

Montana State University

exponent

Friday, February 20, 1998

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Fantasmagorical!

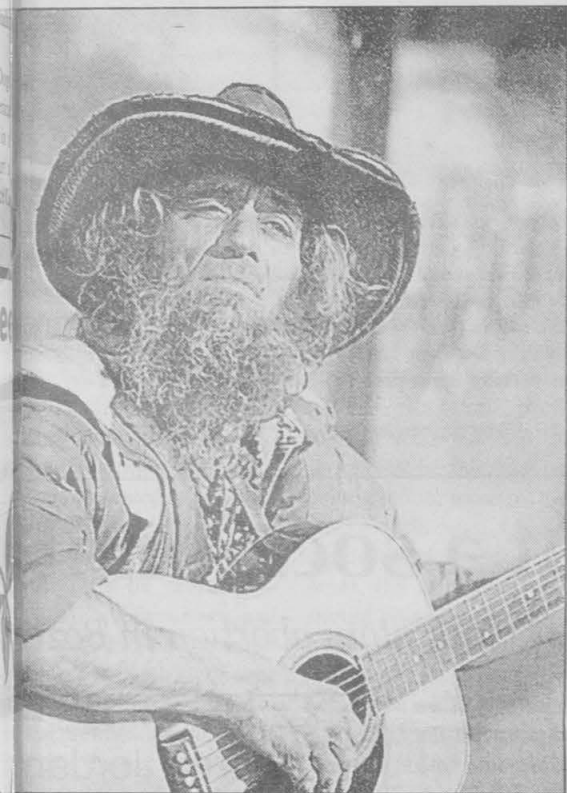


PHOTO BY ROGER DEY

Traveling minstrel, balloon bender and magician Tommy Leprechaun strums his guitar in Bozeman recently before moving on to Butte for Saint Patrick's Day.

Multi-million dollar question University system looks for mainframe funding

By THOMAS ANDERSON
Exponent Managing Editor

The Montana State University system will be looking to squeeze more than \$7 million out of its budget to fund a new mainframe computer, if the state doesn't allocate more money.

Last fall the state Legislature allocated \$800,000 for the computer system which is expected to cost \$8 million to \$10 million.

"We got \$800,000 when we asked for millions," said Rob Specter vice president of administration and finance. "The legislature did not make the appropriate investment."

The new mainframe computer will handle registration, grade lines and virtually every other computer-related process on campus, as well as the impending programming problems of reaching the millennium.

Approximately two-thirds of the total project costs will be needed for payment up front. If more money is not allocated by the state, the remaining cost will be divided among the four schools in the Montana State University system: Bozeman, Billings, Havre and Great Falls.

"We want to go back to the Legislature in '99 and ask for more money,"

stated MSU President Mike Malone.

"The current system in Bozeman is 12 years old. It is problematic and needs to be replaced," Specter said. MSU is currently using COBAL, a decade-old system regarded as non-user friendly.

The present COBAL system was funded by a combination of State appropriated funds and money from auxiliary sources supported by the present mainframe, such as campus residences.

New fees, additional charges per credit and/or a reallocation of current equipment and computer fees are all possible alternative methods of funding being discussed.

"We are talking to student leadership about how we are going to do it," Malone said.

ASMSU President Brad Schlepp said he is against new fees.

"I don't think students should have to pay for this," Schlepp said. "Students are paying enough fees. No matter how you pay for it—it is a Catch-22—reallocate, we win by not having to pay more, yet lose by taking out of equipment fees and computer fees. There's no way we can win, \$8 million is not a small chunk, it will hit students."

"The students definitely have to

be involved, their input is absolutely essential," said Alan Yarnell, vice provost of student affairs.

Two companies, Systems Computing Technology (SCT) and People Soft, competed to lease MSU an up-to-date system. MSU chose the lowest bidder, SCT. SCT's system, called Banner 2000, is not only a more user friendly system than the current one, but it also tackles the programming problem of moving into a new millennium. SCT will be responsible for the installation and upkeep of the system, which is scheduled to be running by the Fall of 1999.

"The clock is ticking down, we don't have a choice, the state pulls the plug in the summer of 1999, then we're bare naked out there," Malone said. The state will be shutting down their existing system and replacing it in the summer of '99, directly affecting MSU which now utilizes parts of the state's computer.

Final decisions on how the money will be acquired will be made in late March. However, Schlepp said he believes students should have a decision.

"I'm going to put it up to the students for a vote, whatever the vote results in, I will follow."

Governor calls on communities to organize for youth summit

ation Services

BOZEMAN—In Montana, teen pregnancy rates are rising. Youth drug and alcohol abuse is a problem. Young people lack work experience. Families lack access to quality child care education. In some, the problems seem insurmountable. What can you do? We need your hands and bemoan the current state of affairs, or mobilize communities across the Big Sky to do some-

Future last April in Philadelphia have decided on the latter approach. they are heeding Governor Marc Racicot's "call to action" and organizing community delegations for the upcoming "Governors' Summit on Youth: Montana's Promise" to be held June 14-16 at the Billings Holiday Inn.

Communities hold the key to solving many of our country's problems and it's in communities where the solutions have to be implemented, says Kirk Astroth, MSU Extension special-

ist and the Summit's Montana coordinator.

The Summit will bring commu-

"I believe Montana's strongest asset is our people, and I urge you to support this effort by taking an active role in ensuring a better future for Montana's youth."

—Governor Marc Racicot

resources necessary for thriving in the future, he says. These desired resources include a close relationship with a caring

adult: a safe place to learn and grow after school; a healthy start in life; marketable skills through effective education; and opportunities to contribute to their community through service.

"Our goal is to reach 10,000 young people by the year

2000." Governor Racicot said in kicking off the call to action. "I believe Montana's strongest asset is our people,

and I urge you to support this effort by taking an active role in ensuring a better future for Montana's youth."

Existing youth programs and organizations will be challenged to reach out to these young people who are not being reached by current programs, says Astroth. Rather than create new programs, the Summit will encourage existing programs to do more for those youth falling through the cracks.

During the Summit, successful existing programs

see Youth Summit page 6

Colleges offer buy now, enroll later plans

SKONG
Daily (U. Minnesota)

(WIRE) MINNEAPOLIS, Minn. Tuition rates grow as fast as a 4-ounce Christina Leigh, her mother should consider cash now for the four-day education.

"It's hard to think ahead that far," said Richter, who on Monday visited Christina at Fairview Medical Center. Yet, she said the idea is appealing. Colleges across the country

are stepping forward with prepaid tuition plans to allow parents to get a jump on their children's future education while taking advantage of current tuition prices.

Parents purchase tuition contracts when their children are young, and then apply the credit when their child enrolls in college.

While the University does not offer such a plan, it has a powerful backer in Board of Regent's member Warren Larson. A father of two grade-school aged children, the Bagley, Minn. resident has long advocated pre-paid

tuition. "It allows parents to plan ahead," Larson said. "It would be a good package to benefit students and the University."

From the school's standpoint, it fosters long-standing relationships and gives them money to invest years ahead of student's attendance.

Despite the advantages, University administrators remain cautious.

"It's just adding one more nuance that probably doesn't make much sense now," said Bob Kvavik, associ-

see Plan page 4

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comments

Your Turn

How do you feel about the Campus Police giving parking tickets on President's Day, a federal holiday?



I think that they have way to much time.

—Reni Kessinger



It depends on if the parking lot's full or not. If the parking lot's empty then the spots aren't in high enough demand to justify anybody writing a ticket. If the parking lots are full then you ticket them.

—DJ Luscher



I paid ninety dollars for that sticker and I think if you don't have a sticker then you shouldn't be parking in there, even on a national holiday.

