

MONTANA KAIMIN

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Cover photos Sara Diggins
Cover illustration Constance Darlington



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, "Qéymín," that is pronounced kay-MEEN and means "book," "message," or "paper that brings news."

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OPINION | LETTERS TO THE EDITOR

year Steve Daines fails to act. We need Steve Daines to step up right now and fully fund the LWCF so we can continue this way of life that we love so much.

-MADISON SEIGLER

cervical cancer, and was, in my recollection as a 25-year-old woman, at first marketed and distributed only to females. But the vaccine can also protect people from vulvar, vaginal, anal, and oropharyngeal cancer.

Men get oropharyngeal cancer, or cancer of the middle throat, at least twice as much as women do (the reasons for this discrepancy remain unclear).

Certain celebrities, including actor Michael Douglas and singer Bruce Dickinson, have spoken publicly about their throat and tongue cancers, respectively, being caused by HPV contracted from oral sex. HPV screening is available for women over 30, but there is no good way to screen for it in men, and the virus can lie dormant for years.

Montana needs full funding of the Land and Water Conservation Fund (LWCF) right now. The LWCF has been in place for decades and since its inception, it has brought in over \$600 million to help build parks, expand river access, fix trails, and facilitate our outdoor way of life. Like many students, I chose to attend UM because of the wonderful opportunities to get outside and explore nature around Missoula. In my first month in town, I used the bike path system to go to the Clark Fork Market at Caras Park, I hiked countless trails in the Rattlesnake, and wandered the river at Kelly Island. Little did I know, I was able to do that because of the LWCF. Each of those places either exists or has been maintained because of LWCF grants to the City of Missoula, the State of Montana or the Forest Service.

Men who vaccinate can not only prevent the spread of HPV, which is the most common STI, but they can greatly reduce their risk of anal and throat (and even, potentially, penile) cancers caused by HPV. According to the Center for Disease Control, 79 million Americans are infected with HPV, which is transferred through genital contact. Gardasil 9 is a vaccination for the nine types of HPV (types 6, 11, 16, 31, 33, 45, 52, and 58) that cause the majority of HPV-related cancers and genital warts in people of all sexes. Gardasil 9 is best known for reducing the risk of HPV-related

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YOUR VOICE: SUPPORT THE LAND AND WATER CONSERVATION FUND

year Steve Daines fails to act. We need Steve Daines to step up right now and fully fund the LWCF so we can continue this way of life that we love so much.

-MADISON SEIGLER

YOUR VOICE: THE HPV VACCINE ISN'T JUST FOR WOMEN

I wish to contribute an urgent addendum to the Kaimin's Aug. 29 "Peaches and Cream" guide to safe sex: Boys and men and people with male anatomies can and should get vaccinated for human papillomavirus, too.

Montana needs full funding of the Land and Water Conservation Fund (LWCF) right now. The LWCF has been in place for decades and since its inception, it has brought in over \$600 million to help build parks, expand river access, fix trails, and facilitate our outdoor way of life. Like many students, I chose to attend UM because of the wonderful opportunities to get outside and explore nature around Missoula. In my first month in town, I used the bike path system to go to the Clark Fork Market at Caras Park, I hiked countless trails in the Rattlesnake, and wandered the river at Kelly Island. Little did I know, I was able to do that because of the LWCF. Each of those places either exists or has been maintained because of LWCF grants to the City of Missoula, the State of Montana or the Forest Service.

Montana is fortunate to have a Senator who is in the majority party, sits on the Appropriations Committee, and is in a position to ensure that this program is fully funded at no taxpayer expense. However, that Senator has failed to bring a bill forward to do just that. Every year, Congress diverts money intended to fund this program and every

year Steve Daines fails to act. We need Steve Daines to step up right now and fully fund the LWCF so we can continue this way of life that we love so much.

-MADISON SEIGLER

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Certain celebrities, including actor Michael Douglas and singer Bruce Dickinson, have spoken publicly about their throat and tongue cancers, respectively, being caused by HPV contracted from oral sex. HPV screening is available for women over 30, but there is no good way to screen for it in men, and the virus can lie dormant for years.

So go to Curry Health Center and ask for Gardasil 9 (Gardasil 9 is not recommended for people with severe yeast allergies or autoimmune deficiencies). If you did not get vaccinated back when you were 11 or 12, never fear: The CDC recommends vaccination until age 26 (the sooner the better); it's available to people up to age 45. Other ways to prevent the spread of HPV and reduce your risk for its attendant cancers and warts include using condoms and dental dams.

-ABBY SEETHOFF

LIKE IT? HATE IT? WISH WE WERE DEAD?

Email us your opinions at editor@montanakaimin.com

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SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

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:

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

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DONATION FOR NEW UM ART MUSEUM

A \$5 million donation from Terry and Patt Payne will be used to fund a new building on campus that will house the Montana Museum of Art and Culture collection. Thousands of art pieces in this collection are currently in campus storage. The University has not decided the location or design of the new building yet, according to a UM press release. (SYDNEY AKRIDGE)

SEX TRAFFICKING SUPPORT

The Missoula Urban Indian Health Center received a \$450,000 grant from the Department of Justice to bolster services offered

to survivors of sex trafficking in Missoula County who are American Indian and Alaska Natives. The center has offered health services since 1970. It plans to form a network of support and providers in the Missoula community within the next few years. (SA)

FAIR PAY TO PLAY

California Governor Gavin Newsom signed the Fair Pay to Play Act on Sept. 30, which would allow NCAA Athletes to make money off of their name, image and likeness starting in January 2023. (SA)



PAUL HAMBY

paul.hamby@umontana.edu

SEPT. 26: TO CATCH A THIEF

University of Montana police and the Missoula Police Department made a breakthrough in identifying a repeat-purloiner of bike parts. After reviewing security footage from the bike rack outside Aber Hall, police identified a 21-year-old hooligan running off with a tire. He's blonde, has a mohawk and really likes to steal bike parts. Anyone with information can call UMPD at (406)-243-6131.

SEPT. 27: SUSPICION

The thievery continued at the Lewis and Clark Village, where a resident reported that somebody ran off with an order of text books valued at \$80. No suspects have been identified.

SEPT. 27: NOTORIOUS

Students may want to consider nailing everything loose to the floor, as UMPD received a report of another theft in Lot G. An unlocked trunk led to the loss of a fishing reel valued at \$50. Lucky for the fishing enthusiast who reported the crime, his fly rods were spared. This report may end up as a flounder, as police have identified no suspects.



SEPT. 29: REAR WINDOW

RAs arrived to the study lounge on the

TRUMP-Ukraine SCANDAL INTENSIFIES AS SECOND WHISTLEBLOWER EMERGES

When asked about his thoughts on California's new law during the Griz Football press conference on Sept. 30, head coach [Griz Football] Bobby Hauck said, "I think it'll probably destroy college athletics in some form or fashion." As of Oct. 3, 11 other state legislatures, including Colorado and Washington, are looking at bills that would allow NCAA athletes to make money off of their likeness in the future. (HELENA DORE)

While the Democratic Party investigates President Trump during a historic impeachment inquiry, on Oct. 6, a second whistleblower came forward with "firsthand knowledge" about critical events, according to the Associated Press. The anonymous whistleblower's attorney, Mark Zaid, said the individual could corroborate evidence related to a phone call between Trump and Ukrainian President Volodymyr Zelensky. Two whistleblowers allege Trump called Zelensky on July 25 to discuss launching an investigation into Joe Biden and his son. (HELENA DORE)

Ambulant sediment, missing reels and fun with phalluses

PAUL HAMBY

paul.hamby@umontana.edu

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SEPT. 29: REAR WINDOW

RAs arrived to the study lounge on the

said, in this strange of a context. Well done, Aber.

RAs are working with UMPD to identify sticky-fingered culprits, who potentially face charges of theft and criminal mischief.

SEPT. 29: LONDON FOG

Police responded to a call to Elrod Hall after an RA caught the unmistakable whiff of somebody indulging in a bit of the icky sticky. Although a presentation of a prescription kept the stash in the hands of the student, police advised the student to engage in treatment somewhere off campus.

SEPT. 30: SABOTAGE

Two whole pallets of sod went missing over the weekend from the western end of campus. According to Lt. Giffin, it was no easy heist, as lifting the pallets required the use of a forklift or "a lot of really strong friends." The pinched pallets may get a bit of mud in the eyes of UMPD, as they currently have no suspects in the theft.

Students share coming out struggles and triumphs

MAZANA BOERBOOM

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Sophomore Cassidy Martinez was 14 when she first came out to her parents as bisexual. They peppered her with questions like, "How do you know?" and "Have you ever been with a girl before?"

This Friday, Oct. 11, is National Coming Out Day. UM's LAMDA Alliance will host an event in celebration at the Payne Native American Center fire pit at 7 p.m. LAMDA President Elliott Hobough, a senior studying women's, gender and sexuality and psychology, said there will be s'mores and a variety show. The show will be coming-out themed, and any student is welcome to perform.

Hobaugh hopes the event will be a celebration of the holiday, but will also let people know what resources there are if they need help coming out, or if they need support after. For a lot of people, the hardest part about coming out is family reactions, he said.

"Just know that there are people out there that support you," Hobaugh said. "And, a lot of times parents will freak out at first, but a lot of times, they'll come around."

After being questioned by her parents, Martinez retreated back into the closet for the remainder of high school. When she came to college, she decided she needed to be true to herself. The second time she came out to her parents, she was showing her stepmother how to use Tinder, and a girl came up on the screen. This time around there were no questions, just support and love.

