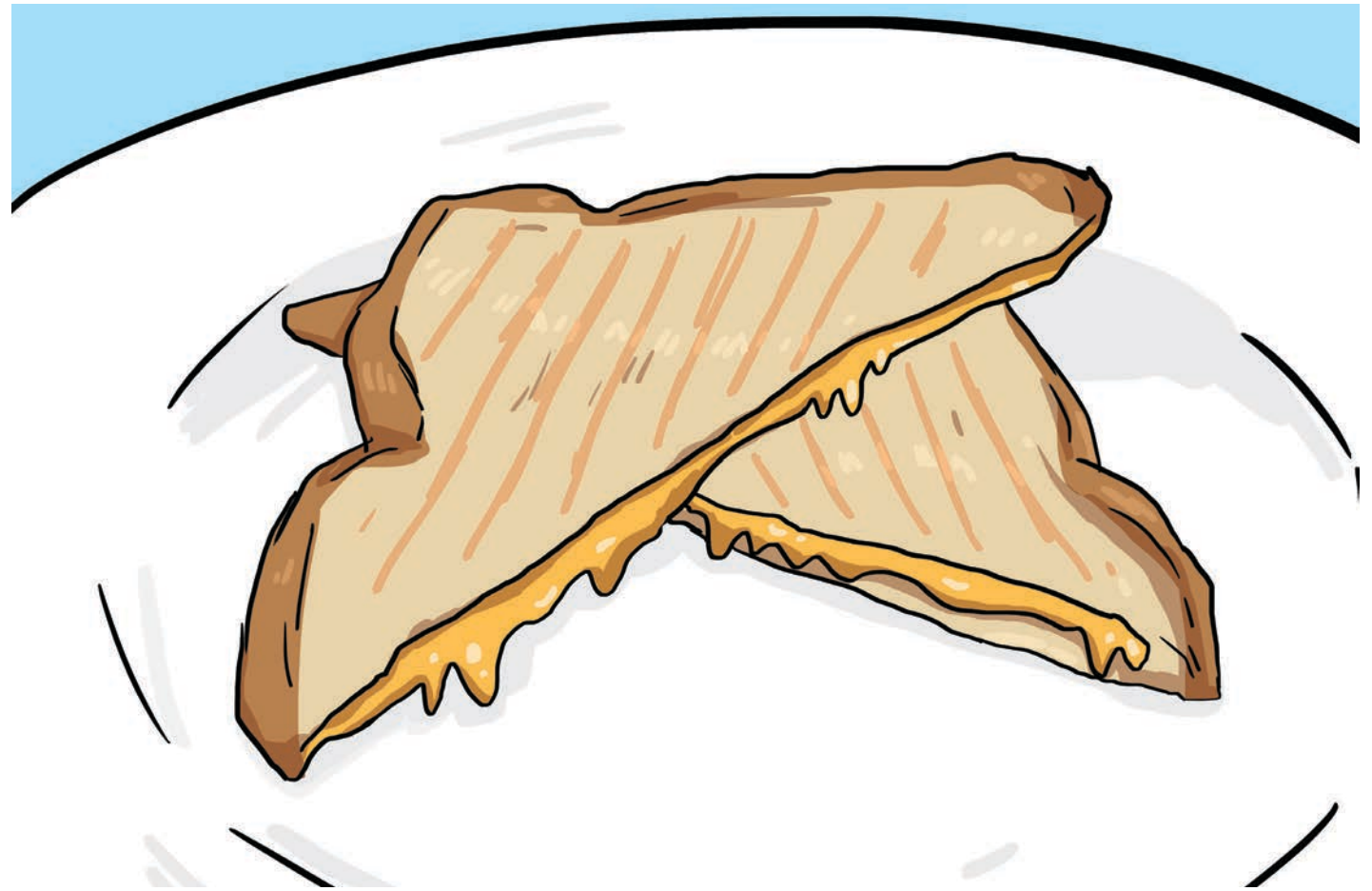
Let's start out with something serious. My friends and I have a Sunday waffle tradition to pass on to you, dear reader. The first step is pretty obvious: make the waffle. Next, sauce it up. Be as boujee as possible.