—Jane Alsager



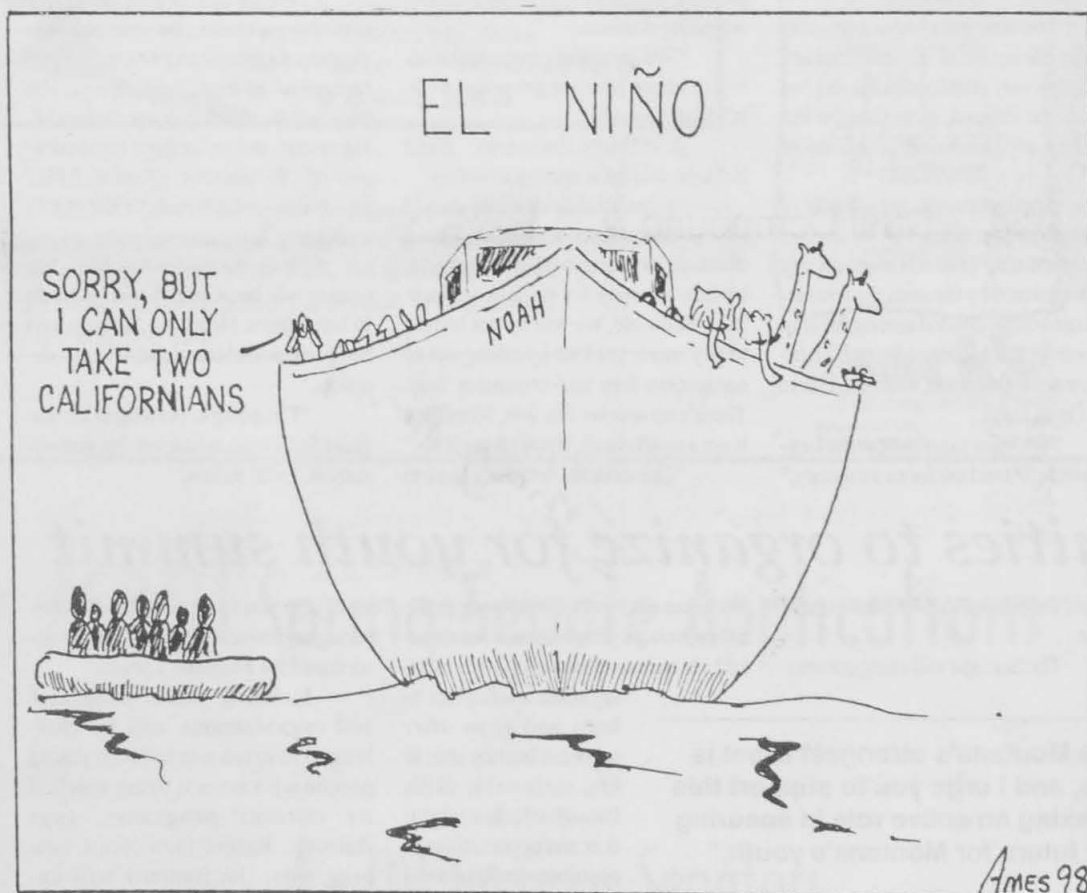
Obviously, because it's President's Day, it's sort of hypocritical for these people that work for the government to be handing out tickets. Aside from that, the fact that it's a holiday and there aren't any classes up here, it's a ripoff.

—Peter Bayramian



Why not? Give them a ticket they shouldn't be parking there anyway.

—Nick Keller



Put a sock on it!

Loss of clinic stops abortion in Bozeman

Hopefully, I've managed to attract the attention of some with this title! I consider this article to be more of a public service announcement. Just in case some of you missed the announcement in Sunday's Chronicle: Dr. Susan Wicklund, who was responsible for the services provided by the Mountain Country Women's Clinic, has closed her doors for good. So, please take note - there will be no more abortion services provided in the Gallatin county!

This article is not meant to offend, only to inform. It is evident that the debate of Pro-life versus Pro-choice is a long standing one. I can empathize with both sides of the issue; therefore, I refuse to defend one side of the argument over

Andrea Jordan
EXPONENT COLUMNIST

the other. My intentions are directed towards intellectually challenging you in an effort to raise conscious awareness of the problem at hand.

I can appreciate those who have respect for the sanctity of life but I can also grasp the real consequences and confounding complexities that are present in the lives of some others. To exemplify the purpose of this article, I'll restate a few facts:

see Abortion page 3

Olympics highlight physical strength of women

What do Picabo Street, the U.S. Women's Hockey team, and Nikki Stone have in common? Besides being Olympic gold medal holders, they are on the edge of an emerging force of American women known as "Gnarlas."

What, pray tell, is a "Gnarla?" If you've ever seen my friend, Mary Naleid, rip it up at Bridger Bowl, or MSU basketball player Tennyson Ballek claim a rebound, you've seen a Gnarla in action. A Gnarla is a woman who is "shredding the gnarl," or a female who is powerfully successful on a physical front. A Gnarla would rather drop into a steep chute than spend time painting her

nails Cherry Jubilee. The Spice Girls do not qualify as Gnarlas.

The great thing about Gnarlas is that they're defying the old stereotype that women are physically weak. Feminism has made huge strides in advancing women economically, academically and socially, but when it comes to women and physical strength, people still cling to the idea that women are fragile. As a whitewater river guide, I know all too well this pervasive stereotype. I've experienced countless

Bridget Findley
EXPONENT COLUMNIST



scenarios revolving around the belief that women are less capable of physical success because of their gender.

Several years ago, while I was guiding a trip on the Kern River in California, I had the pleasure of exploring this barrier with a group of six Italian brothers.

The brothers, who ran an Italian restaurant in Los Angeles, had left their wives behind for a weekend of male bonding. They were pumped to take on the rapids of the "Killer Kern," and prove to themselves and each other that they were real men.

As trip leader, I was responsible for giving the guys a safety talk as well as being their captain in the raft. Not understanding this, they were astounded when I climbed into the boat and invited them to do the same.

"You're not coming with us, are you?" asked the oldest

brother, Vinnie (his real name). "Uh, yeah, I'm going to be your guide." I was concerned about their lack of alertness.

Some painfully uncomfortable looks were exchanged among the guys as they suddenly slid into my raft.

The first day of the trip, Kern is pretty mellow. It's a great warm up for the Clarks rapids on day two. It became clear after the first rapid that they were not listening to my commands. The idea behind paddle boats is that the leader reads the water, calls commands to the crew, who then execute

see Strength page 3

Abortion: Service provides a taste of women's personal freedom

Continued from page 2

In some South American cultures, abortion is practiced as a rite of passage; and in addition, pregnancy to full term must be in accordance with particular social customs. Not less than 100 years ago, abortion was legal in the U.S. for a woman to have an abortion (this offense was punishable by law, as a consequence, this perpetuated the need for abortion services).

Before the practice of legal or illegal abortions, the majority of women focused on potions, brews, herbs, and various other natural remedies to abort.

The point I'm trying to make is that American women should be proud for the social stance taken by brave women a hundred years ago. Until then we were just as ignorant as those enslaved! The care now provided for women is a direct result of the stand taken by these women. A stand for the independence of mind and body, for advice and attention and for appropriate care-giving facilities (beyond Medieval ignorance!)

Dr. Wicklund's service provides an extension of this personal freedom that was fought for so long. It simplified a strength of character that was dedicated to provide a service amidst the controversy. I am proud to mean proscribing a saintly duty, let's be realistic—Montana is still a college town, and knowledge is not necessarily consistent with the amount of time spent on the physical aspects of sexual activity and the ramifications.

In 1564 the first condom had been developed, but not for contraceptive purposes; instead this invention was used to protect against the increasing prevalence of venereal diseases. Since the 1500's rise of prostitution in the 19th century perpetuated a high demand for condoms to protect women from these diseases.

It was not until 1912 that Dr. John Jacobus, the president of the American Medical Association, advocated the use of birth control and addressed the social and economic injustices that were prevalent in oppressing women. The sexual

revolution questioned the social conventions of a newly industrial society and the influx of women in the work force. Unfortunately, the morals and legal standpoint of a country rested on the shoulders of men.

Moreover, it was not until 1967 that the state of Colorado was the first to lift the restriction of anti-abortion, but this was only in regards to threat of life of the mother, physical or mental complications, or in the instance of rape. Six years later, in 1973, Roe versus Wade liberated women to make decisions regarding their body on their own. I consider myself fortunate to live in a society where I need not be dependent upon anyone else to make decisions regarding the consequences that I choose to accept, in respect to my personal physical decisions. In comparison with a hundred years ago, I can not imagine having NO choice.

The real focus is that this service is part of our personal freedom, and not to be used as a method of contraception. Rather, the responsibility rests on the shoulders of both the male and female involved in an intimate act. In addition, pregnancy should not be the main concern in contraception; since the number of STD's is still rising. Instead of placing the blame on one gender or another, the decision of protection should be automatic. External appearances and verbal promises can not always be trusted, so wrap it before you use it!

As always, the clinic at MSU and the Bridger Free clinic still continue to provide excellent health care service. They can also provide a sufficient amount of alternatives for assistance, financial services, housing. Although, this is not addressed as a major problem, because there are still services that are provided in Missoula and Billings if the pregnancy presents a problem. Hey folks, at least we in Montana have a variety of options; not like North Dakota where the services that are provided are almost non-existent!

Strength: Physical competence gives women opportunities

Continued from page 2

commands of the guide. Halfway through "It's a Dilly" rapid, Vinnie started calling out random commands as the rest of the crew dropped to the floor. Needless to say, the raft careened downstream, smashing into rocks I'd previously never noticed. This pattern continued all day, and as we paddled into camp, one of the brothers fell into an epileptic fit. Clearly, these guys were terrified.

The next morning, after a night of more epileptic fits and mild hysteria, I suggested that they might want to call their trip short, a suggestion that was met with fervent protests.

"Okay then," I began the pep talk, "I know you guys are scared, and that you don't want to swim the considerably larger rapids downstream, so you're going to

have to listen to me and do what I tell you." Apparently, these guys had never encountered a Gnarla before.

"What," piped up Dominick, the youngest brother, "you think because we're Italian, we're male chauvinist pigs?"

"No," I said. "I just know that it's hard to give up control, but if we're going to stay upright, you're going to have to do what I say."

We drifted downstream into White Maiden's Walkway, the first Class IV rapid. They perfectly executed every one of my commands, and we had a flawless run, our first one of the trip.

"See," Dominick said to Vinnie, "women can be leaders."