After coming out and moving to Missoula, Martinez said she feels more accepted than ever. "Just being kind of truer to myself definitely helped with my depression and my anxiety a lot more."

Freshman Nas Jabr's strict Muslim father made coming out more difficult. The last day of junior year of high school, Jabr, whose pronouns are they/them, went to an early breakfast with their father, who was in town. When Jabr told him about the Gay-Straight Alliance club they were starting with their friends, he wasn't happy.

Jabr said they tried to play it off as if they were starting the club to support friends, but their dad cut them off and loudly asked if they were gay. Everyone else in the small cafe, the baristas and a couple of older men, turned to watch. Jabr was forced to come out to their dad before they were ready.

Jabr's father told them that he still loved them, but that he wanted nothing to do with that part of their life. Jabr felt that was contradictory. "This part of me literally influences how I live my life every single day," they said.

Jabr now lives on the gender inclusive floor in Miller Hall, where they say they've met a lot of accepting people. "I've never felt more comfortable in any environment than I have here," they said.

Jabr said coming out is the hardest thing anyone in the LGBTQ community has to deal with, and it's something they must do constantly, with every new person they meet. Jabr's coming-out experience wasn't an easy one. A lot of people face unaccepting families, or potentially volatile situations. Jabr, Martinez and Hobaugh all expressed the importance of feeling safe before coming out, and that it can help to come out to a friend or someone who will be supportive first.

"We need to be aware of the things that are still happening, and that people like me are still facing when we walk out of our doors everyday and that we have to keep in the back of our minds," Jabr said. "Don't brush it off."

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Nas Jabr is a freshman at UM and lives in the gender-inclusive floor in Miller Hall. Originally from Missouri, they came out to friends at 15 and then to family at 18. COLTON ROTHWELL | MONTANA KAIMIN



Cassidy Martinez is from Anaconda, Montana and came out at the age of 14 as bisexual, and then "came out again" at the age of 18 to more family members. COLTON ROTHWELL | MONTANA KAIMIN

THE MAX S. BAUCUS INSTITUTE PRESENTS A CONVERSATION BETWEEN Max Baucus and Michael Punke



US/CHINA TRADE

2-3 P.M.
THURSDAY, OCT. 10

ALICE LUND INSTRUCTIONAL AUDITORIUM (ALI) ON THE UNIVERSITY OF MONTANA'S CAMPUS.
This event is free and open to the general public.

MODERATED BY Gloria Riviera



Responding to violence: How UM trains RAs to handle the worst

PAUL HAMBY

paul.hamby@umontana.edu

The University of Montana released two reports in the past month that showed relationship violence, compared to sexual assault and stalking, as the most commonly reported violent crime to both the Office of Equal Opportunity and Affirmative Action (EOAA) and University of Montana police.

UM employees submitted the reports for Title IX violations, according to the EOAA Title IX office on campus. Among those employees, the staff of UM Housing acted as the first responders in nearly one out of four cases of dating violence on campus.

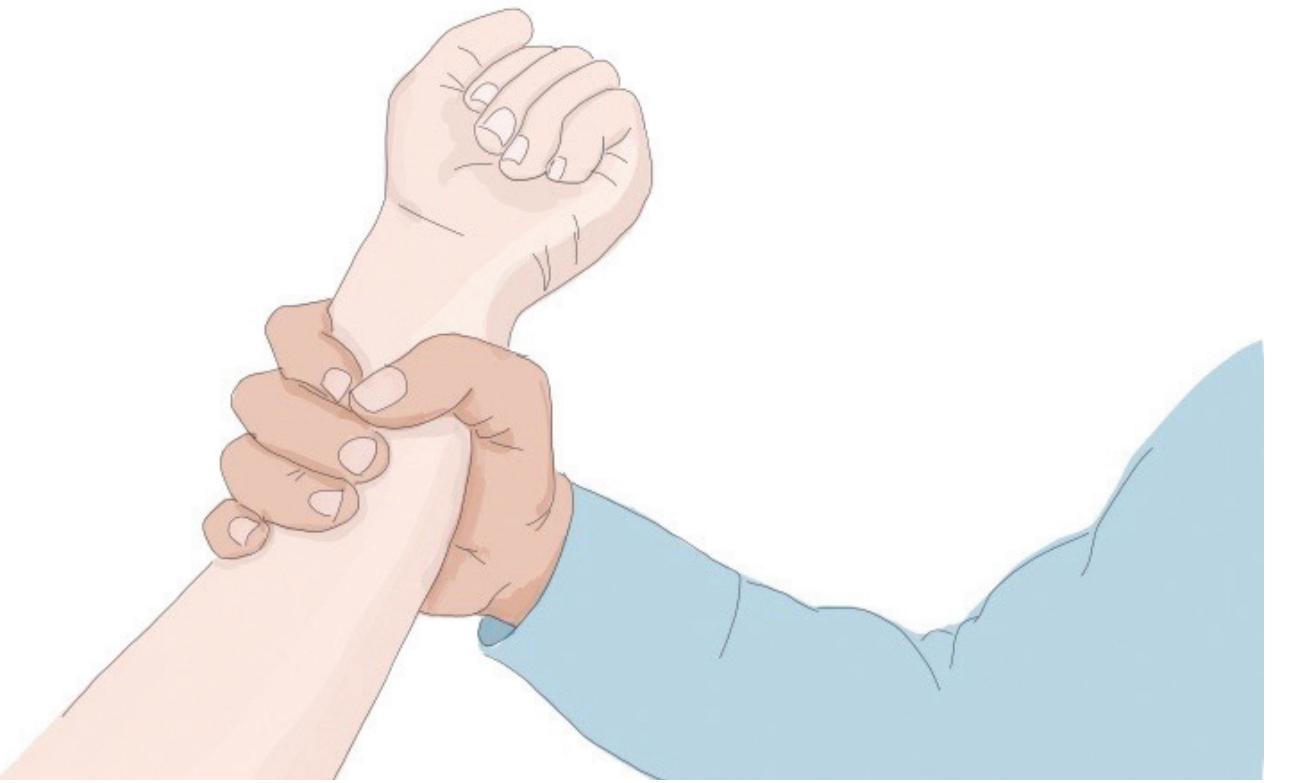
"The walls are pretty thin. You can hear when it's happening," said Heide Borgonovo, a UM Housing employee from 2016-2018. Borgonovo spent two years as a resident assistant her sophomore and junior year. As an RA for Craig and Jesse Hall, she was responsible for up to 40 students during that time. Borgonovo applied for the position because she enjoyed mentoring others, and she wanted to put off having to find an apartment in a city she was still new to.

Before her first assignment as an RA, she attended a battery of training sessions over three weeks, along with presentations from Title IX, Curry Health Center, UMPD and the Student Advocacy Resource Center.

Borgonovo said, all of the training aside, "you're never fully prepared to handle something as dramatic as assault until it actually happens."

"Looking back at how young the [RA] first-years are, because they're only sophomores usually, it's a lot to handle for a young adult," she said.

Although the EOAA Title IX webpage allows for anyone to submit a report, according to a summary report from the office, UM employees made up nearly 80% of all submissions to the office during the 2016 and 2017 fiscal years. A third of those reports came from UM Housing for the 2016 school year. The following year, UM Housing employees made up 25% of the 96



CONSTANCE DARLINGTON | MONTANA KAIMIN

Title IX reports submitted.

UM policy requires UM employees, such as RAs, to enter a Title IX report within 24 hours of witnessing a violation.

The Title IX summary for the 2017 fiscal year showed 35 reports of relationship violence, and 28 reports in 2016.

The University's Annual Campus Security and Fire Safety Report, released Oct. 1, showed 30 instances of domestic violence from 2017 through 2018, 28 of which occurred in UM Housing. Under dating violence, however, the report shows zero cases over the last three years.

UMPD Lt. Brad Giffin said two things explain the difference between the Title IX summary and the annual security report:

Montana state law has no statute specifically for dating violence, and the University's policy gives the choice of starting an investigation to survivors.

"The University's approach to training its housing staff has definitely evolved in the past decade that I've been here," said Sandy Curtis, director of UM Housing.

In addition to the three weeks of courses described by Borgonovo, UM Housing launched the training session known as "Behind Closed Doors" a year after the arrival of Curtis in 2010. All incoming RAs must respond to a random scenario organized by their more experienced counterparts. Situations can include responding to rape, assault and racial discrimination.

"I'm confident that they're absolutely prepared. I started my career as an RA, and their role hasn't changed in the 32 years since then. The job of any RA is to observe and report," she said.

Curtis said UM Housing can and has moved students to new spaces on campus, always maintaining anonymity. In 2017, two people were placed in new housing accommodations following a report of relationship violence, along with issuing two orders of no contact, according to the Title IX summary report.

"We have this incredible network of communication in place, but RAs remain a cornerstone of prevention of violence of any kind at UM," Short said.

College to candidate: UM graduate runs for city council

AIDAN MORTON

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A recent University of Montana graduate is running this fall against an incumbent council member for Missoula City Council.

Drew Iverson graduated in the fall of 2018 with a political science degree from UM. He started campaigning in May 2019 to represent Ward 3 in Missoula, consisting of the Riverfront, Rose Park and University District neighborhoods. Iverson is running against incumbent council member Gwen Jones as an unendorsed nonpartisan. Iverson said this matchup is difficult in itself.

"It makes me feel like David versus Goliath to be honest," said Iverson. "It's definitely going to be hard. But, it's going to be worth my while because I'm serving the people."