Recommended combinations include: peanut butter-banana, blueberry-whipped cream and strawberry-chocolate chip. Make it pretty. Fill your glass up with some orange juice and pretend you're drinking mimosas in the Hamptons with your fancy waffles.

The best news is you can do this any morning. It doesn't even have to be a weekend.

If you're in a more savory mood, never underestimate the breakfast sandwich. There are a myriad of bread choices to choose from, and usually cheese and bacon (or some sort of protein) to glam it up. I'd also recommend adding some cream cheese and Sriracha to taste.

When she's constructed the way you want,



LINDSEY SEWELL | MONTANA KAIMIN

pop her in the panini press (an instrument who'll be making a reappearance as we continue), and melt it all together.

For lunch and dinner, I decided to go for a combo, because I only have so many tips and lunch and dinner are really kind of the same, right?

When all else fails, there's always a grilled cheese and soup. It often won't be tomato (the only constant in the Food Zoo soup section is the vegan chili) but part of this guide is dedicated to adaptability. And it will always be better than the not-worth-the-environmentally-conscious mushroom burgers or scary-pink chicken.

You can go with the classic cheddar — I'd advise a thin layer of mayo to really enhance the flavor (is that how it works?). If you want a little finer-dining grilled cheese, I'd recommend some swiss with pesto and sprouts. There's always a variety of toppings and

cheeses to choose from at all times. When you have your desired combination, pop that mf in the panini press and voila.

Along that same thread, there is almost always bacon, and always (to my knowledge) lettuce and tomato for lunch and dinner. Choose your bread, slather on the mayo and make yourself a panini BLT.

You can also go crazy and make a barbecue chicken sandwich in the press. Add an onion ring and some jalapenos if you're really feeling adventurous. The world is your oyster.

When it comes to desserts, I have a few special tips and tricks. I have decided to rank them here from relatively healthiest to least healthy.

If you're feeling like you need something sweet on the lighter side, I can't emphasize enough how good a banana or apple with peanut butter, or almond butter or sunflower butter, can be. For about two weeks last month, the Food Zoo randomly had nutella, so that is

definitely applicable here as well. It's all up to you. Live your truth.

If you're in the mood for something sweet-er, or it's cheat day, let me blow your mind real quick with two simple words: whipped cream. It's almost always in the dessert area, and I've discovered it's one of the single most versatile foods in the Food Zoo.

Slap it between two cookies for a mock ice cream sandwich (note: there are always real ice cream sandwiches mere feet away from the dessert section at any given moment, but please suspend your disbelief for the sake of my hacks). Dip your coconut macaroons in it. Put some in your hot chocolate on a cold winter night. Put it on your pancakes in the morning or serve it with a side of fruit to be real classy. Use that stuff to its utmost potential.

And just remember, when all else fails, sometimes you just have to cut your losses and order Pizza Hut. Nobody's perfect.



Fake your way to adulthood with rotisserie chicken

Rotisserie chicken is like the dress-with-pockets of the food world. It's so easy, it's comforting and it makes everyone who sees you think that you have your shit together when that couldn't be further from the truth. Here are four ways to use up that sweet, sweet grocery store chicken.

1. You just went grocery shopping. Break off a thigh or leg and eat your chicken while it's still hot. Absolutely the best with a side of veggies and that delicious fresh French bread that every grocery store puts out at 4:30 p.m. BAM! Adult dinner! Side-note: The next day, skip your early class, slice up that leftover bread and make French toast. You won't be sorry.