"I never said they couldn't," retorted Vinnie, clearly embarrassed.

"Oh, come on," shouted all five brothers. "That's all you were talking about last night."

Having broken through a barrier, we continued to style the rapids. At the end of the day, they had nothing but the utmost praise for my guiding.

"Your parents must be so proud," they exclaimed.

The story of the Italian brothers is a classic example of the conflict between the image of women as fragile, and the reality of women as Gnarlas. The more we see women like Picabo Street kicking Super-G butt, the more we embrace the idea of women as physically competent. Which, besides making my life a hell of a lot easier, opens up tremendously varied opportunities for women's success in the modern day world.

Come and write for the Exponent

The Exponent will be holding a writers meeting for all interested writers at 5:30 p.m. Sunday in SUB room 305. Check us out and see what were about.







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Plan: Prepaid tuition gives families education options

continued from page 1

ate vice president in the Office of the Provost.

Prepaid tuition would be labor intensive, requiring an increased staff and possible administrative changes. How that extra work would be accomplished is a big question, Larson admits.

"We're discussing this at a time when we're reducing budgets and becoming more streamlined," Larson said. "There's a lot of things we'd need to learn before we put it in place."

The closest thing the University has to a prepaid program is a pilot program of guaranteed tuition. Students pay a fixed, slightly higher rate for four years under the assumption they'll have paid less by graduation.

About 150 students took advantage of the plan in the past four years.

Minnesota is content with the state of its higher education financial offerings, and has no immediate plans to follow the prepaid trend.

A strong scholarship and grant program, coupled with two new tax-exempt savings approaches, present lucrative opportunities for parents, Rep. Lyndon Carlson, DFL-Crystal said. He referred to the EdVest and Gopher State Bond programs passed last legislative session.

Based on the array of choices available to parents, Carlson said prepaid tuition appears unnecessary.

"Minnesota's doing a lot of things that accomplish the same end," Carlson said.

Despite its advantages, the incentive offered in 18 states — including Virginia, Ohio and Florida — prepaid tuition has its share of critics and misconceptions.

A concern that future students are locked into attending the school their parents initially choose is a com-

monly misconstrued view, said Diana Cantor, director of the Virginia Prepaid Tuition Program. That state's plan stresses flexibility that dispels this worry, she said.

Virginia's prepaid contracts are valid at private or state institutions, so future scholars have the freedom to choose different schools. The state holds onto the money until the child enrolls.

The interest on the investment is exempt from state taxes, and is susceptible to federal taxes only after the child enters college.

Students are allowed to transfer, and if they choose to forego college altogether, the credit [may be used toward a younger siblings' education. After a certain time frame, students can receive a full refund if they don't attend college.

"It gives families a lot more flexibility in the future," Cantor said.

Some families might gain more flexibility, but with the programs squarely aimed at the middle class, not everyone will be able to afford it.

"There could be some political unrest," Larson said. "I think there's a certain population that may feel left out."

Financial planners advise those contemplating prepaid tuition to research and know what they are getting into. Depending on the plan, there are different levels of stringency regarding where credit is used and how it can be transferred, and returns on the investments can be low.

Mutual funds and other investment avenues may be just as fruitful, experts said.

In addition, the prospect of prepaid tuition for many young parents still paying off college debts themselves is irresistible.

Saving for retirement is usually

a high priority, but saving for college often sneaks up on parents and gets lost in the shuffle, Cantor said.

"Parents of very young children don't think about the cost of college," Cantor said, but added, "It hit reality home to me."

With three children under the age of 10 and tuition costs rising constantly, Cantor took advantage of Virginia's plan and opened contracts for each of her children.

She's not the only one, either. More than 21,000 newborns through ninth graders were enrolled in the Virginia plan since December 1996.

The Virginia plan involves individual contracts purchased at current tuition prices.

Although private schools are included in several plans, including Virginia's, only one specifically targets the private school market.

KIDSFUTURE, operated through New York's Tuition Credit Exchange, Inc., is the only national program for private, non-profit schools.

"I think one form or another of prepaid tuition will be a major way people will pay for college," said Lorne Worthington, president of Tuition Credit Exchange, Inc.

The organization began sending contracts to interested institutions late last year, and individual plans will be sold when there are 100 participating colleges. This will happen soon since they are adding the 100th school at this time, Worthington said.

The New York company's plan differs from programs like Virginia's in several ways, the main variation being actual credit hours are purchased versus investment contracts. It gives the college the opportunity to actually sell something of value rather than looking for donations," Worthington said.

Study shows diets can cause health problems

BY LYNN PAUL
MSU Extension Nutrition Specialist

BOZEMAN — Both experts and our "hard way" experience say that "diets don't work." In fact, evidence shows diets can cause obesity, emotional and other health problems. So the question is, "What does work to maintain a healthy weight or lead to a healthy weight?"

To find out, researchers at the University of Pittsburgh asked people who successfully achieved and maintained a healthy lifestyle and weight. They started a National Weight Control Registry to track people who reached a healthy weight to understand how they did it.

This ongoing study can now tell us about the behavior changes made by 800 men and women who successfully lost at least 30 pounds and kept it off for at least a year.

Almost all in this registry combined changing foods and physical activity. In fact, three-quarters who kept weight off exceeded the minimum activity guideline of 30 minutes moderate activity a day at least 5 times a week. The activities people stuck with were walking and aerobic dance.

Most people in this study reported that they had changed their food choices

by having a wide variety of food available, choosing smaller portions and limiting, but not eliminating certain foods, such as those high in fat.

Very few who were successful used extreme diets, such as the fad of eating only one or two types of foods or completely eliminating certain foods.

Most reported that completely eliminating certain foods led to failure or success.

Overall, the successful pattern included regular meals, eating a variety of foods, smaller portions, lower fat foods, but not eating exclusively low-fat, aiming for "no fat."

These people understood that reaching and keeping a healthy weight meant working with food choices that they could live with for many years. This comes down to food variety, regular meals, not denying, eliminating foods, and being aware of portion sizes.

When asked if people used professional assistance to achieve a healthy weight, about half had professional assistance or a formal program and the other half did it on their own.

Another behavior change

see Diets page 6

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NIGHTLY 7:15, 9:45 - R

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WEEKDAY MAT 5:00; SAT-SUN MAT 1:00, 3:00, 5:00
NIGHTLY 7:10, 9:15 - PG

GREAT EXPECTATIONS STEREO
WEEKDAY MAT 4:10; SAT-SUN MAT 1:10, 4:10;
NIGHTLY 7:30, 9:55 - R

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Upcoming Events

What's happening in the Bozeman area in the next few weeks

Free income tax assistance is available to taxpayers who cannot afford to pay for professional advice. VITA, the Volunteer Income Tax Assistance program, is an IRS sponsored program in which volunteers help people with basic federal and Montana income tax returns. VITA assistance will be available from 6:30 to 9 p.m. Tuesdays, Feb. 3 through April 7, in the Strand Union Building at MSU. Taxpayers should bring their tax packages, W-2 forms, interest statement, 1996 tax returns, and other tax documents. No appointment is necessary.

A new series of **natural childbirth education classes** will be offered in Bozeman beginning Tuesday, Feb. 17. The eight classes will be taught by Kristi Campbell, doula; and Stacey Haugland, apprentice midwife; and will cover basic anatomy of pregnancy and birth, emotional issues surrounding pregnancy and parenting, nutrition and exercise for pregnancy and birth, different comfort measures for labor, ways of supporting laboring women, newborn care and breastfeeding support. For more information about the classes or to register, call Kristi at 586-2399 or Stacey 585-0752.

A **snowshoe hike in Leverich Canyon** will be coordinated on Saturday Feb. 21 by ASMSU Outdoor Recreation. Cost of the trip is \$7.50 which includes snowshoes and transportation. Early registration is recommended as participation is limited. Contact ASMSU Outdoor Recreation at 994-3621 for additional information.

On Tuesday Feb. 24 at 7:30 p.m., MSU music professor and cellist Ilse-Marie Lee will speak at the Bozeman Public Library in the first of this season's **"Mountains and Minds" lecture series**. The lecture is titled: **"The Roots of Rock"** and will discuss the history of rock and roll and its origins in the rhythm and blues traditions. The lecture is free and open to the public. The "Mountain and Minds" series is sponsored by the Friends of the Bozeman Public Library and the Montana State University Futures Fund. Everyone is welcome.

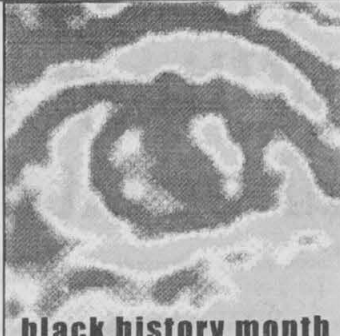
An **Advanced Avalanche Seminar** will be offered Feb. 24 and 25 from 7 to 9:30 p.m. in the Strand Union Building. A field session will be conducted Feb. 28 from 10 to 4 at Bridger Bowl. Course content includes a review of basic information, continuation of hazard assessment, introduction of fracture mechanics, snowpack metamorphosis and in depth backcountry search and rescue procedures. Instructors are Ron Johnson and Karl Birkeland. Cost is \$30 for MSU affiliates and \$40 for the general public. MSU priority extends through Feb. 13. Participation is limited. Contact ASMSU Outdoor Recreation at 994-3621 for additional information.