Iverson survived the City Council primaries held on Sept. 10, outlasting Dakota Hileman, a current UM student. The candidates in Ward 3 are vying for one of two open seats on Missoula City Council. Council member Heather Harp will hold the other seat for Ward 3 until 2022.



Missoula City Council candidate Drew Iverson stands on Daly Avenue, near the heart of Ward 3. Iverson knocked on as many doors in this ward as possible this summer, campaigning mainly on lowering taxes. CLAIRE SHINNER | MONTANA KAIMIN

"By no means am I any expert," Iverson said. "I still have a lot to learn, but I'm just kind of excited that I am at where I'm at."

Iverson's interest isn't recent. He recalled looking at the clock the moment he became interested in politics — Thursday, Jan. 22, 2015, at 6:30 p.m. He joined MontPIRG and ASUM when he attended the University. As a senator, he pushed to expand student parking on campus. This expansion wasn't successful because of the University's geographical limits, he said. While only serving on ASUM for one semester, Iverson said he learned how to be flexible with ideas that weren't his own and adjusted to the organization of meetings. This gave Iverson an idea about what politics would look like after college.

"Nobody was more skeptical of me than myself when I first started," Iverson said. "about the beginning of his campaign. "But the more I progress, the more it seems like those doubts slowly go away."

Iverson started going door-to-door in July 2019, speaking with homeowners about what issues mattered to them, he said. He chose to

focus on lowering property taxes in Missoula, putting more public recycling bins in Ward 3 and improving snow removal during the winter months. He also hopes to fix roads in Ward 3. While he's flexible with most of his goals, one thing Iverson is certain of is his relatability.

He said he knows what it is like to work a minimum wage job and attend school full time. Whether it's paying rent or paying off student loans, Iverson hopes to alleviate that stress for students in Ward 3 by lowering housing costs.

Iverson said the relationship Ward 3 has with the University is something that can be enhanced. If elected, he said there's no reason why bettering Ward 3 for students won't help the University as well.

"If I do happen to win the election, I want to run for governor after I get done with my term at city council," he said. "I want to keep this momentum going."

Iverson will be meeting at the Missoula Senior Center on Thursday, Oct. 10. Ballots for the Missoula city general election will be mailed out on Oct. 16 and can be mailed in or returned to drop-off locations in Missoula.

Flag on the play: Montana man sells stolen Griz tickets to unknowing fans

JOANN MARTIN

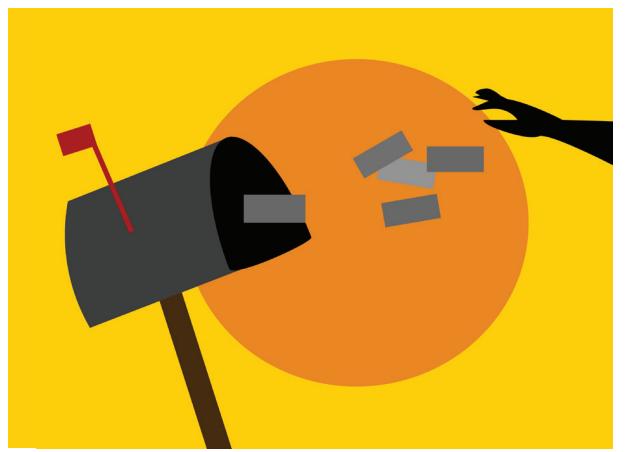
joann.martin@umontana.edu

A Billings man attempted to sell \$2,700 worth of stolen Griz home game football tickets from a season ticket holder, according to Missoula police. But fans might not know if they've purchased a stolen ticket.

Levi Hoerner, posing as Levi McConnell, sold the tickets at above-market prices on Facebook Marketplace, according to Detective Becky Patton from the Missoula Police Department. A man who had purchased tickets from Hoerner called the UM Box Office anonymously to see if the deal was too good to be true. This tipped off the official UM ticket seller, said box office manager Celine Fisher.

"When you come to our venue, you get in with your tickets. If you leave, you have a stamp and you still have your ticket. When you come back, you better have that ticket and your stamp or they won't let you back in," Fisher said. "We have our scanners and they do work."

Unlike general seating or student tickets, season tickets are physical copies. Fisher said season ticket holders either pick them up at the Box Office or have them mailed in a large envelope, which puts them at risk of being stolen. She said ticket theft hasn't been common. Only one other incident occurred



LINDSEY SEWELL | MONTANA KAIMIN
this year, when a man's car was broken into in Great Falls.

When season tickets are reported stolen, the Box Office can invalidate barcodes for that section and reissue new tickets, Fisher said. Barcode scanners were introduced in 2006 to prevent void tickets at the gates. When fans buy tickets from a third party, they can verify them by calling the Box Office.



REDUCE USE CYCLE GRET

A month living waste-free in college

By Erin Sargent

In

THE CAR AT A STOPLIGHT, I cried into an M&M's McFlurry. Maybe it was because I was fighting a killer cold. Maybe it was the ever-intensifying acne situation on the left side of my face. Maybe it was the fact that I wanted nothing more than to eat a fucking M&M's McFlurry. The castor oil mascara I bought off of Etsy ran down my face as I looked into my rear view and chanted, "Nineteen more days. Nineteen more days." I was less than two weeks into my challenge to live waste-free for a month.

I drove home and put my McFlurry cup with the rest of my trash, accumulating quickly to the top of a Mason jar.

I'm Erin. I work at the Kaimin. I'm bad at organization, I'm bad at time management, and my meal prep usually means buying Lean Cuisines at 10:30 p.m. from the 24-hour Albertsons on Van Buren. I love wearing make-up, I love buying clothes, and when it comes to shoes, my mentor is Carrie Bradshaw. And for the entire month of September, I decided to try and totally change.

The average college student produces

about 640 pounds of trash every academic year, according to Planet Aid, a nonprofit charity that reports on various environmental statistics. A lot of that's attributed to school supplies and other temporary goods, things a lot of students throw away at the end of every year. Just picture the overflowing Dumpsters on campus and the "FREE" signs on curbs as people move out of dorms and off-campus apartments to go home for the summer and you'll get the point. As for the average American, we produce a whopping 4.4 pounds of waste per day. This includes plastics, packaging, clothes, food scraps

... you get the picture. The movement to go waste-free is based on the idea that if individual consumers cut out their use of plastics, disposables and anything that can't be reused, recycled or composted, they reduce significant waste and, in turn, their carbon footprints. It starts with one person, right?

We've all heard of the three R's: reduce, reuse, recycle.

Waste-free-ers say there's a fourth: refuse, as in, "No thanks, I'll pass, I don't need that plastic bag." They argue the lifestyle isn't about perfection, it's about making decisions and being more conscious about the ecological impact those decisions have.



"I think less waste comes from better planning,"

she said when I asked for her advice. She looked at me and raised her eyebrows.

"You better write that one down."

Instead, I went on YouTube.

One search of "waste-free living" later, I was watching a girl with lavender hair tell me her video was sponsored by Ecosia and assuring me that

all I had to do was buy a Diva Cup and a metal straw and I'd basically become Missoula's own Greta Thunberg.

I have a metal straw and a hormonal IUD, so: check and check. Waste-free living is no

match for me.

But as the first few days of September came and went, it really started to sink in just how





large-scale
a waste-free lifestyle
change is. I guess
I must've overestimated
my abilities, because I just
figured I would avoid buying
plastic, use my canvas tote bags, and
buy some food in bulk. Bingo, bango,
bongo; waste-free living, baby.

There were things I hadn't even considered until I realized I couldn't use them. I couldn't shave my legs, unless I wanted to spend \$80 on a metal razor and razor heads. I needed to buy deodorant packaged in a glass jar — Fiji Old Spice wouldn't cut it anymore. I had to get a handkerchief to dry my hands instead of paper towels. Makeup? It turns out you can buy waste-free makeup — meaning it's packaged in glass or tins — online, if you're willing to spend \$32 on tinted moisturizer. And toothpaste! How had I forgotten about that?

It was time to look for affordable alternatives. I found an Etsy shop called Clean Faced Cosmetics. Laura from Grand Rapids sent me vegan cocoa powder tinted moisturizer, castor oil mascara and powder eyeshadow. Lauren Singer from TrashIsForTossers had a recipe for homemade toothpaste on her blog.

Cut to me on Sept. 6 in the kitchen with coconut oil, baking soda and peppermint essential oil to make toothpaste, legs growing even



more stubbly, starting to regret that I signed onto a whole month of this.

As I put on my waste-free makeup for my first waste-free Friday night downtown, I thanked God the Union is dimly lit.

Let's talk plastic pollution. A plastic bottle takes 450 years to biodegrade. Plastic straws biodegrade after 200 years. Single-use plastic bags usually kick the bucket after 20. According to the National Oceanic and Atmospheric Administration, plastics can also break down into "microplastics," which are small enough that they can be hard to detect, and even harder to clean up.

Remember microbeads, the tiny plastic nubs in face and body wash? They're great at exfoliating and even better at showing up in our oceans. A 2015 study from

"I can't. It's wrapped in plastic."

*"I can't. They're in plastic."
"Thanks, but that's plastic."*

- Me, annoying everyone around me.



What's more: 60 million plastic water bottles are thrown away every day, according to the Container Recycling Institute.

I thought of Rich, the old man from Chicago who came into my job on day two. When I told him about my fresh, new, not-yet-waste-free-mascara-stained-waste-free-lifestyle, he said,

"You know, I've been saying this for years, but humanity is a cancer to this earth. We're going to wipe ourselves out and this earth is just gonna keep spinning."

I was starting to agree with him.