2. Tacos are another fake-adulthood meal. Take some of your chicken and shred or cut it up into small pieces. Do a little more than you think you can eat; it will shrink up when you heat it. Put it in a skillet with a little bit of cooking oil on medium heat. Liberally sprinkle taco seasoning, salt and pepper onto the chicken. I like to add some Cajun seasoning too, but that's up to you. Stir so the chicken gets well-coated in the spices and cook until warm, or until there's a couple tiny shreds stuck to the side of the pan that are a bit crispy. Mmm. Serve with nor-

mal taco trappings.

3. Pack your lunch with the chicken. Cut the breast into thin, even slices for a sandwich or chop into cubes on a salad. It's that easy, my dudes.

4. As you pick apart your chicken, take care to get all the meat off in an efficient and respectful-to-the-chicken-carcass way. Save the bones and the wings and all the other gross parts and at the end of the week, when the vegetables you bought at the grocery store but never ate are still in your fridge, you can throw it all in a pot with a whole bunch of water, leave it alone for a few hours and then brag to your friends about your homemade broth. Congrats, you real adult.

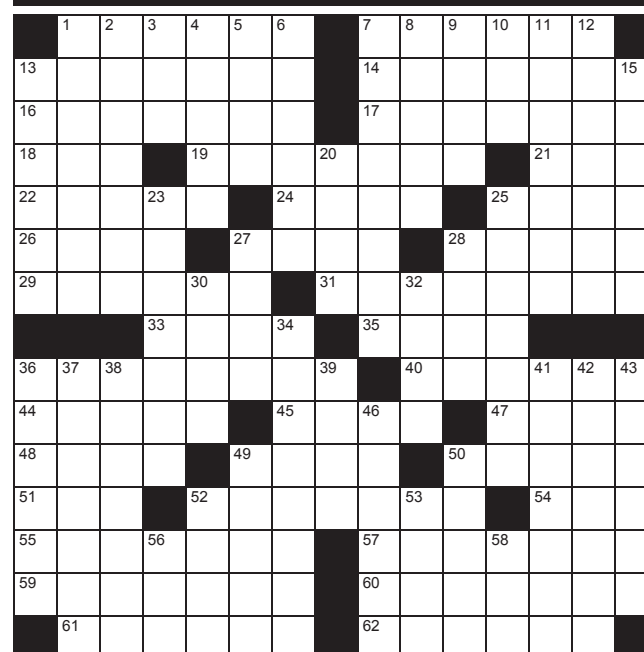
You can find a rotisserie chicken at any grocery store worth its salt, but make sure to lift them all up and choose the heaviest one. Lucky's Market has them for \$5 every Wednesday, but they average about \$6-7 elsewhere (still a good deal tho).

Contributed by Zoie Koostra

Want us to feature your student-friendly recipe? Email editor@montanakaimin.com

The Weekly Crossword

by Margie E. Burke



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ACROSS

- 1 Use the guillotine on
7 Wreak havoc on
13 What some doors do
14 Like evening gowns
16 Jubilance
17 German white wine
18 That ___ then...
19 Sheets for small bed
21 PC linkup
22 Endure
24 Slippery swimmers
25 Cowboy's buddy
26 Be nomadic
27 Canadian tribe
28 Slight trace
29 Like a teen idol
31 Changed sides
33 Straight, at the bar
35 Chute opener?
36 Blasted
40 Like some jokes or jobs
44 Watered silk
45 Sharon of "Dreamgirls"
47 Urban haze
48 Pint-sized
49 Part of DOA
50 Auctioneer's word
51 Before, in verse
52 Early timekeeper
54 Mai ___
55 Hold the minority opinion
57 Mollify
59 Core

- 60 Spark plug, e.g.
61 Like some discussions
62 Specially trained groups

DOWN

- 1 Beat a dead horse
2 Slippery
3 All the rage
4 A-list
5 Swear to
6 Naysayer
7 Dream time
8 Medicinal plants
9 Three-piece suit part
10 Census statistic
11 Like a good knight
12 Make bigger
13 Poster heading
15 Looked after
20 What have-nots have
23 Group of Catholic parishes