Planning to spend Spring Break in Mexico or Belize? A **1/2 hour presentation on how to prevent and/or treat travelers diarrhea, plus immunization and medication recommendations** will be given at the Student Health Service on Wednesday Feb. 25 at 10 a.m., and Wednesday March 11 at 4 p.m. If you are traveling to another country this semester or in the summer where immunizations are required, you need to be seen by a nurse 6-8 weeks in advance of departure.

The MSU Women's Center is sponsoring a **Sack Lunch Seminar** entitled **"What does 'Safer Sex' Mean for Women?"** Wednesday, Feb. 25, from 12:00 to 1 p.m. in the Strand Union Building, room 106 E. Laura Mentch and Cindy Balleow from the Bridger Clinic will address issues of "safer sex" for women. What does "safer sex" really mean? What are we safe from? What are the limits of "safer sex?" This will be an informative seminar with a touch of humor. Sack Lunch Seminars are free and open to the public.

Dr. Elizabeth McNamer, Adjunct Professor of Religious Studies at Rocky Mountain College in Billings, will deliver a slide presentation entitled **"The Gospels are crying out: the search for the historical Jesus at Bethsaida."** For the past five years, McNamer has taken students and other volunteers to dig at the archaeological site of Bethsaida in Israel. It should be an insightful and stimulating look at Jesus in relation to one of the cities in ancient Israel that he founded. This presentation will be held in SUB 275-276 from noon to 1 p.m. on Tuesday March 3.

The **International Food Bazaar** is now looking for volunteers. The bazaar will be held Saturday, Mar. 7, from 4 to 7 p.m. If interested in volunteering call 994-4590.



black history month

the black comedy tour 98
8:00 pm
& hip hop dance
10:00 pm
Saturday February 21
SUB ballrooms
\$4/comedy
\$3/dance
\$5/both

Panel of the African American Experience
Wednesday Feb. 18th
noon-1 pm
ballroom B

Story telling
Wednesday Feb. 25th
noon-1 pm
ballroom B

Videos in Northwest Lounge
Fridays at noon
Feb. 13, 20, & 27th

Sponsored by:

asmsu comedy spotlight

office of student activities

asmsu campus entertainment

msu black student union

Questions? Call 994-3591

ASMSU Spring Senate Applications

- 4 - Off Campus Senators
- 3 - On Campus Senators
- 1 - Greek Senator
- 2 - At Large Senators
- 1 - Family Housing Senator
- 1 - President / Vice-President

Applications will be available at 8am February 10th and they are due February 20th at 5pm. You can pick up an application in the ASMSU office room 281 in the SUB.

My Cat is an incredible feline animal.



International street food bazaar
 Saturday, March 7, 1998
 4:00-7:00pm
 Strand Union Market

In a market-like atmosphere, sample exotic culinary delights from over thirty countries and enjoy entertainment from around the world.

Tickets:
 \$2.00 at the door
 \$1.00 with valid MSU student I.D.
 Free for children 12 and under

Food items range from 50¢ to \$3.00 per item.

Billings hosts conference on alternate cropping systems

Communication Services

BOZEMAN—Sign-up is underway for a conference on alternate crops and cropping systems which will be held in Billings Feb. 20.

The conference is sponsored by the Montana Agricultural Business Association and includes presentations by specialists from Idaho, North Dakota, Montana and Canada, says Mike Greytak, one of the conference organizers.

The conference will include displays of innovative direct seeding equipment, discussion of new crop rotation systems that benefit soil health and water quality, as well as presentations on:

* Annual legumes for forage by Dennis Cash, Montana State University Extension crop specialist;

* New inoculation research by George Clayton of Agrifood Canada;

* Residual chemical hazards by Mike King of Dupont Ag Products of Billings;

* Pre- and post-emergence chemical use by Alvin J. Bussan, MSU-Bozeman Extension cropland weed specialist;

* Extended crop rotation systems by John Raisler, a farmer and past president of the Manitoba-North Dakota Zero Tillage Association.

There will also be presenta-

tions on quantifying crop rotation effects, improving soil health, new chemical labeling for 1998, and pulse-seed and oil-seed crop market outlooks. Panels composed of canola and mustard growers, and safflower growers will discuss their experiences with these crops in Montana.

The conference runs from 7 a.m. to 5 p.m. at the Billings Holiday Inn Trade Center on Midland Road. Pre-registration is \$25 and on-site registration is \$35 per person. Greytak has sent a schedule to Montana county Extension offices or you can contact him for more information at 248-5495 or by his email address of msgrey@mcn.net.

Youth Summit: Solutions begin within communities

continued from page 5

will be featured so that other communities can adapt these approaches to working with vulnerable youth. Montana's "Promise Book" will outline private sector, government, non-profit and other organizational commitments dedicated to helping communities attain the goals they establish.

The Summit is a collaborative effort supported by the business community, government, the university system, non-profit organizations, labor, religious organizations and many others. Commitments have already been received from Montana 4-H, US West Communications, the Montana Children's Trust Fund, Clay Schulz Graphics and Davis Business Machines, among others, says Astroth.

Several former U.S. presidents and other national dignitaries have been invited to Montana's summit and several of Montana's former governors are supporting the effort. Confirmed speakers will include former Olympic athlete Billy Mills; Robert Goodwin, chairman and president of the Points of Light Foundation; and Amber Coffman, a Maryland teenager and recipient of the

1997 President's Service Award for her project that has helped feed 25,000 homeless people in her community.

"I hope every community in Montana will send a delegation to the Summit to engage in a serious dialogue with us about improving the future for our young people," said Governor Racicot. He added that the summit is not the end of the effort, but just the beginning of a multi-year effort to help their young people.

People interested in getting involved should contact the following organizations that are serving as "official conveners" for community delegations. They include MSU Extension agents, United Way, youth probate officers and directors of Boys and Girls Clubs, and Women, Infant and Child program.

These organizations from each county have Summit information and delegate forms to register community delegations, says Astroth.

All Montana communities are encouraged to organize a delegation to attend the Summit. For information, contact Astroth at 406-994-3501 or contact your MSU Extension agent for registration materials and information.

NOTICE - NOTICE

THE ANNUAL ELECTION OF DIRECTORS
FOR THE MSU BOOKSTORE, INC.
IS SCHEDULED FOR

WEDNESDAY - MARCH 11, 1998

APPLICANTS MUST FILE AT THE
ASMSU OFFICE
(STUDENT UNION BUILDING)
NO LATER THAN

5:00 p.m.
Friday, February 20, 1998

ONE FACULTY

THREE STUDENTS

Directorships to be filled:

One (1) Faculty member of the Corporation:*

Must be at least eighteen years of age, and at least an Assistant Professor with three consecutive years of service at Montana State University." Said professor to "hold office for three years..."

Three (3) Student members of the Corporation:*

- (a) One student who is "at least eighteen years of age; has earned at least twenty semester credits." Said student "shall serve for two years..."
- (b) Two students who are "at least eighteen years of age; have earned at least fifty semester credits." Said students "shall serve for one year..."

Students must be (and remain) eligible by maintaining the credit and grade point requirements of Montana State University for extra-curricular eligibility. Any individual who receives direct support from a full-time Bookstore employee is not eligible to serve as a Director.

*MEMBERSHIP: "All regularly registered students and regular members of the faculty of Montana State University..." are members of the MSU Bookstore, Inc.

Diets: Motivation provides key to success

continued from page 5

mon to these successful people is continued self-monitoring.

Strategies for self monitoring included weighing once a week, following a regular pattern of food choices such as the Food Guide Pyramid, counting fat grams or calories or planning menus by the week. These strategies helped them stay aware of their healthy eating and lifestyle. Self-monitoring also provided fast feedback in case changes in behaviors or weight occurred. Quick feedback was important to help them deal with changes before they got out of hand.

Most who succeeded in changing to a healthy lifestyle and weight had tried several times to lose weight, without much success. They said the difference when they succeeded was that they were more motivated by social and health reasons to change their behaviors. Over three-quarters of the people were motivated by a "trigger event" that preceded their successful weight loss. One-third said medical problems such as low back pain, poor sleep and fatigue served as

a trigger, while others saw emotional, lifestyle or other factors as their trigger or impetus for this successful attempt.

These people also reported that success involved many aspects of their lives, such as health, self-confidence and interactions with others. When asked, "Do you believe that the strategies you used to lose weight would be effective for other trying to lose weight?" a large majority said yes.

It was interesting to find that people used many different types of strategies and developed many different skills. There were many common themes to these strategies. No one set of strategies worked for everyone. People found what worked best for them by their own experience, a learning process, not a restrictive diet.

This doesn't mean that everyone found the road to healthy weight loss and activity. Like any new skill, it requires persistence to find what works and what you can live with many years to come.