Like most of us in our 20s in the 2010s, I feel like I'm all right at the three R's. I try to find reusable items and avoid buying things unnecessarily, and I try to recycle whenever it's available. But "refusing" turned out to be a lot harder than I thought.

And, listen, this is a me thing. I could buy all my clothes secondhand, but I like H&M sometimes. I could buy local from the farmer's market in the summer, but I buy frozen veggies because it's easier. I could reduce how much makeup I wear, but I really like makeup. I could buy an



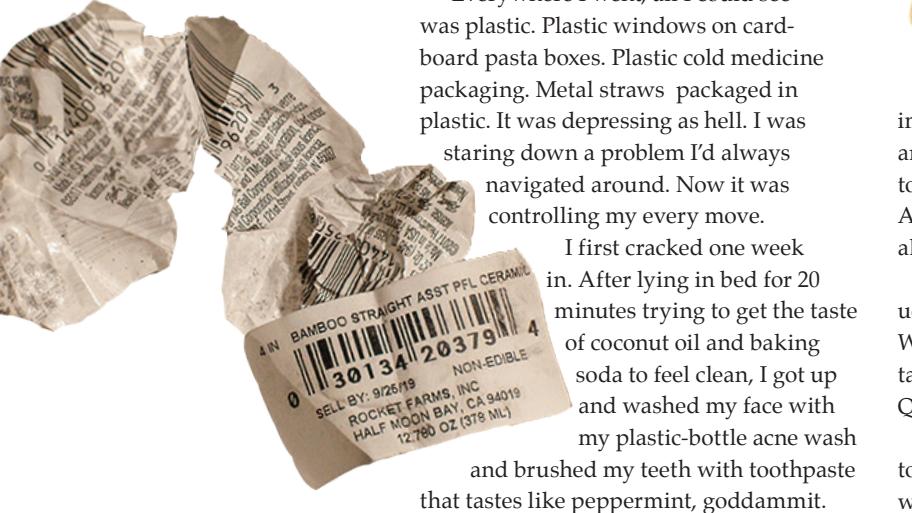
\$80 razor, but I like not being broke.

Thanks to plastic, I was refusing meat. I was refusing easy lunches during busy days at school. I was refusing cheese. Motherfucking cheese, guys.

"Hi, I'm so sorry, I know this is really specific, but do you know if I could find lip balm that isn't packaged in plastic? No?"

"OK, what about a bar of face soap packed in like, a cardboard box or tin? No, that's OK! I'm sorry!"

- Me, to the poor Lucky's Apothecary girl



The next day, I drove to the Good Food Store in shame and bought a charcoal face bar (\$8), a cocoa lip balm (\$6), hand lotion (\$14) and a metal tube of charcoal toothpaste (\$9 advertised as "fluoride-free" because the Venn diagram of people who live waste-free and people who believe fluoride is toxic might as well be a circle. I'm looking at you, Lauren Singer.)

Out of this whole month, the one thing that drove me the most insane was how many things I needed to buy. Going waste-free, initially, means a bonkers amount of consumerism. Yes, definitely use what you have until you have to replace it, and then you can buy something that will last longer. But you still have to buy all of those things.

And then there are the products you have to keep buying: toothpaste, deodorant, lotion, Chapstick, soap, shampoo, conditioner — all the things you need to use regularly. It's overwhelming. Need to clean your house? You need to buy cleaning supplies in bulk. Need another month's worth of toiletries? You could order them online from LUSH or Package Free Shop, if you're willing to ignore the environmental

I was having a really hard time finding the things I needed. I went to Lucky's, to the Green Light, to Google. This stuff is expensive, and it's hard to find. There always seemed to be some element of plastic involved. Even at Lucky's and the Good Food Store, where I could buy food in bulk, my options were limited. Fruits and veggies in the produce section are labeled with stickers, and no, they aren't edible, despite what a "fun facts" Twitter account may have told you. Metal straws are packaged in plastic. Want fresh blackberries? They're in plastic, too.

Everywhere I went, all I could see was plastic. Plastic windows on cardboard pasta boxes. Plastic cold medicine packaging. Metal straws packaged in plastic. It was depressing as hell. I was staring down a problem I'd always navigated around. Now it was controlling my every move.

I first cracked one week in. After lying in bed for 20 minutes trying to get the taste of coconut oil and baking soda to feel clean, I got up and washed my face with my plastic-bottle acne wash

and brushed my teeth with toothpaste that tastes like peppermint, goddammit.

I showered. When I started this journey, I didn't realize I would miss Q-tips so much.

"Is it recyclable?"

"Can I compost this?"

"Where can I go on campus to compost this?"

- Me, every time I bought food

"Sustainability" is a buzzword everywhere you go in 2019. UM is no exception. UM Dining throws it around a lot, having just recently proposed ridding campus of plastic straws and investing in compostable to-go food packaging. The lovely man who works at Harvest, in the Food Court, told me about the packaging. He then saw me almost three times a week for all of September.

But here's the catch. When UM Dining employees say packaging is compostable, what they mean is biodegradable. Everything is made out of a corn fiber plastic-substitute called polylactic acid, or PLA. PLA will eventually biodegrade in landfills, taking anywhere from 100 to 1,000 years, depending on how tightly the landfill is packed. PLA can decompose within about three months, though, if it's processed through an industrial composting plant. But UM doesn't do that.



impact of shipping and processing
to get that stuff to your home.
And that's never going to stop. You're
always going to be shopping like this.

I mean it's crazy, really crazy, the products out there marketed to waste-free-ers. Within three weeks, my Instagram feed contained ads for reusable Q-tips. REUSABLE Q-tips. That you wash yourself. Gross.

And I got sucked in, too. I was so close to buying that shit, just for the hell of it. I wanted so badly to clean my ears out after



"We would have to have a complete infrastructure to support that and, to be honest with you, UM just doesn't have that,"

Camp Howard, head of UM Dining, told me.

"And I'm not sure any school really has that."



Sept. 30 was the Bad Place. I counted down the hours to my planned midnight shower. I wake-dreamed about shaving. I wanted to use a goddamn Q-tip. I wanted Crest toothpaste in my mouth after it had sat untouched for 23 days.

I had succeeded, to a degree, to live waste-free, but it also made me feel like a failure. There were so many details from the rest of life I couldn't dedicate time to. I had to clean my bathroom, but I didn't have waste-free cleaning supplies. I had food scraps, but not the time to send them to a composter. I had pills I needed to take that were in plastic prescription bottles, or individually wrapped. Plastic is everywhere, and cutting it out after 21

years on the planet had been frustrating and tiring. It was all I had been thinking about. I fucking needed it to end.

Here's my big takeaway: Waste-free living is so surface-level. Trying to achieve the perfection of one Mason jar filled with four years worth of garbage just feels performative. And it's fully based on the individual consumer. Just because one person doesn't produce any waste by buying an apple from the grocery store doesn't mean that apple is waste-free.

What energy and water did it take to grow that apple? To ship it here to Missoula? You can't hide that in your Mason jar.

And I get it, OK. I really do. By giving things up, making an effort to think

about your role as a consumer, it does feel like making an important change. A small change is still change. After this, I'm not judging people who use metal straws or buy makeup that comes in a tin for \$32. We absolutely live in a society that puts convenience above all else, and all of us play into that. Maybe it's good to take a step back and think about it.

I went to talk with Eva Rocke. She's the sustainability coordinator at UM. She manages UM sustainability initiatives, like sustainable transportation, emissions reductions, recycling and low-waste. She also manages the UM's Climate Action Plan. She's working on the revisions right now.

"Climate change is real and it's a real issue and I personally believe we have a responsibility to address our impact, our role in climate change,"

Here's the thing about climate change: There's more to it than cutting down on your plastic. It's about carbon emissions. If you're worried about climate change, you won't reverse it with your very own reusable Q-tip.

The world needs to lower carbon emissions, the United States especially. The global temperature has risen 1.4 degrees Fahrenheit since the Industrial Revolution. Climate scientists at NASA estimate we have less than 18 months to reduce our carbon emissions enough to avoid another 0.5-degree global temperature increase.

What's the point of going back to plastic straws now that I've got a metal one? Why use plastic forks now that I'm into my bamboo utensil set?

I don't think I'll ever go back to shopping so passively anymore. I'll never stop seeing plastic everywhere I go.

Would I go back to living waste-free? God, no. Nope, no thanks, I'd like to never try to do this again. But maybe you would, and that's pretty cool. Or maybe you want to try biking more, or taking the bus, or trying new makeup, or buying in bulk. The world isn't going to be dropping the climate change crisis commentary, whether you'd like it to or not. I think it's time we all take a step back and reevaluate our roles in it.

Landfill waste is a real issue. I do think there is a lot to be said for avoiding single-use plastic when you can. For bringing your own travel mug to the coffee shop. For

"Waste is part of that picture, but to a very small degree,"

Eva Rocke said.

"Landfill waste is relatively small in terms of its footprint. Waste reduction diversion is totally part of the picture, but it's not one of the top tier strategies."



transportation systems, and how to restructure our energy systems to include clean energy, wind, hydroelectric or otherwise.

And while I think some of what waste-free-ers are doing on YouTube is silly, I have changed.

Bulk shopping was pretty economical, the make-your-own trail mix bar at Lucky's is about to become a monthly tradition, and that charcoal face bar I got from the Good Food Store totally slaps.

What's the point of going back to plastic straws now that I've got a metal one? Why use plastic forks now that I'm into my bamboo utensil set?

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she told me when I asked about the Climate Action Plan. As far as how waste-management plays into the plan?

Climbers compete in Lost Horse boulder rally



Climbers haul crash pads between boulders. The competition included over 100 different boulder problems found in the Lost Horse area.