- 25 Famous cubist born in Malaga
27 Ink cartridge color
28 Sea swallow
30 Paltry
32 Bite the dust
34 Gifted, as a performer
36 Obstruct
37 Provide with food
38 Skilled delicacy
39 Sales prospect
41 Copy
42 Gives to Goodwill, say
43 More custardlike
46 Acid used in nylon production
49 Conical-cap wearer
50 Adrenal or thyroid
52 Email folder
53 Aquatic plant
56 Coral or Caspian
58 Dupont, in DC

Answers to Last Week's Crossword:

S	T	E	P			S	L	I	T		M	A	S	S
T	T	O	R			P	A	T	H		O	B	I	T
U	N	C	L	E		A	S	S	O	C	I	A	T	E
B	E	H	E	M	O	T	H		R	U	S	S	I	A
					C	O	D	E		P	O	R	T	E
T	O	W	A	R	D		B	R	U	T	E			
S	K	I	T	S		S	L	A	G		N	A	P	E
A	R	K		E	M	P	A	T	H		B	U	S	
R	A	I	L		E	A	S	T		U	S	U	R	P
					O	P	A	R	T		F	L	A	T
R	E	D	W	I	N	E		B	E	E	N			
E	Y	E	L	E	T		F	I	E	L	D	D	A	Y
A	R	M	A	D	I	L	L	O		O	B	A	M	A
L	I	O	N		M	A	A	M		G	A	M	E	R
M	E	N	D		E	D	G	E		R	E	N	D	

Game Fuel: What happens when there's no game?

MATT NEUMAN

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For the past few weeks, YouTube has bombarded me with ads for Mountain Dew Game Fuel, telling me it provides “victory in a can,” scientifically guaranteed to improve my “alertness and accuracy” on the virtual battlefield.

But why was I being targeted for Game Fuel? I'm not a gamer, and I don't drink Mountain Dew or any other energy drinks. I am not in middle school, nor do I JUUL. It must be because I lust for one thing: victory. And the algorithm knows.

I needed to experience the rush of a LAN party, but I had no MMORPG with which to experience it. So instead, I grabbed two cans of Game Fuel (original and tropical) and a family-sized bag of Flamin' Hot Nacho Cheese Doritos and headed to some friends' house to impose my sugar-fueled gamer rage upon them.

The taste of the Game Fuel was utterly unremarkable, so I won't dwell on that. We're here for the experience.

As my friends scrolled through their phones and “The World's Most Extraordinary Homes” provided Netflix white noise, I felt my body welling up



with the alertness and accuracy only high-fructose corn syrup can provide. They each nodded off on the couch as I gradually spoke louder and louder about how alert I was becoming. Soon I was blasting Rihanna's 2016 album “Anti” on the Bluetooth as I danced alone in front of a living room mirror.

Unfortunately the opportunity did not arise to test my improved accuracy, but I can say that this non-gamer was Game Fueled into a night of victory in a can.



How impossible is Liquid Planet's veggie burger, anyway?

LILY SOPER

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WHERE YOU'RE EATING:

Liquid Planet Grille. The atmosphere has the cute coffee-shop charm we expect when spending \$5 on a latte, but not so adorable that I feel too un-hip to deserve a seat (looking at you, Butterfly Market). The location is ideal — unless, of course, you live off campus, in which case finding a parking spot might drive you to tears and/or vehicular manslaughter.

WHAT YOU'RE EATING:

The Impossible Burger. The hype is so real that not only does LP have a sign (with a link to the burger's website — woah) with the burger's deets at the order station, but in the bathrooms as well. You'll be asked upfront if you're vegan, which will limit your options pretty severely in terms of sauces and toppings. It's also worth noting that all the fried options are used with the same oil, veggies and meat alike, so be careful about that if you're serious about avoiding animal products.