MSU BOOKSTORE

STUDENT/FACULTY OWNED SINCE 1931

INC.

features

Christian students sponsor a revival of faith

Jessica Dyrland-Mecklenburg
Exponent Features Editor

Revival—An evangelistic service for the purpose of effecting a religious awakening.—Random House Dictionary.

Nearly 100 students were awakened by the University Campus Fellowship last night in a meeting that addressed the question, "What does revival on campus look like?" in the SUB Ballroom C.



PHOTO BY ROGER DEY

The workshop, "Experiencing God," was created around the fellowship between Montana State UCF members and Chi Alpha, a Christian team from Eastern Michigan University, several of whom were in attendance.

Greg Western, Montana State UCF staffmember said the workshop highlighted the enthusiasm at Eastern

Michigan generated by the ministry. "Some of the stuff going on throughout their campus is truly amazing," Western said. "Lots of students are responding to the reality of God."

The fellowship began with a worship service, including songs such as "He is the Lord," and "We Want to See (Jesus Lifted High)."

Following the singing, there was a moment of prayer. "I pray that you would do life-changing miracles tonight," said Dick Schroeder, UCF campus pas-

Following the introduction, three Eastern Michigan students spoke about their faith and offered encouragement to other Christians.

"It was very inspiring," said Tina Lint, UCF member and local youth group leader. "It has helped to prove that the most important thing is for us to put our focus on God and not on worldly



PHOTO BY ROGER DEY

Dick Schroeder (on guitar), Justin Lehman (on bass), Shawna Blanchard, and Jason Tack lead the "Experiencing God" meeting in a rendition of "He is The Lord."

things." Belkis Lehman, a leader from Eastern Michigan spoke of her relationship with God, and on the subject of revival in a campus setting.

"She was very real," said Amber McCartney, a MSU freshman in Elementary Education. "She presented things in

a way that really made me realize that God loves all of me. He is bigger than any weakness I have."

"Experiencing God" was viewed positively by many of its participants.

"To me, the message given tonight was the importance of knowing Jesus as a best friend or marriage partner, since he is our Lord and Savior," said Cliff Jones, a senior in electrical engineering.

"I think one of the issues ["Experiencing God"] addressed is that a lot of students have had bad experiences with church hypocrisy and

stuff like that," said Western. "It is important not to allow the actions of people to influence how you see God."

Shaunna Blanchard, a junior at MSU in Family Science said the meeting was valuable because it was encouraging. "It is amazing to see what God is doing on our campus," she said.

The meeting was the second of a series of five occurring Feb. 18 through Feb. 22.

For information on UCF or the "Experiencing God" meetings, interested students may contact Dick Schroeder at 586-2098.

"It was very inspiring. It has helped to prove that the most important thing is for us to put our focus on God and not on worldly things."

-Tina Lint

College students need more sleep

By Fawcett
Tar Heel (UNC-Chapel Hill)

The people who doze off in your 2 p.m. class may be suffering from boring ennui. They may actually be sleep-deprived.

Many instructors say symptoms of deprivation—the nodding and droopy eyes—typically occur during afternoon classes.

James Maas, a psychology professor at Cornell University has found that college students average 1 hour of sleep each night—about 3 times less shut-eye than the average adult and less than the national average of seven hours.

"I describe college students as a group of walking zombies," he said. "While many students believe they are immune to sleep, Maas says they actually need to snooze

more than other adults to reach optimum performance.

Maas and a team of researchers from Stanford University found that only 1 percent of students at Cornell and Stanford said they were fully awake all day, while 25 percent reported that they took daily naps.

People living in stressful environments who also deprive themselves of sleep—namely college students—risk a wide range of negative side effects," Maas said.

Maas advises students to establish regular sleeping patterns. If they do, he said they'll likely see their efficiency and grades improve. And they'll feel better, too, he said. "Everybody can get by for a while, (but) then they get sick," Maas said. "Listen in an auditorium during exams—everyone is coughing."

Dietician increases awareness of eating disorders with three step plan of attack

By Linda Alese
Exponent Writer

What is beauty? In a sea of commercialism, Americans, men and women alike, find themselves trying to live up to society's unfactionable, ideal images of beauty.

How far will people go to achieve this image of beauty? According to Jane Dubitzky, registered dietician at Montana State, 20 percent of college-age women suffer from some sort of eating disorder.

Eating Disorders Awareness Week starts Feb. 23 to raise awareness about this serious disease and give information about diagnosis and treatment.

According to Dubitzky, there are three major steps in treating an eating disorder.

First, you must know there is a problem, second is recognizing it early, and third is to get help. "There is help right here on campus," said Dubitzky. "People really get better, you don't have to give up."

According to Suzie Majeski, an MSU student recovered from an eating disorder, there are multiple types of eating disorders and a person may suffer from more than one. Anorexia is distinguished by loss of body weight, preoccupation with food, and extreme exercising.

Bulimia victims have the same preoccupation with food but usually maintain a normal body weight and tend to binge and purge.

Other eating disorders include chronic dieters and com-

pulsive overeaters. Someone with an eating disorder does not necessarily have to be thin.

Some causes of eating disorders are low self-esteem, weight-focused society standards, and family dysfunction.

The American public is constantly bombarded with images of women who are extremely thin, prompting women to pursue "perfect figure."

According to Dubitzky, all the current Miss Americas, against whom many women measure themselves, meet the requirements for anorexia - 19 percent below the ideal body weight. Fifteen percent below is considered anorexic.

The average model wears a size two when the average

Awareness: Early diagnosis essential for recovery, dietician says

continued from page 7

can woman wears a size 12. The bad gap reinforces the fact that we cannot live up to these expectations of beauty, Dubitzky said. Some people are literally punishing themselves trying to attain the slender anorexic figure that 10 percent of the population has. Ninety-five percent of women cannot fit our society's definition of beauty. Majenski overcame her eating disorder seven years ago and volunteers to speak to high school and college students about her experience. According to Majenski, she grew up in a family where it was expected to be thin. She had a low self-esteem and first covered up her problems with drugs and alcohol.

When she quit both, her eating disorder became extremely obvious. It took her co-workers six months to persuade her to seek treatment. She had dropped from 130 to 80 pounds. During her month-long treatment she learned to stop her ritualistic behaviors and get out of denial about her disease. Majenski says counseling helped her realize it wasn't about the food, it was because she was depressed. She wants people to know "there is life after an eating disorder."

According to Dubitzky, one in every 10 people who are diagnosed with anorexia die from it.

"The key ingredient for recovering from an eating disorder," says Dubitzky, "is early diagnosis. There

"The key ingredient for recovering from an eating disorder is early diagnosis. There is an 80 to 90 percent recovery rate if diagnosed within the first six months."

-Jane Dubitzky

is an 80 to 90 percent recovery rate if diagnosed within the first six months."

The National Anorexic Aid Society says signs of Anorexia are extreme weight loss, reduced food intake, ritualistic habits, saying he/she

is to fat when it is not true, or intense fear of weight gain.

Some signs of bulimia are making excuses to go to the bathroom after meals, buying large amounts of food that suddenly disappears and using laxatives and diuretics on a regular basis.

It is often someone close to the victim that must help since the victim is usually in denial. According to "Food For Thought," Randolph-Macon women's college, some things you can do to help is learn about eating disorders to be aware of the signs, recognize that eating disorders are potentially fatal and treat them that way, and be available when they need someone. You

should never take any action alone, get professional help.

MSU offers a variety of confidential services such as counseling, psychological services, and support groups to help students with eating disorders.

There will be an exhibit in the SUB during Eating Disorder Awareness Week, which starts Feb. 23, where you can ask questions about programs or ask for help. There also will be a book display in the MSU bookstore. MSU Health Services and the student health nutrition office also can offer assistance.

The student health nutrition office is open Monday through Friday, 8 a.m. to 5 p.m. Their phone number is 994-4380 or check out their web site at www.montana.edu/wwwfood.

SCHOLARSHIP OPPORTUNITY

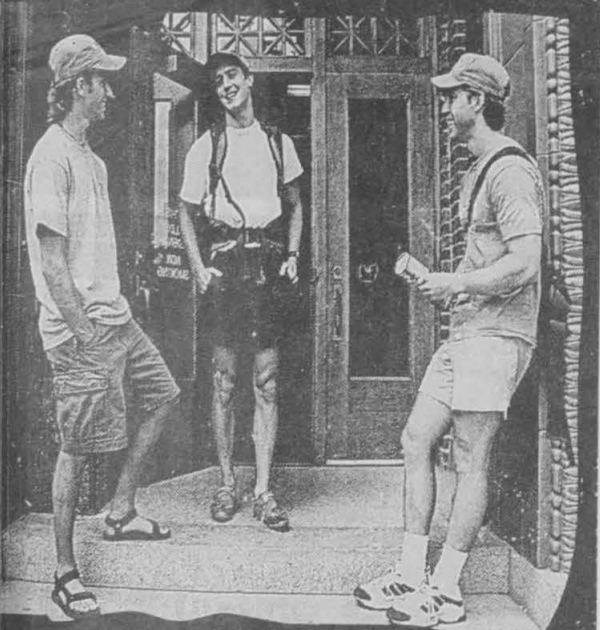
- YES NO
- Did your parents attend MSU or MSC (Bozeman campus, of course)?
- Are your parents dues paying members of the Alumni Association of MSU?