COLTON ROTHWELL
colton.rothwell@umontana.edu

Local climbers were unafraid of slippery rocks and wet climbing shoes as they competed in the annual Lost Minds Lost Horse Boulder Rally at Lost Horse, Montana on Oct. 5, 2019.

The rally, put on by the Western

Montana Climbers Coalition, had around 45 competitors. They climbed all day on Saturday around the Lost Horse area in periodic rainfall and temperatures in the mid-40s. Competitors were given around five hours to climb as many routes as possible and gain points based on the difficulty of each route.

The competition was the second part of the Montana Bouldering Series, which also included scores from the Butte Boulder Bash on Sept. 14, 2019. Climbers' scores were combined for the two events and an overall winner was declared at Lost Horse. Sierra McMurry took home the victory in the women's category and Mack

Moore was victorious in the men's. Although a competition, the event is mostly an opportunity for the Western Montana climbing community to come together, hang out, and raise money for the coalition.

"Some people take it pretty seriously, but more or less it's supposed to be a fun community



ABOVE: Mack Moore searches for a solid foothold at the top of a "highball" boulder, during the last few hours of the rally. Highball boulders are those that are high off the ground, and falling from one could result in serious injury.

TOP LEFT: Brent Crouse reaches for a small hold on the Hardvaark boulder.

BOTTOM LEFT: Aspen Ward rubs chalk on her hands before attempting a climb.

'The Simpsons' play tells the apocalypse to eat its shorts

DREW NOVAK

drew.novak@umontana.edu

Science tells us only rats and cockroaches will survive an impending doomsday. But a forthcoming production from the University of Montana's School of Theatre and Dance has us wondering if we should add Homer Simpson to that list. "Mr. Burns: A Post-Electric Play" imagines a future in which America's favorite sitcom family is humanity's last hope.

Playwright Anne Washburn penned the bizarre tale, which features a band of survivors continuing the long-running legacy of "The Simpsons" in the years following an unexplained apocalyptic event. Audiences will follow the epic in three acts spanning more than 80 years, culminating with a full-blown musical production of the fifth season episode, "Cape Fear." "Cape Fear" is itself a parody of 1962's thriller "Cape Fear" and its 1991 Scorsese-helmed remake.

The thematic elements of "Mr. Burns" captured director Jadd Davis' interest in the award-winning play he called "a love letter" to our desire to rally around the power of a good yarn.

"I'm a professional storyteller," the 37-year-old said. Davis is an old hand in performance arts, directing roughly 50 plays for venues like the Village Theater in Seattle and others in Coeur d'Alene. "This show basically reforms a completely obliterated society around a story. The story happens to be a mythologized Simpsons, but really it's the same idea."

What makes "The Simpsons" stick in a world where everything else we know is burned away? Actor and MFA in acting student Elijah Fisher believes it might be the show's commitment to levity in trying times — a message all too relevant in our fast-paced culture.

"There's so much pressure to be doing something all the time," Fisher, 23, said. "These people have survived because this is the apocalypse, but you can survive and also have fun."

Fisher takes on dual roles in the meta "play within a play," portraying Matthew Maher and his role as the donut-loving patriarch himself.

Claire Peterson, a 20-year-old student pursuing a double BFA in acting and costume design, portrays the loveable scamp Bart in the final act. She relishes the opportunity to play such a well-liked character — and a chance to show off her



Actors in the Mr. Burns play rehearse a fight scene during dress rehearsal. EMMA SMITH | MONTANA KAIMIN

hand-to-hand combat skills.

"It's awesome to be able to play a role that is a teenage boy in the third act," Peterson said. "Mostly because, you don't ever find a role that's written for a woman where you can do a sword-fight. It's awesome to take a huge step in something like stage combat."

Don't expect to see some sort of Mad Max-meets-the-Simpsons cosplay onstage, though. Costume designer Alessia Carpoca and assistant costume designer Kyrstin Hagins worked with salvaged materials appropriate for a planet scrubbed of advanced technology. Each character's look is not meant to be an exact replica of the family viewers know and love. Instead, performers will don gear meant to evoke iconic aspects of the cartoon cast.

"There's so much pressure to be doing something all the time," Fisher, 23, said. "These people have survived because this is the apocalypse, but you can survive and also have fun."

Clearly, "Mr. Burns: A Post-Electric Play" is one of the weirder productions to cross the Montana Theatre stage. But those involved hope audiences will respond to the story's uplifting heart.

"Expect to have a good time," Fisher said. "That sounds wack, but ... I think just the perseverance of people to keep going is really hopeful."

Take that, "Family Guy."

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Professors shouldn't require doctor's notes

SERENA PALMER

serena.palmer@umontana.edu

Our UM professors probably trust us only slightly more than Ferris Bueller's principal trusted him. We don't have to ask permission to use the bathroom anymore, but some college professors still require notes from a doctor to excuse absences. But there's a problem with that: Visiting a doctor isn't always feasible or practical for every student.

Professor Michael Ruybalid oversees the music education department. Ruybalid outlines a disclaimer in his syllabus at the beginning of the year for absences. "My syllabus pretty much just says be expected to be asked for some type of documentation," he said.

This is standard practice. According to the official UM Academic Policies and Procedures, professors have full reign to create their own individual absence policies, and must state these policies in their initial syllabus.

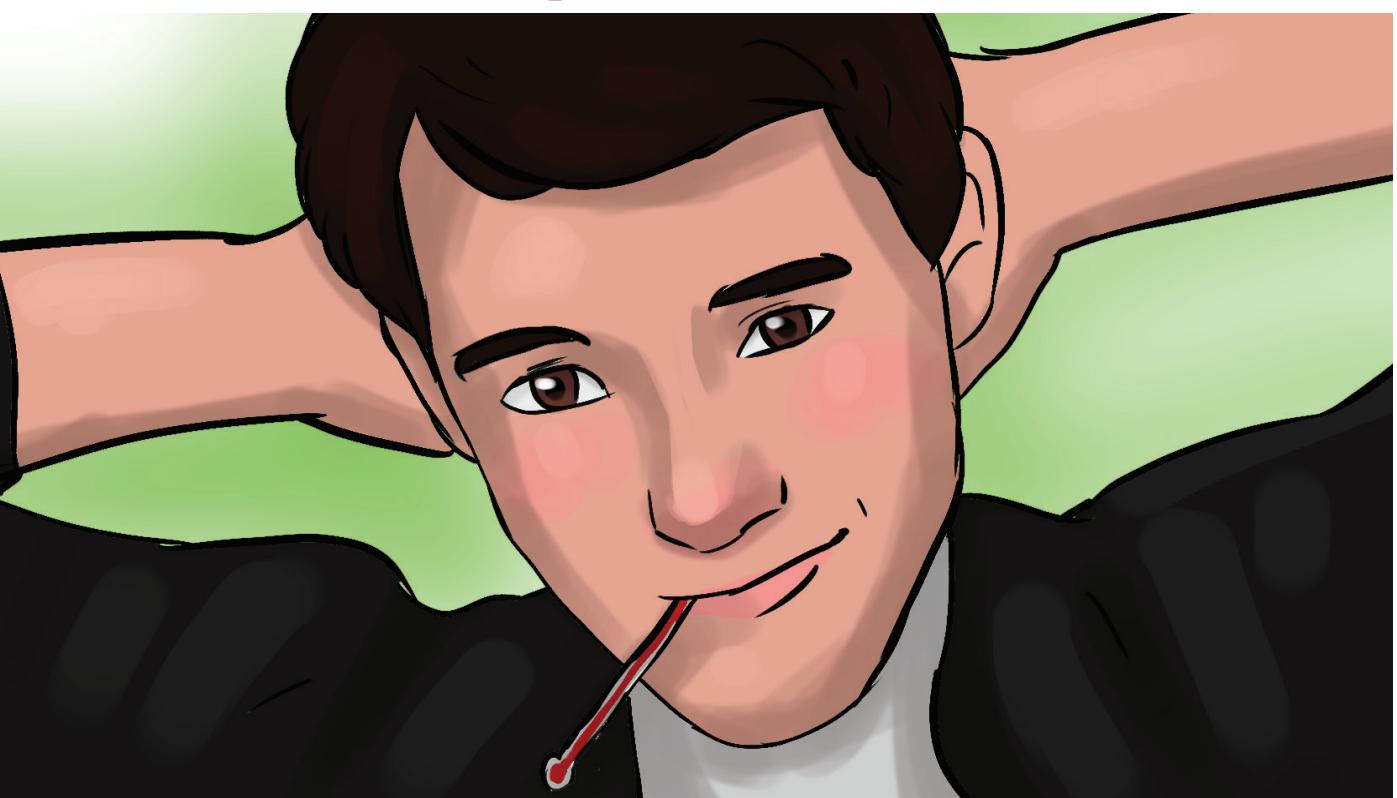
The reason documentation matters for Ruybalid's classes is due to the importance of in-class involvement. "My classes are pretty participatory. I do a lot of activities and it's just hard to make those up," Ruybalid said. However, he usually only enforces the rule if students' absences become excessive.

"If they can't get [a note], especially for the minor things, I'm willing to look past it," Ruybalid said, adding that he prefers to treat these things on a case-by-case basis.

Not all professors are willing to work with students. And the unfortunate part about UM's policy is it adds just one more expense to students' bills: books, iClickers, printing and now doctors' fees. Even with insurance, one-time visits around Missoula can range in price. It isn't practical for many students to see a doctor for a note, especially if we already know we just need to rest and drink fluids.