CARNIVORE'S OPINION:

As far as similarity to meat goes, it's pretty spot-on. Like ground flesh, the texture is varied in softness and even has little bits that, if you were eating meat, would probably be something gross like a tendon. While it's no Five Guys (and, at \$12 is double the price), there's something to be said for the peace of mind



gained when you bite down on a particular chewy bit and know for a fact that it isn't cartilage. I come from a pretty meat-and-potatoes family, but even I enjoyed eating a burger that didn't once have a name.

VEGETARIAN'S OPINION:

I brought my dear friend and longtime vegetarian, Olivia Destiche, to give me her perspective. Olivia's been a vegetarian for so long that she can't remember the taste of real beef, but in comparison to other veggie burgers around town (shout out to the chickpea burger at the Hob Nob), the Impossible Burger falls short. She says that when you're a vegetarian, you “aren't trying to find the one that tastes like meat, you just want the one that tastes the best.” Compared to her usual choices (including frozen patties from the grocery store) the Impossible Burger is a little dry and bland.

ALL-IN-ALL:

If you're a meat-lover who's giving it up for ethical reasons, the Impossible Burger is a god-send. While it doesn't bleed like some veggie burgers (which I think is OK, cause like, gross?) the texture and flavoring is on-point. If you're already a devout vegetarian, and especially if you're vegetarian because you don't like meat in general, I'd stick to a standard garden patty. Personally, am I going to switch over? No. Again, it's \$12. What do I look like, a millionaire?

SUDOKU

Difficulty: Medium

9		1					5	
			2					
6	4							3
		4				1		
	8			7				
				8		6		
1				9				2
				5	2		8	4
		9			3		1	

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Edited by Margie E. Burke

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answers to Last Week's Sudoku:

8	6	1	3	7	4	9	5	2
5	3	7	9	1	2	4	6	8
2	9	4	8	5	6	1	7	3
1	4	5	2	6	8	7	3	9
9	2	8	1	3	7	5	4	6
3	7	6	5	4	9	8	2	1
7	5	2	6	8	1	3	9	4
4	8	9	7	2	3	6	1	5
6	1	3	4	9	5	2	8	7



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Protecting the 'fro in freezing weather

RAVEN MCMURRY

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For some Montanans, winter is their favorite time of year. I get it! There are beautiful snow showers and hot toddies in every downtown coffee shop. But if you have thick and curly hair, like me, it can be your worst nightmare. Kinky curls need moisture, just like straight hair, but one spritz of coconut oil is not enough. To maintain my curly-Qs, I've used three different protective styles during the season to ward off winter breakage.

BRAIDS

Cornrows and box braids have been popularized by celebrities. But, the Kardashians did not invent the box braid style. These braids take time in order to do them right and have them last. Both cornrows and box braids are made using a three strand technique. If you see someone with beautiful cornrow designs or box braids down to their waist, remember this one very important thing: do not touch their hair just because it's a different texture.

WIGS AND WEAVES

Wigs are my go-to for manic Missoula weather. I put my hair in a scrunchie and place a wig cap across my hairline. My wigs have small hair-combs to stay in place. Quality wigs can be expensive, but it's worth it for something to cover your natural hair. Weaves braided into your natural hair, like extensions, are also a good option. Finding high-quality human hair extensions is important because some synthetic-blends can cause scalp irritation.

SCARVES AND HATS

Head scarves are cute and fun escapes from an everyday look. They're also less expensive than getting a weave installed or a lacefront wig. On Youtube, I've found different tying techniques to make my scarves look more intricate. But if all else fails, hats come in handy. My afro in full swing will not fit in a beanie, but maybe yours will.



TOP: McMurry poses with a wig style BOTTOM: McMurry shows off her scarf style.
HUNTER WIGGINS | MONTANA KAIMIN



A little friendly competition: Rock the Rec

Climbers gathered at the University of Montana Recreation Center on March 10 for the annual Rock The Rec climbing competition. Roughly 50 people from around the Missoula area, mostly students, entered.