If you answered YES to these questions, and if you are a good student and involved in leadership roles on campus, we have a scholarship opportunity for you! What? An Alumni Association sponsored Achievement Scholarship for continuing students. How can I get it?

Application are available at Ask-Us or at the Alumni Building.

Applications must be received by March 1, 1998.

MOST (66%)
MSU-Bozeman Students



...ve never tried marijuana

Core Alcohol and Drug Survey. Administered and analyzed by Bozeman Health Promotion, Student Health Service. N=1,646 and by Montana Department of Transportation, Traffic Safety Bureau.

SPECIAL ADVANCE SCREENING

DAVID SCHWIMMER Mili AVITAL JASON LEE

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FREE MOVIE POSTERS

Monday February 23
8:00 PM

Procrastinator Theatre

Pick Up Passes at the
ASKUS Desk In the SUB

Presented By
ASMSU Films

HOGAN



Procrastinator changes an ordinary life into a Boogie night

By ELIZABETH CALHOUN
Special to the Exponent

The Procastinator Theatre will be showing two films that do not have much in common this weekend. From the director of "Trainspotting" comes the film "A Life Less Ordinary." Also showing is the movie about making porn movies, "Boogie Nights."

Danny Boyle directs one of his favorite actors, Ewan McGregor, in "A Life Less Ordinary." This film features McGregor as a down-on-his-luck wanna-be writer. He loses his job to a robot and decides to take his aggressions out on his now former boss. While attempting to intimidate his ex-boss, things go terribly wrong and he ends up taking the boss's daughter (Cameron Diaz) hostage. Throughout the

film, two angels are trying to get the Diaz and McGregor characters to fall in love. Holly Hunter and Delroy Lindo do a fantastic and hilarious job of portraying these matchmaking angels. This is a truly entertaining film that is full of surprises.

Also showing is the film "Boogie Nights," directed by Paul Thomas Anderson. This movie follows a group of filmmakers who are determined to change the adult movie industry. The group is led by Golden Globe winner and Oscar nominee for supporting, actor Burt Reynolds. Much of the story focuses on up-and-coming porno star Dirk Diggler, played by "Marky" Mark Wahlberg. Successes and failures of their quest are shown and felt during the movie. Also featured in the film are Heather Graham, William H. Macy, and Julianne Moore, who also is nominated for

an Academy Award for best supporting actress. The scriptwriters are also nominated for best screenplay. This star-studded movie is showing Thursday through Sunday.

Terry Gilliam's masterpiece "Brazil" will be showing for Culture Theatre this week. This follows the file of a man who is annoyed by the control of the state in his futuristic world. He works as a civil servant who makes a mistake, resulting in the arrest in an innocent man. The film shows all of the events he goes through to try to correct his mistake. This is one of the best films by one of the most exciting filmmakers alive today. Gilliam is also known for his work with Monty Python and the Flying Circus as well as being the director of such great films as "The Fisher King" and "12 Monkeys." Come see this fun-filled treat this Tuesday and Wednesday.

UnZipping the Weekend

By Craig Clark
Staff Writer

THE FILLING STATION

Friday and Saturday- catch "Pounding Would"
Monday- Bean Counters blues trio
Tuesday- "Paul Rose Acoustic"
Wednesday- open mike
THE ZEBRA COCKTAIL LOUNGE
Friday and Saturday- "Five Fingers of Funk"
Monday and Tuesday- "Rubberneck"
Wednesday the 25th- "Too Slim & The Tail Draggers"

THE ZEBRA ABOVE

Tuesday- Paul Rose Foil Ball TV
THE SPORTS NEXT DOOR(in Livingston)
Tuesday is Big Band music
Wednesday- is open mic
MACKENZIE RIVER PIZZA
Saturday- "Modified English"
THE HAUFBRAU

Tuesday through Thursday- "Tex Tucker" plays
Friday- "MJ Torrance"
Saturday- "Paul Groueff"
Sunday and Monday- Open
BAXTER HOTEL
Sunday - The "Irish Jam Set" in the Baxter Lobby
BANANA BAY
Friday- Gwinner and Stone
LITTLE



JOHN'S
Saturday-Dance techno at "Turning Point"
LEAF & BEAN
Friday- "John A. Herrman" Saturday hear "Susan Platt" Adam Platt and

Rob Kohler "
GALLATIN GATEWAY
Friday- its the "Jim Averitt"
CHICO HOT SPRINGS
Friday and Saturday- "The Dad"
MUSEUM OF THE ROCK
Friday thru Sunday- Southern Cookin Laser Show

Go ask Alice addresses indelicacies of a lustful heart

Dear Alice,

I have been going out with a wonderful girl for over a year now. She is smart, caring, and pleasant. But, someone else has come into the picture. She is also wonderful, smart, and pleasant, and I can't stop thinking about her. My girlfriend doesn't know this, but it's changing me on the inside...I have this terrible feeling it's only a matter of time before something big happens. I am

at total war on the inside, sometimes my heart says "stay" while my mind says "leave." Other times, my mind says "stay" while my heart says "leave." I am so confused. Please help.

Signed, Torn Between

Dear Torn Between,

Think about what you would lose and what you would gain by "leaving" and by "staying." What kind of relationship do

you have together? What plans do you and your girlfriend have for the future? What do you want right now and in the future?

Your answers to these questions may help you understand what you're feeling at the moment.

Sometimes, we look for the path of least resistance out of a relationship. Could it be that this new girl is your ticket out of a relationship you no longer want to be in? Perhaps, you want your

current relationship to become more open to the idea of seeing other people (if your girlfriend also welcomes this opportunity)? Or, maybe you need "alone time" — not to be in any relationship so that you can decide what's best for you at this time?

Then again, there's the possibility that you're attracted to this other girl. Nothing more, nothing less. And, it may have nothing to do with your girlfriend. If you act on this attrac-

tion, something will happen a few weeks or months down the road, you might realize that happened (say, a breakup with your current girlfriend) and what you really wanted... decide what you want, and act on that.

One last thought...it isn't always greener on the other side (but sometimes, it is). Have to decide if you want to take the risk to find out.

Alice

<u>Sport</u>	<u>Registration Date</u>	<u>Start Date</u>
Arm Wrestling	Feb. 26-March 2	March 4
Wrestling	March 3-5	March 9
Backgammon	March 10-12	March 23

Please Call 994-5000 for more information

If you see news happening on campus, don't be shy. Call the exponent at 994-2555 or you can E-mail us at Expo@Montana.edu.

Northern Lights Trading Co.
1716 West Babcock Bozeman 586-2225
Meadow Center Big Sky 995-2220

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NORTHERN LIGHTS, BOZEMAN

- GEAR SELECTION & TRIP LOGISTICS

SATURDAY FEB. 28 • 9 A.M.
SOUTH COTTONWOOD TRAIL HEAD

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sports



PHOTO BY JAY THANE

in Serena Merrill shoots a layup on the fastbreak in the 60-37 win

Lady 'Cats propelled by Freshman

BY BRIAN BLACKWOOD
Exponent Writer

The Lady Cats were facing dire straits heading into their battle with last place Eastern Washington here at Shroyer Gym Thursday night.

The Lady Cats, missing starting senior guard Shanna Smith, were forced to win two of their last three to clinch a berth in the upcoming Big Sky conference tournament. Down to only eight bodies, just seven healthy, with standout Tennyson Ballek nursing a sore foot, the Lady Cats trounced the visiting Lady Eagles 60-37 to perhaps wrap up a tournament berth.

The Cats struggled in the first 13 minutes of the first half offensively tallying only 10 points. Their strong defense kept the Lady Cats in the game holding the opposition to only 12 points over the same period of time.

Enter freshman spark plug Alison Bach. She came into the game with just over six minutes remaining and promptly drained a three to push MSU into the lead for good at 13-12. She then stole the ball and tipped in a Lezlee Weedon miss. After a pair of Jamie Spring free throws, she

tipped in a Kelly Martin miss as the Lady Cats ended the first half on a 12-2 run.

"It felt good to get into a game and play well," said Bach, "I haven't played that well of late and it felt great to make a contribution."

So inspired, senior post Natalie Smith opened the second half with two quick baskets as MSU pushed the lead to 26-14. EWU tried to counter going on a

transition Bach grabbed the rebound and started another fast break, this time Spring to Merrill.

Both Merrill and Bach turned in excellent performances as the whole team played at a higher level in the absence of Shanna Smith, out for the season with a back injury.

"We all needed to step it up with Shanna down and Tennyson hurting," Merrill said.

The blowout was a pleasant change for a team that has lived on the edge for most of the season. In the previous game at Eastern the Lady Cats almost blew a 15 point lead as Eastern closed it to 2 before MSU pulled away for a 12 point win.

Up next for the Lady Cats is a date with upstart Portland State. MSU is tied with the Lady Vikings for sixth place in the standings, but Portland is ineligible for the post-season because they are still serving a two year probationary period from their move to Division I.