At Curry Health Center, counseling and medical appointments start at \$25 if you're taking at least seven credits and paid the health fee. For low-income students with Medicaid, which isn't accepted at Curry, just getting an appointment isn't feasible.

Although the Curry health fees and doctor visit prices are fixed, the staff's top priority is student well-being. So, if a student has a stick-



LINDSEY SEWELL | MONTANA KAIMIN

ler professor who requires a note, the staff will try to accommodate and can arrange a free nurse visit.

"We try to make it as easy for the students as possible," said Karen Behan, a clinical laboratory scientist at Curry. Behan explained that a student with a straightforward illness like a cold or the flu can normally be granted a note from the nurse, free of charge.

So if you are in a position where you need a note but not a doctor visit, speak with receptionists at Curry and they will be happy to help. You may have to wait a while for an available nurse, but just be patient and remember that the staff is there to help.

Although a nurse visit is a great option, not everyone has time to wait. Unpredictable waiting periods among other barriers make visiting a clinic inconvenient or impossible for some students. Transportation is not always viable, and some have other obligations, work and families. These obstacles might prevent sick students from staying home in order to prevent receiving grade penalties, which could mean prolonging their illness or the risk of

infecting others.

Dr.

Jason

Triche

,

Associate

Professor

of

Management

Information

Systems

at

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Business

, recognizes

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students

. Faculty and staff at UM want students to succeed more than anything, so they should recognize that most students are honest and eager to learn. Sometimes we just need a day off. day off, please do, for mental health, or physical health or whatever," Triche said.

In any class, there will always be the occasional Ferris Bueller who lies to get out of trouble. But the doctor's note policy should focus on convenience for the well-intentioned students.

Faculty and staff at UM want students to succeed more than anything, so they should recognize that most students are honest and eager to learn.

Sometimes we just need a day off.

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If you care about Greta, you should care about Autumn

JORDYNN PAZ

jordynn.paz@umontana.edu

Everyone knows of Greta Thunberg. We have seen her berate world leaders at the United Nations Climate Summit, and most of us have seen the infamous photo of her glaring down our president. But few have heard of Autumn Peltier.

Peltier is a 15-year-old water activist, the chief water commissioner of the Anishinabek Nation and a member of the Wikwemikong First Nation in Canada. She has been nominated for the International Children's Peace Prize three separate times and is known for calling out Canadian Prime Minister Justin Trudeau for failing to provide clean water to First Nations communities and green-lighting pipeline projects that threaten fresh water.

Her message to the United Nations on Sept. 28 has about 10,000 views on YouTube, while Thunberg's has over 3 million. Despite being from Sweden, Thunberg has dominated U.S. and European media outlets. Peltier's coverage comes almost exclusively from Canada, her home country.

I don't bring these issues up to pit one activist against another; they are both doing very important work. However, if you are following Thunberg, make sure you also follow Peltier and other activists of color.

National Geographic reported in 2018 that Indigenous people, while making up less than 5% of the world's population, hold and maintain around 80% of the world's biodiversity. As we saw with Standing Rock, the Keystone Pipeline in Canada, and currently the sacred mountain of Mauna Kea in Hawai'i, Indigenous people have always fought for the rights of our Earth.

Many activists of color fight for the communities that are the most directly affected by issues regarding climate, water and overall livelihood. For Peltier, her activism started when she realized how many First Nations communities in Canada are living without clean water. According to Vice Media, 56 First Nation communities are in a boil advisory, meaning water needs to be boiled to avoid contamination.

Peltier is not the only young activist of color speaking up for the earth and her people. Mari Copeny (@LittleMissFlint on Twitter) is 12 years old and has been raising awareness and funds for Flint, Michigan's ongoing water crisis. Xiye Bastida, 17, has been working to ensure that marginalized and Indigenous people have a voice in the climate movement since she and her family

moved from Mexico to New York four years ago. She was at the Climate Strike alongside Thunberg outside the U.N. headquarters in New York just a few weeks ago.

Activists and people of color deserve just as much of a voice in the climate movement as everyone else, and probably even more. Many of our communities are the first to see the effects and, unlike much of society, we don't have the luxury of picking up and leaving, because this is our home and we will not abandon it.

When people of color stand up for our communities, we can only do so much when our message is not being heard. We need mainstream society to boost us up the same way you boost up Greta Thunberg, the same way you boost up everyone else, otherwise our fight will continue to fall on deaf ears. You want to be a good ally? Start there.



CONTRIBUTED | CBC

What's your favorite horror movie?

DREW NOVAK

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It's spooky season, bitches. We took a few laps around the Oval and asked students to name their favorite fall flicks.

MOLLY WHITE, 18, ELEMENTARY EDUCATION

I'm not the biggest fan of horror movies, but I've been starting to get into them. I think I'd say "IT" is my favorite because it's the only one I've watched.

AUDREY ALGER, 18, NURSING

"Midsommar" was pretty terrifying so that was interesting.

NICOLE BURWIG, 22, SOCIAL WORK

"The Exorcist," but like the original. It's a beautiful movie. It's classic, it's "old

scary," and that's why I like it. I don't really get scared by movies anymore. I've overwatched scary movies, so they're not scary anymore. I just like "The Exorcist."

MARGOT MYERS, 23, SOCIAL WORK

I think the one that probably sticks out in my brain is "Orphan" because it just really scared me as a kid. I think it's actually a scary movie. You

know, it's hard to find truly scary movies now. And that one does it for me. Maybe that's the reason why I got into social work.

CHRIS DILLON, 23, PHYSICAL THERAPY GRAD STUDENT

I like the killer clown movies. I also liked being able to compare it to the old version of the "IT" movie. That was atrocious for what it had.

HENRY HASTRITER, 18, HISTORY

Football's a fall theme. I'd go with "Remember the Titans."

MACKENZIE SMITH, 24, PHARMACY

Definitely "Monster House." It's just so cute.

KATIE SMITH, 21, PHARMACY

"Halloweentown." It's a classic.

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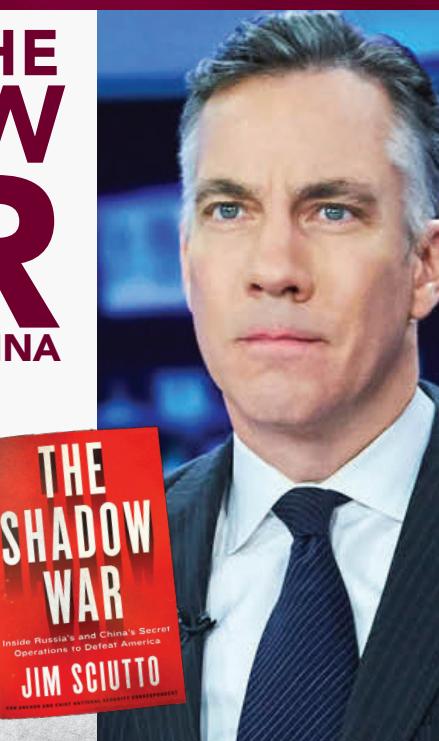
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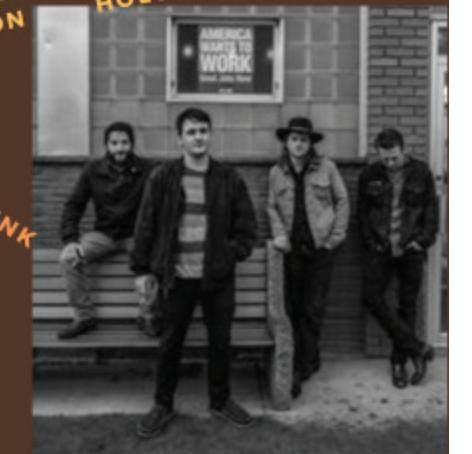


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Wednesday 9

"MR. BURNS: A POST-ELECTRIC PLAY"

Ready to get weird? The University of Montana's School of Theatre & Dance's production of the post-apocalyptic "Mr. Burns: a Post-Electric Play" will satisfy your bizarre needs. The three-act work imagines a future where survivors band together to perform a full-blown adaptation of an episode of "The Simpsons." Yes, the Matt Groening-created yellow sitcom family. The dark comedy runs through Oct. 20, but don't miss opening night. Montana Theatre. \$12 with student ID. 7:30 p.m.

Thursday 10

PUBLIC PLANETARIUM SHOW

Space is a mighty big place. Let UM's Department of Physics and Astronomy and presenter Nate McCrady be your guide through the cosmos with this popular planetarium experience. Tickets sell out quickly — and they aren't sold at the door — so head to hs.mt.edu/hs/events to snag a few before it's too late. Payne Family Native American Center Star Gazing Room. \$6. Shows at 6 and 7:30 p.m.

PINS, PRONOUNS AND PIZZA!

Stop by Miller Hall Lobby to create pronoun pins intended to create an inclusive and welcoming environment for all on campus. Oh, and there's pizza, too! 7 p.m.

Friday 11

PROFESSIONAL EMAIL ETIQUETTE: HOW TO EMAIL PROFESSIONALS WORKSHOP

You may think you've got a solid set of email skills under your belt, but your future is too important to make that wager. Kelly Stengem of Stockman Bank will teach you tips and tricks to make future employers sit up and take notice. This one's crucial, folks. Gallagher Business Building, room 123. 10 a.m.

DEAD HIPSTER PRESENTS: I LOVE THE '90S

So, you've brushed up on your tech skills this morning; how are you going to blow off some steam? The '90s are the new '80s at the Badlander. Don your finest '90s gear and reflect on the good ol' days while losing it to some of your favorite tunes of the time. \$3. 21+. Doors open at 9 p.m.