The routes in the gym were color-coded with numbers such as “150” or “350” written on tape below the starting holds, representing points. Climbers enter into one of three categories: beginning, intermediate or advanced. The climbers with the top three highest scores won prizes such as chalk bags, rope or a hat.

The crowded gym was filled with positive energy, people laughing, high-fiving, and cheering with the climbers.

At the end of the competition, Elizabeth Fricke, the senior assistant director of the outdoor program, thanked everyone who competed. She concluded that Rock the Rec isn’t about anything but the joy of climbing and meeting new people.

TOP LEFT: Lydia Evanger, left, and Colton Rothwell climb up the wall.
TOP RIGHT: Marea Kuehl smiles at her friends as they congratulate her for completing a route.
BOTTOM: Samantha Mobley makes it over the ledge and proceeds with her climb.



PHOTOS BY EMMA SMITH

Girls on Shred rips up new space in Montana skate and ski culture



Bridget Creel does a "rock to fakie," a trick where the front truck is rocked over the metal lip of the ramp before coming back down backwards, or fakie. ELI IMADALI | MONTANA KAIMIN

LJ DAWSON

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Skate decks, posters and snowboarding gear fills the walls of Board of Missoula. A video console is tucked next to the changing rooms and a mini-ramp with plywood features, surrounded by colorful graffiti sits behind a door at the back of the shop.

Board of Missoula and local skateparks are typ-

ically filled with men. But Girls on Shred, a women-run skating and snowboarding club, is claimin space for Missoula women to step into skateparks and ski down mountains.

The club was started by the wife of Board of Missoula's previous owner nine years ago. Samantha Veysey Gibbons, shop manager, took it over six years ago. Since then, the club has been hosting monthly skate and snowboarding events. In the

past few years, it has partnered with local businesses, women's brands and local ski mountains to extend its reach. A few years ago, the club started hosting skate clinics.

Paging through Thrasher magazines in the shop, not a single woman skater pops off the pages.

Gibbons said the industry is struggling to become more inclusive. "It can be a very judgmental space sometimes," Gibbons said.

"It's nice to see girls in a place where they can flourish and be themselves and not worry what someone is thinking about them," Gibbons said of Girls on Shred events.

Gibbons grew up skating with boys and learned to snowboard on the East Coast. In middle school, she remembers her boyfriend leaving her crying half way up the bunny hill. Frustrated and at a loss, she got down on her own, ditched the boyfriend,

and vowed to never let that happen again.

When she moved to Missoula, Gibbons wanted to skate with women, but struggled to find the connections.

She said she was nervous to organize the first few Girls on Shred events, but positive feedback about instruction offered at the clinics and building connections kept Gibbons excited and engaged about the club.

"There is a whole different vibe when you ride with women. You look up to your right and left and up and down the hill, and it is powerful females sharing in a collective joy. And it's not competitive at all," Gibbons said.

The in-city events take over the skate park which shoos away some of the more intimidating male regulars, Gibbons said. The clinics have opened up space for young girls to get involved with a sport they otherwise might have avoided.

"But if you are surrounded by woman saying, 'Yeah that was so wicked do it again, and here's some free pads for the day' it makes people feel like they can make mistakes," Gibbons said.

Bridget Creel, a UM senior studying ecology, started skating two years ago and got involved with Girls on Shred this winter. Creel said it's easy to feel scrutinized at the skatepark. On March 7, she was the only woman dropping into the mini-ramp in the back of Board of Missoula.

"It's kinda rare to run into another girl without coordinating meeting her [to skate]," Creel said.

Gibbons loves seeing mother-daughter duos come to the clinics. Mothers get back into the sport while their daughters get into it for the first time.

The rules — no friends on powder days, shredding to the max, all double black diamonds — don't apply to Girls on Shred days. Gibbons is often surprised when members ditch a foot of fresh powder to slam on ramps and jumps in the terrain park together at Lost Trail Powder Mountain, which sponsors some of their events.