"Portland State lives and dies by the three, that gives a good chance to win," says Sheehan. "But you never want to face a team after they've been worked, like Portland was last night. It should be a very good game."

"We all needed to step it up with Shanna down and Tennyson hurting."

— Serena Merrill

short 5-2 spurt. The Lady Cats never looked back.

"We were kind of out of sync the first half," explained head coach Tracey Sheehan, "But in the second half we put it together and blew them away the rest of the game."

Bach again was instrumental as MSU pulled away. After splitting a pair of free throws she took a nice pass from fellow freshman Amy Meckling and drilled another three. She then made a great save and started the break that was finished by Meckling off a good look by Spring. On the next defensive

Men's basketball team continues fall from grace

BY DORY JAMES
Sports Editor

Montana State continued to suffer a 85-74 loss to Eastern Washington last night.

The Bobcats were outdone on the boards and in shooting percentage. The 'Cats only shot 38 percent, compared to Eastern Washington's 45.2 percent shoot-

ing. The 'Cats were also outrebounded 47-38.

The loss to Eastern Washington was the first for Montana State in their last 10 games.

"You're not going to shoot 24 percent in the first half on the road and win many games," said MSU head coach Mick Durham. "We got ourselves in a hole, and shooting was the main story, but we also had

11 turnovers at halftime, and we were outrebounded in the first half as well."

The 'Cats were lead by junior Nate Holmstadt's 19 points. Junior forward Mike Henry had the best night of his career by pulling down 10 rebounds. Eight of Henry's boards were on the offensive end. Henry also added 11 points to the teams total.

The Bobcats did have some bright spots in the second half and pulled within eight points with 10 minutes remaining in the game. Montana State shot over 40 percent in the second half after having four straight sub-40 percent halves in a row.

"I think we showed some signs offensively in the second half, and we need to build off of that,"

said Durham. "We shot better and did a better job on the boards. We just need to keep working hard."

The 'Cats will try to build on their positive second half performance as they travel to Portland for their next game on Saturday night. Montana State will play Portland State at 8:05 p.m. in the Rose Garden, which hosts the NBA's Portland Trailblazers.

Snowboarding not just an "alternative" sport anymore

BY CROWD
Writer

Backdraggers, one-footed sidesliders need not fear their trade in secret anymore. The world has grabbed snowboarding by the cheeks and approving kiss squarely

as an outlaws-only alternative. Snowboarding has moved into the mainstream full of glory, playing the banner of adventure, individuality, and spunk. The sport finally warmed up to the masses. There are more ways than ever to have fun on snow. People of all ages are trading in their skis for snowboards and many are jumping into snowboarding without ever touching skis.

You don't have to get bad knees to snowboard anymore," said local snowboarder and Montana State student Jesse

Heilmann. Heilmann, a junior in business marketing, started riding in 1993, before snowboarding became the flag-bearer of alternative sports.

Five years ago, many ski areas shunned snowboarding, refusing to acknowledge it as a legitimate sport. Riders were of a different ilk than their skiing counterparts; everything they did was something other than what the time-honored tradition of skiing held near and dear. Sliding sideways down the mountain on one plank rather than two was simply too strange for dyed-in-the-wool skiers.

MSU grad student and Bridger Bowl instructor Hillary Robison remembers when she took up snowboarding seven years ago. "Snowboarding definitely wasn't mainstream."

Early on, the sport that now sells soda pop and automobiles was considered little more than a fad,



PHOTO BY SAUL LEONARD

An unidentified snowboarder grabs for a fatty layout spin while catching air off the halfpipe.

see Mainstream page 16

Ballek has always been a 'giant' on the basketball court

By GINA WOODWARD
Exponent Writer

Like many young Americans Tennyson Ballek grew up shooting hoops with her dad and brother, just for fun. Now as a junior at MSU the forward in the number 30 shirt shoots hoops for the Lady 'Cats and is one of the premier scorers and rebounders in the Big Sky conference.

From her position at forward twenty year old Ballek has put in some outstanding performances throughout the 1997-98 season.

Ballek joined the team her freshman year when head coach

Tracey Sheehan first came on the scene at Montana State. Ballek and the team have to work hard under Sheehan's management, which in turn causes them to work together.

"We get along great. Tracey is a hard coach and a lot different from my high school coaches," said Ballek. "She demands a lot from her players."

Ballek is strongly contesting for Big Sky Player of the Year honors. Her 15.3 points per game are second in the conference and the 8.5 rebounds she pulls down each night have her leading the league.

She also claimed a career

high 26 points in MSU's win over Cal State Northridge in 1997 and a career best 18 boards against Eastern Washington earlier this season.

"I am pretty pleased with the way my year is going as I am pretty consistent," Ballek commented on her standout season. "I needed this confidence (boost) and having it makes it much easier to perform."

Over her last two years at Montana State she has been the recipient of the Big Sky Conference Sixth Player and for her work effort in the classroom is a Big Sky Conference two time all academic pick.

The teams current ranking of seventh in the conference has been a disappointing for Ballek to spend her junior season.

"It (our performance) is frustrating for everybody and I'd give up all my stats to have a better season as a team," said Ballek.

Despite these disappointing results, Ballek said that playing with the Lady 'Cats in the 1997-98 season has been really rewarding. One of the season's highlights is the incoming five freshman's ability to jump right into the system making it easier for everybody to work together.

Ballek's proudest and loyal fans are her family. travel from Ballek's hometown Sheridan, Wyoming to see action each week. Her grandparents have not missed a game of her MSU basketball career in three years ago, while her parents have missed only two.

"Their support means the world to me and I'm very thankful I chose Bozeman because it reminds me of home," Ballek said "and I feel very comfortable."

Ballek has been strong

see Ballek page 13

Snowboarder's gold medal should be stripped for good

By IAN COSTELLO
Exponent Sports Columnist

Tony Burton said he wanted to "surf the snow." With that statement, in the early eighties, Burton and his then inexperienced company changed the way all of us look at winter recreation.

Now, nearly 15 years later, Ross Rebagliati of the Canadian snowboarding team may have changed the world of winter recreation and especially snowboarding forever.

It never caught on with me, I admit that. A dedicated "two planker" from an early age, I never got into the relaxed and knuckle dragging image of the snowboarding community. So, al-

though it is not based from personal experience in the sport, I attack their image.

After two Winter Olympics in relative obscurity as an exhibition sport, snowboarding got a chance to prove its worthiness to the world, when for the first time, it became a medal sport in the Winter Games this year in Nagano, Japan.

Enter Rebagliati. Less than 24 hours after grabbing the first gold medal ever in the sport of snowboarding, at the Olympics, the Canadian snowboarder was stripped of his medal, and his credibility, for testing positive for marijuana use. Only to have his medal given back to him less than

a day later, after a doctor testified that Rebagliati's story of being with people who were smoking dope, but not actually smoking any himself, could very well have caused the improper levels of marijuana residue in his blood stream.

As the Olympic gold was restored to the winner, people (for and against the decision to restore the medal) separated into their respective camps. Both sides doing their complaining or rejoicing over the decision, the incident moved to the back pages and then completely out of the newspapers. The situation for the credibility of snowboarding, although it's out of the spot-

light, is far from over.

Although slow at the beginning, the fallout from this incident will eventually destroy the credibility of snowboarding as a major player in the winter sports scene. As early as last Friday night, officials from both the International Olympic Committee and the organizers of the 2002 Winter Olympics in Salt Lake City, Utah, were meeting to discuss the pros and cons, and logistics of keeping snowboarding in the Winter Games. One IOC official to said "this is not the image we want to portray of our games." Members of the Salt Lake Committee were leaning towards agreement with the

IOC statement.

If snowboarding is to stay in the Winter Olympics in the future, it is the image that Rebagliati chose to hide behind that needs to change. Was it all right for him to hang out with other people using marijuana and not in trouble? He still had too much in his system, he broke the rules, he doesn't deserve a medal.

If snowboarders want to stay a part of the games, clean their image, and become a part of the winter sports scene in every sense of the word, snowboarders want to keep their image, send them to the place the former East German track stars and Chinese swimmers are, out of the Olympics.

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	Marcus "The Man" Hibdon	20-26 43.4%	PSU	PSU	Stanford	Duke	Arizona St.	Michigan
	McCory "The Irishman" James	25-21 54.3%	MSU	MSU	Stanford	Duke	Arizona St.	Indiana
	Pete "The Turncoat" Faggen	28-18 60.9%	PSU	MSU	Stanford	Duke	Arizona St.	Michigan
	Darcee "Knows How to Pick 'Em" Richmond	21-25 45.7%	MSU	MSU	Washington	Duke	Arizona St.	Indiana
	Judd "Pickin' Spuds" Schwartz	27-19 58.7%	MSU	MSU	Stanford	UCLA	Arizona St.	Michigan

Ballek: Tennyson leads the Lady 'Cats in their quest to make the Big Sky tournament

continued from page 12

by her family as both her and brother played college ball. As a child she was always playing sports. Being a tomboy I guess I was tall from the very beginning," said Ballek. "When I started playing basketball at the YMCA in fourth grade I was always the tallest."