Saturday 12

ROY ORBISON & BUDDY HOLLY: THE ROCK 'N' ROLL DREAM TOUR

These rock legends may have shuffled off this mortal coil decades ago, but the wonders of modern technology are here to bring 'em back. This one-night event combines a live band and backup singers with hologram versions of two of music's most iconic players. Practice your "Oh, Pretty Woman" and learn that "Buddy Holly" ain't just a Weezer song. Dennison Theatre. Tickets start at \$30. 7 p.m.

LEARN TO CURL

Admit it. You've always been curious about taking up one of the Olympics' strangest sports. The Missoula Curling Club can help you achieve that dream with a comprehensive class, beginners and not-so-beginners welcome. Sign up at missoulacurlingclub.com. Glacier Ice Rink. \$10. 4 to 6 p.m.

Sunday 13

UNIVERSITY SYMPHONIC ORCHESTRA

The UM School of Music knows you have refined musical tastes. Come support your peers and enjoy some world-class performances, too. Dennison Theatre. \$5 with student ID. 3 p.m.

Monday 14

ETHNOBOTANY GARDEN TALKS

Honor Indigenous Peoples Day with a pair of fascinating talks on ethnobotany — that's the study of a culture's relationship with plants of all forms, for those unfamiliar. UM students will present at noon and 12:30 p.m. Meet at the fire pit near the Payne Family Native American Center.

SENSE OF PLACE THROUGH AN INDIGENOUS LENS

Perhaps the world of art is more your speed. Head to the Missoula Art Museum and hear from Dr. Co Carew regarding Indigenous arts-based research. The descendant of Mescalero Apache will show you a "sense of place" truly means. Carew will also guide participants through the art-making experience in mixed media format. No previous art experience? Come anyway. \$18. 10 a.m.

Tuesday 15

THE GREAT MISSOULA BAKE OFF

What do you get when you combine baked goods and city council? Why, the Great Missoula Bake Off, of course. This candidate forum will satisfy both your sweet tooth and your desire for info regarding the forthcoming Missoula City Council election. An informed (and full) Missoulian is a happy one. UC Atrium. 12:30 p.m.

AN INTRODUCTION TO MONTANA'S EDIBLE FUNGI

Mushrooms are delicious. Don't argue; it's true. But they can also be dangerous if you pluck the wrong one. Prevent an unfortunate poisoning and arm yourself with Montana's fungal knowledge before your next mushroom hunt. Mushroom appetizers and beverages (both alcoholic and non-alcoholic) will be provided. Opportunity Resources (ORI). 2821 S. Russell St. 6:30 p.m.



The Ghost of Fall Yet to Come has some gentle advice

Do you ever look back on yourself five years ago and cringe? Same. That's why future you wants to give present you some advice. Read on to see what the Ghost of Fall Yet to Come needs you to know.

LIBRA (SEPT. 23 - OCT. 22):

That person you've been casually seeing? Decide what the end goal is. Flirting is fun until feelings get involved. Evaluate yours before they ask you to define the relationship in the middle of Netflix and Chill.

SCORPIO (OCT. 23 - NOV. 21):

Let some trustworthy people into your life. You are not Atlas, and the world will not fall apart if you show some weakness. Sometimes you just need to vent and it's good to have friends who will listen, not just your poor roommate at 2 a.m.

SAGITTARIUS (NOV. 22 - DEC. 21):

Now is not the time to be careless. Yes, we know responsibilities are gross. But you're an adult now, and you've got them. It's okay, you'll get better at this. Remember, frozen food is still real food!

CAPRICORN (DEC. 22 - JAN. 19):

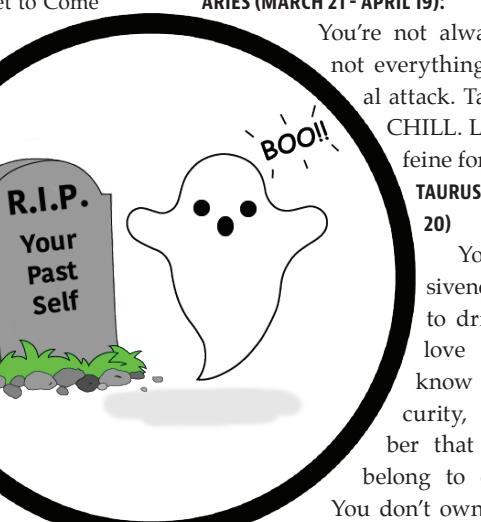
It's time to let go of your grudges. Someone isn't necessarily evil for cutting you in line at the Food Zoo. Next time you run into each other, smile and learn to let things fall off your shoulders.

AQUARIUS (JAN. 20 - FEB. 18):

You're not cooler than everyone else because you think you're "woke." Evaluate your privilege and use it to help other people. You can still save the world, just realize what actually needs saving.

PISCES (FEB. 19 - MARCH 20):

Daydreaming is a fun pastime, but try to cut it out when you're in class, okay? You live in the here and now, you can make it what



you want it to be. Plus, you're paying a shit ton for tuition and you might as well get your money's worth.

ARIES (MARCH 21 - APRIL 19):

You're not always right and not everything is a personal attack. Take a nap and CHILL. Lay off the caffeine for a bit, too.

TAURUS (APRIL 20 - MAY 20)

Your possessiveness is going to drive those you love away. We know you crave security, but remember that people don't belong to other people. You don't own your friends and they don't own you. You can show love in other ways.

GEMINI (MAY 21 - JUNE 20):

Start a self-care routine. Repetition doesn't have to be boring if you make it something you actually want to do. Plus, it will help you rest enough that you can maintain that energetic personality without a Redbull.

CANCER (JUNE 21 - JULY 22):

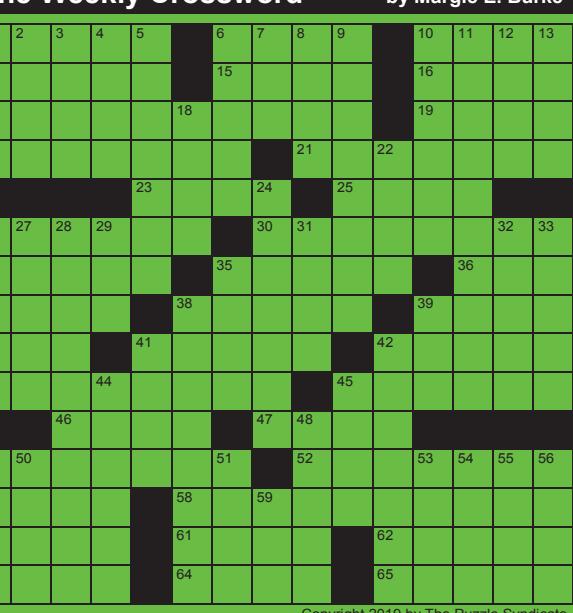
It's time to let that person go. Whether it's your high school ex you're still drunk-dialing or a friend you lost, you've got to leave that relationship in the past. You've still got the memories and that's enough for now. It's time to make more.

LEO (JULY 23 - AUG. 22):

Just because you're confident doesn't mean you can treat people like they're less than you. Trust us, it's only sexy for the first couple weeks and then it just feels patronizing.

VIRGO (AUG. 23 - SEPT. 22):

Things are starting to get super intense for you. You're buckling down and trying to be the best, but remember that your best is THE best. You don't have to be perfect, you just have to try. It's okay to not be good at everything.



ACROSS	DOWN
1 Short-legged dog	29 ___ wild
6 Charges	31 Overflow (with)
10 Scottish miss	32 Follow as a result
14 Pretty up	33 Script direction
15 Weak, as an excuse	35 Recipe instruction
16 E, to a pilot	38 Scent-free
17 Halifax's home	39 Rural sight
19 Surgery souvenir	41 Final notice?
20 Vocal vibration	42 Covered balcony
21 Pair on the links	44 Breadwinner
23 Growing business?	45 "Gone With the Wind" plantation
25 Affirm	48 Anesthetic of yore
26 Walk with attitude	49 Ginger cookie
30 Audience member	50 Crosby costar in "Road to Rio"
34 Private instructor	51 Type of log
35 Scrooge's look	53 Cowpoke's pal
36 Quaint lodge	54 Biblical birthright seller
37 In awe	55 Turns sharply
38 Catchall category	56 Vane direction
39 Misplaced	59 Nail holder
40 Trapper's ware	Answers to Last Week's Crossword:
41 Intense dislike	H I S S S A S S Y A I D S
42 Event location	A N T I P L A T O S C O W
43 Not a child of slavery	S K I D A L L I N S I D E
45 Brief promo	P Y R E W E I R C O N G A
46 Samson's pride	F R I N G E L A R G E R
47 Word before gas or drop	B O R O N I N S I S T
49 Soon	A L I A S A T L A S F O P
52 Circus staple	T I E D O W N O R E G A N O
57 It may be proper	S O D M A C A W T R I T E
58 Mercy killing	M U S E U M T A R O T
60 Church nook	A T T A C H D O C E N T
61 Sole anagram	B R A S H R I T A D R O P
62 Becomes tiresome	B I L K C U B I T M A D E
63 Look narrowly	O B O E A L L O T A D D S
64 Palm reader, e.g.	T E N D T E E N Y L E S T

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	B I L K C U B I T M A D E
	O B O E A L L O T A D D S
	T E N D T E E N Y L E S T

Men's lacrosse team requests more University support

GRIFFEN SMITH

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the Pacific Northwest Collegiate Lacrosse League.