Gibbons said she has seen small growth to the female skating and snowboarding communities.

"We keep getting more and more friends across Montana," Gibbons said. Gibbons calls Girls on Shred the "OG" of women-led shred organizations. There are few around the U.S. that are as old as Missoula's.

"It's all about baby by steps," Gibbons said. "We are trying to bring people into the larger community in a less intimidating way."

"It's really freeing. It's fun, and I always walk away with new friends and sore cheeks from smiling and giggling," Gibbons said.

Girls on Shred's next event will be at Lost Trail on March 31.

Keep the Big Sky Tournament weird

HENRY CHISHOLM

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It's the semifinals of the 2015 Big Sky Men's Basketball Tournament and the Northern Arizona University Lumberjacks just hit a pair of free throws, tying the game up with eight seconds left. Montana gives the ball to Jordan Gregory, who takes it the length of the court and makes a layup to regain the lead.

Jermaine Edwards, a Montana player who wasn't dressed out for the game, runs into the middle of the floor to celebrate. But there's still half-a-second left in the game, and Northern Arizona is trying to pass in ball to set up a last-ditch heave.

The refs should have call a technical foul on the Griz, but they don't.

After the game, first-year Griz head coach Travis DeCuire gets into an argument with the Lumberjacks' coach. It turns into a pushing match. And within a few seconds, everybody on the court is shouting and shoving.

Meanwhile, over 7,000 fans at Dahlberg Arena are egging them on. The house is packed. Everybody is on their feet. It's a real college basketball moment in a real college basketball environment.

This was the last time Montana, the team with the best record in the Big Sky Conference, hosted the league tournament. The next year, 2016, only 2,516 people showed up to the Reno Events Center for the championship game. In 2017, there were 2,025. Two out of three seats were empty.

The decision to move the tournament to a neutral site — Reno from 2016-18 and Boise, Idaho from 2019-21 — solved some logistical problems. Teams and fans could book flights and hotel rooms years in advance, instead of getting just a week or two of notice. That's part of the reason nearly every other conference in the country hosts its tournament in a neutral arena.

But by falling in line with the rest of college basketball, the Big Sky lost part of its identity. When ESPN broadcasts the Championship Game on Saturday, nothing will distinguish the Big Sky from the Big West or the Southland or the Mid-American conferences. It's just another league with a tournament in another

random city. At the end of the game, one of the teams will cut the nets down in an empty arena, celebrating the fact their next game will be on a big-time stage in a sold-out arena.

The neutral site kills the energy during the regular season as well. As time wound down in a 75-74 Griz win at Dahlberg last month, a Griz fan told me, "I know this a great game, but it's tough to care since it doesn't matter if they win."

The conference season is nearly meaningless. When the tournament moved to Reno, the Big Sky allowed each of its 11 schools a spot. The teams with the worst records aren't cut out. The only thing worth playing for is a first-round bye that comes with earning a top-five seed. Teams in the middle of the pack have nothing to worry about.

In the Big Sky, the best regular season team is the one wins the most of its 20 games over 11 weeks. Each week, every team studies upcoming opponents' film, finding weaknesses and deciding how to pick each team apart. It's chess.

In the Big Sky, the best tournament team is the one that can win four games in four days (or three games in three days with the bye). Teams may not even get 24 hours of rest, and most of that time is spent recovering so they won't burn

out by the end of the weekend. It's a marathon.

The Lady Griz, who've been running a six- or seven-player rotation because of injuries, will play Thursday, Saturday, Monday, Wednesday, Thursday, Friday, if they make it to the championship. That's six games in eight days.

Good teams with good coaches perform better in the regular season, and that's who should represent the Big Sky in the national tournament.

Cut out the fat at the bottom of the league and throw in another rest day instead. Give the best team a home-court advantage, since the tournament will still value stamina over smarts.