Ballek now stands at 6'2" and is one of the taller Lady 'Cats. Ballek has one more year of

basketball left to play at MSU and is expected to graduate in 1999. After completing her MSU studies in Exercise Science, Ballek hopes to attend graduate school on the west coast to focus on physical therapy studies.

As for her future in basketball, Ballek admits that it most likely won't be part of her life after MSU.

"I always thought that it would be fun to continue basketball beyond college but my body has diminished since my freshman year. Sometimes I

feel like I'm 40 but I'm only 20!" Ballek said.

For now, though, she is enjoying the action of each game and hopes to help guide MSU into the final tournament of the Big Sky conference.

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- The Ice Dogs will take on the Outlaws of Central Wyoming at the Valley Ice Garden. The puck will drop at 7:05 p.m. in the first of back-to-back games.

Saturday

- The 'Cats hit the road to play Portland State in a game that will help decide the regular season Big Sky title holder. The game will begin at 8:05 p.m. and will be broadcast on the KBOZ.

- The Ice Dogs host the Great Falls Americans for the second week in a row. Game time is at 7:05 p.m. at the Valley Ice Garden.

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PERSONALS

Work on the crossword for awhile. A person might let some useless trivia in the process.

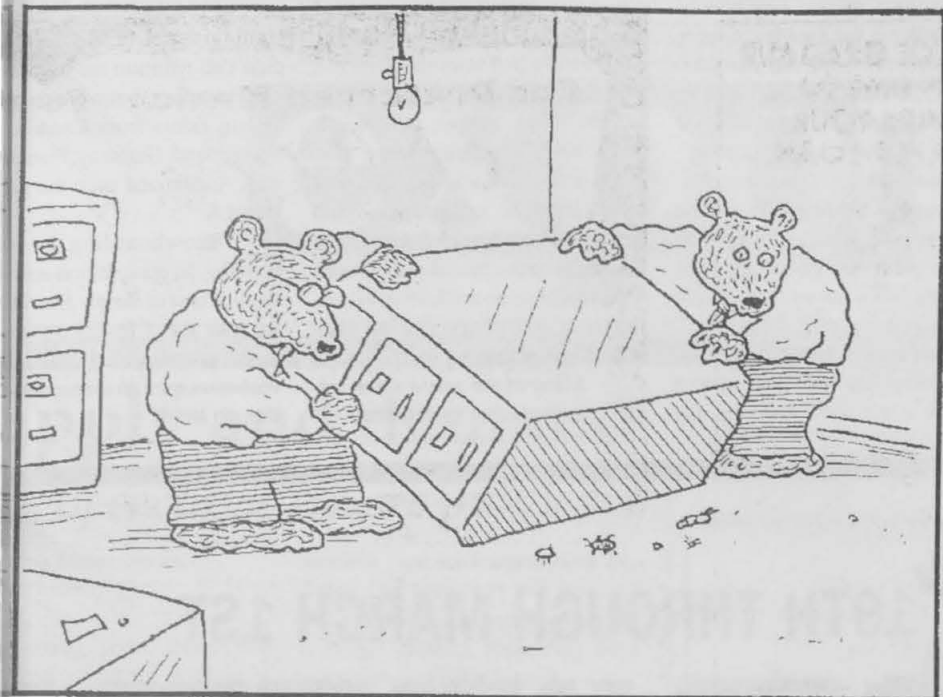
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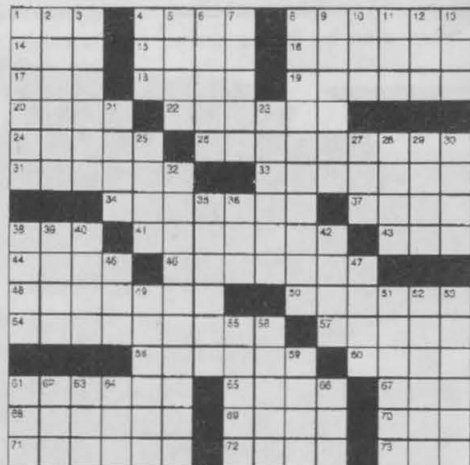


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"The path to eternal enlightenment is by the completion of crossword puzzles."
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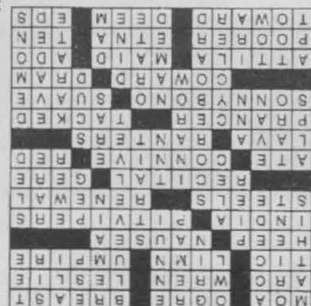
"Finishing a crossword means you have too much time on your hands in the first place"
The Other Guy

- ACROSS
- 1 Extinct bird
 - 4 Beast
 - 8 Confront boldly
 - 14 Crescent shape
 - 15 Birdhouse nester
 - 16 Actor Nielsen
 - 17 Muscle spasm
 - 18 Paint a picture with words
 - 19 Strike caller
 - 20 Dickens character
 - 22 Queasiness
 - 24 Neighbor of China
 - 26 Venomous snakes
 - 31 Materials for girders
 - 33 Starting over
 - 34 Student's performance
 - 37 "Pretty Woman" co-star
 - 38 Snacked
 - 41 Cooperate secretly
 - 43 Roulette bet
 - 44 Fuji flow
 - 46 Ravers
 - 48 One reindeer
 - 50 Fastened loosely
 - 54 Cher's ex
 - 57 Urbane
 - 58 Scaredy-cat
 - 60 Scotch shot
 - 61 Huns' leader
 - 65 Domestic worker
 - 67 Fuss
 - 68 Less accurate
 - 69 Poak in Sicily
 - 70 X
 - 71 Facing
 - 72 See fit
 - 73 Wynn and McMahon



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- DOWN
- 1 Crooner Johnny
 - 2 East
 - 3 Give one's consent
 - 4 Nocturnal bird
 - 5 Wide smile
 - 6 Make new charts
 - 7 Boredom
 - 8 Bobby Vinton hit
 - 9 Tarry
 - 10 Psychic's gift
 - 11 Thieves leader
 - 12 Respectful address
 - 13 Driving area
 - 21 Bridge support
 - 23 Nautical passage
 - 25 Actor Guinness
 - 27 Tent stake
 - 28 Water pitcher
 - 29 Seldom seen
 - 30 Kane's Rosebud, e.g.
 - 32 Ballpark display
 - 35 Lined up
 - 36 Cable station from Tenn.
 - 38 Yodeler's stage
 - 39 Poi base
 - 40 Writer Hunter
 - 42 Time stretches
 - 45 East Coast cape
 - 47 Desert Storm missile
 - 49 Bicyclist
 - 51 Japanese self-defense
 - 52 Got around
 - 53 Evil spirits
 - 55 Dubbed
 - 56 Speak
 - 59 Have supper
 - 61 Appropriate
 - 62 In addition
 - 63 Pull behind
 - 64 Pension acct.
 - 66 Beaver project



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Mainstream: Knuckledraggers become accepted into the winter sport society

continued from page 15

something new that would quickly pass into obscurity.

"[Snowboarders] are adventurous spirits who have the tendency to push themselves to their limits," Robison said.

Watching Robison glide and carve her way down the mountain, one could easily imagine the snow as an ocean, the wisps of snow kicked up by her board was like the spray off the top of a breaking wave.

"It's no longer really a little cult, it's a regular sport," laments Heilmann. "Any claim to rebellion has taken a hit by [going main-

stream]."

Today, snowboarding is gaining more popularity and media attention than any other winter sport.

"Snowboarding is the fastest growing sport in the country," Robison said. She is a ski and snowboard instructor who works with participants of all ages. "It's not just a young people's sport."

However, more kids are taking to it than ever. Where youngsters in years past would scoff at snowboarding, Robison found that children are taking a genuine interest in learning to ride. "Little kids

can and will learn snowboarding." Manufacturers market tiny boards and boardwear for aspiring rippers and ski areas offer children's lessons.

While snowboarding is often associated with big cliffs and inverted half-pipe maneuvers, it is more dynamic than the blitz of media exploitation suggests. Riding is an avenue for the extreme, allowing those who choose to push their bodies and their gear to the limit, but extreme riding is merely one aspect of the sport.

One of the most unique aspects of snowboarding is the freedom to dictate where, how and why one

rides. Some people never leave the silky rush of laying down long carved turns at speeds approaching Mach 1. Others feel a pull towards untracked adventures in the backcountry, seeking out newer, steeper, never-tried-before lines in remote country.

This year marked the first time in Olympic history that snowboarding, barely out of its infancy, has been a medal-status event. This year Nagano hosted two events, the freestyle halfpipe and the giant slalom competitions.

Many of the world's best riders came together to celebrate the

worldwide embrace of a sport isn't as old as most of the people reading this article. Top riders didn't all return to the birthplace of snowboarding, but were distributed among riders from Canada, Switzerland, Germany, France, Italy, Austria and even the good US of A.

Snowboarding knows no bounds. In competition and in the world's best or simply freeriding, the pure joy of feeling one with the world, snowboarding offers an adventurous spirit an avenue for expression on snow.



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