This weekend, Griz fans should be buying buckets of paint for their faces, their signs and maybe their bodies as Montana defends its home court for three straight days, trying to punch their ticket to March Madness.

Instead, fans of every single team will watch from home. It will be equal and it will be balanced, but it won't be fair. It won't be fair to the players; they deserve an audience. It won't be fair to the Griz; they deserve support. It won't be fair to fans; they deserve a show.

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Court rules NCAA can't limit education-related scholarship benefits

HENRY CHISHOLM

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Editor's note: In last week's feature story, "The Waiting Game," the Kaimin reported on how NCAA rules impact student-athletes. Two days after the story ran, a federal court made a landmark decision in a case involving the NCAA and student-athletes' rights.

A Northern California District Court judge ruled March 8 that the NCAA can no longer put restrictions on education-related benefits student-athletes receive from schools. The former amateurism rule banned student-athletes from receiving salaries from colleges or signing sponsorship deals. The rule justified the claim that student-athletes should be treated like amateurs and receiving a free education is fair compensation.

Judge Claudia Wilkin found NCAA policies impacting Division I men's and women's basketball players, as well as Football Bowl Subdivision football players, violated antitrust laws. She said the NCAA was abusing monopolistic power in the market for student-athletes, since recruits had to choose among scholarship packages with values limited by NCAA rules.

As a result, the court ruled the NCAA is "permanently restrained and enjoined from agreeing to fix or limit compensation or benefits related to education."

Now, the power lies within athletic conferences. Each conference will set its own rules regarding what education-related spending member schools will be allowed to offer their student-athletes. The court's intent is to create competition between conferences for student-athletes, and collusion between the conferences would be illegal.

The decision stopped short of allowing schools to pay its student-athletes wages for their performances. However, any education-related expense is now eligible to be covered, if the conferences decide to allow it.

Schools can now offer educational equipment, like computers and musical instruments, to student-athletes, reducing their out-of-pocket costs. Tutoring and study-abroad packages are also eligible to be covered by the school, following the decision.



DAYLIN SCOTT | MONTANA KAIMIN

Additionally, schools don't have to stop paying for their student-athletes' education once their athletic eligibility expires. A school will even be able to pay for its student-athletes' graduate degrees.

In 2017, Judge Wilken ruled against the NCAA in a similar, but separate, case. She found that an NCAA cap on grant-in-aid scholarships, which is money that does

not need to be repaid but must be spent on university-approved expenses. This means 53,748 Division I athletes could be undercompensated for their services. The NCAA agreed to a \$208 million settlement that is yet to be paid out, due to an objection by one of the class members.

FBS football players and Division I men's and women's basketball players who played

between 2010 and 2015 are eligible for part of the settlement, if they played for one of over 250 schools deemed likely to offer more money, if not for the rule. Montana isn't on the list, but Griz basketball players Ahmaad Rorie, Donaven Dorsey and Jamar Akoh all played for a school on the list during that time frame, and may be eligible for part of the settlement.

Montana tennis SWEEP by Northern Arizona

The University of Montana men's tennis team took on the Big Sky Conference's number one team, Northern Arizona University, at the Peak Racquet Club on Saturday, March 9.

The Lumberjacks defeated the Griz 7-0, illustrating the youth of the Montana starting team, made up of half freshmen. The loss drops the Griz to three wins and eight losses on the season, with one win and two losses in conference play. The team has not won its last seven matchups.

The Griz played again on Sunday against Weber State, winning 5-2 and will travel to Moscow to play the University of Idaho next weekend.

The women had a more successful weekend, emerging victorious over Idaho State 4-3 and will next play against Northern Colorado on Friday, March 15.



TOP: University of Montana freshman tennis player Pontus Hallgren hits a forehand while warming up before the match.

BOTTOM : University of Montana senior Alex Canellopoulos attempts to sprint to return the ball.



PHOTOS BY ELI IMADALI