Tucker Sargent, the University of Montana men's lacrosse coach, stood in the middle of the Dornblaser auxiliary field Wednesday evening while the UM lacrosse team worked through its warm-up drills. The team is playing preseason games in preparation for the spring season.

Sargent has been the UM men's lacrosse coach for about a decade. He works to keep the team as active as possible with a tight budget.

Though Griz lacrosse has played at a high level across the Northwest, because of its club status, it is not funded by the athletic department.

Instead, the Associated Students of the University of Montana offers the lacrosse program \$2,400 a year.

We go on national trips to play some of

the best programs in the country," Sargent said. The opponents in the upcoming 2020 season are some of the best teams in Division II lacrosse, including North Dakota State and Minnesota Duluth. Last year the Griz went to the national championship tournament in Salt Lake City to play the University of Dayton.

When freshman goalie Hunter Heaston found out about the ASUM budget, he was shocked. "That is less than my high school's lacrosse budget," he said.

Lacrosse is the fastest growing sport

in college athletics. A US Lacrosse report found that there are over 900 collegiate programs across the country. It became popular on the east coast, but has expanded to every part of the country. Now over 30,000 college students play the game. The team at UM is part of the Men's Club Lacrosse League. UM men's lacrosse is also the reigning champion in its conference,



University of Montana lacrosse gets ready to head out onto the field for their annual game against Montana State last spring. SARA DIGGINS | MONTANA KAIMIN

Griz Softball headlines Missoula sporting events this week

Softball

Griz Softball has a full weekend ahead with two home games at the Grizzly Softball Field. On Saturday, Oct. 12, the Columbia Basin Hawks will play the first game of the weekend at 11 a.m. The following morning, the North Idaho Cardinals will play the Griz at 11 a.m. Students can enter the game with

an active Griz card.

Irish Hurling

The UM Irish Hurling Club has a public match at Fort Missoula on Saturday, Oct. 12. The team travels across the country and plays big-name schools like Purdue and Cal-Berkley throughout the year. Anyone is

welcome to come watch the fastest sport on grass. This match is part of the Western Regional tournament and the first game starts at 8 a.m.

Hockey

The Missoula Bruins hockey team will host two games this weekend on Oct. 11 and

12. The Bruins will face off against the Gillette Wild both nights at 7 p.m. on Friday and 7:30 p.m. on Saturday. The Bruins are currently ranked fifth in their division and are 8 points behind first place. The game will be played at the Glacier Ice Rink at the Missoula County fairgrounds. Tickets are \$10 for ages 18 and older.

Athletes with honors balance sports and school

GRIFFEN SMITH

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plete," said Avery. "I have very high expectations for myself academically, and very high expectations athletically."

In order to be more productive, Avery uses a planner. She must have each hour planned out every day in order to stay organized and fill her free time with homework, she said. This means she often schedules a large number of tasks for herself. On Monday, Sept. 23, she had over a dozen tasks to complete. Avery tries to make a good connection with her professors in order to better advocate for herself when she's competing.

"For me, sleeping in is 7 a.m." Avery said.

Cross-country runner Beatrix Frissell said she usually wakes up at 7 a.m. She throws on a shirt and shorts and runs a casual three to four miles before breakfast. After going to her classes between 10 a.m. to 2 p.m., Frissell runs another few miles with the track team in the afternoon.

The freshman athlete has been a dominant cross-country runner for the University of Montana. Frissell has finished in the top five in her first three races as a Griz, including a first-place win in her debut run in the Clash of the Inland Northwest on August 31.

Frissell reported that on average, she runs 50 to 60 miles a week.

It isn't uncommon for student-athletes

to balance hours of training with college academics, but Avery and Frissell are also Presidential Leadership Scholarship recipients. The award is only allocated to about 25 students a year, making Avery and Frissell students who have excelled in both school and sports.

Avery and Frissell do not get a lot of time off from training and school. They practice their respective sports five to six times a week. Both students are enrolled in high-level courses that require hours of studying and homework. Avery is an economics major, while Frissell is studying ecosystem science and restoration.

For Frissell and Avery, hanging out with friends has not been a significant part of their college experiences.

"Partying is definitely not my thing," said Frissell. "I usually go to sleep at 10 p.m."

Frissell said she is very close to the track team and has struggled to find the time to make other friends. "It has been stressful to do so much and also be in college," said Fris-



Teigan Avery stands outside the Davidson Honors College. Avery competes in long distance track and cross country and landed in the top ten of the Clash of the Inland Northwest in August.

CLAIRESHINER | MONTANA KAIMIN



Beatrix Frissell poses outside the Davidson Honors College. Frissell competes in long distance track and cross country and landed in the top ten of the Clash of the Inland Northwest in August.

CLAIRESHINER | MONTANA KAIMIN

Men's and women's cross country teams finish first at the Montana Invitational



The University of Montana men's pack, Kyle Peterson, left, Ben Vanderbosch, Will Dauenhauer and Hunter May, heads into its second lap around the course. The four Griz ran together for the entire race, eventually finishing 2-5 scoring.

Hannah Wylie, right, embraces a teammate at the finish line. Wylie finished in fourth place, with a time of 18:29, about 40 seconds behind the winners.

**LUKE SCHMIT**

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It was a cold and cloudy afternoon for the teams racing at the Montana Invitational on Friday, Oct. 4 at the University of Montana Golf Course. But that didn't stop the UM men's and women's cross country teams from taking first place.

Teams from Montana State, Walla Walla, Carroll, and UM Western all participated in

races on Friday. For Griz fans, the men's 8-kilometer race was successful as UM took first place overall, with four runners finishing in the top ten spots. Throughout the race, the men's team ran in a tight unit, making sure no runner started slipping behind or pushing too hard.

"Working as a group actually ended up doing really well because we were able to push each other throughout the race," said junior Kyle Peterson.

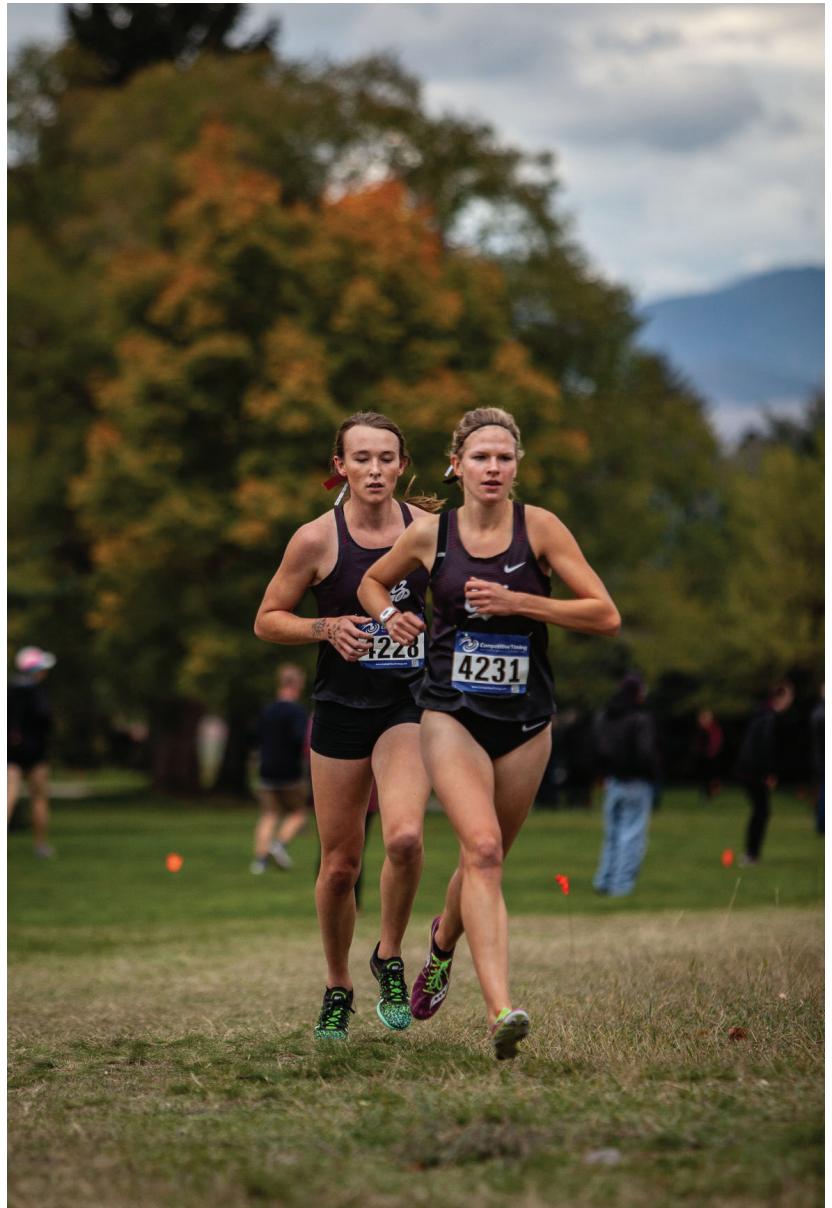
Senior June Eastwood, freshman Beatrix Frissell and three others led UM to victory in the women's 6-kilometer race. The top five finishers were all Griz runners. So far this year, Eastwood and Frissell have finished in the top 10 in every meet in which they have competed.

"It feels really nice having each other there to push one another. Like that last mile I wouldn't have pushed as hard, but June went out there and pushed me through it," Frissell said. After the successful meet, first-year coach

Clint May praised the teams for supporting one another.

"It was really good, I was super happy the way they worked together, they were trying to run their best but they were using the energy of each other really well," May said.

The team's road ahead includes the Bronco Invitational at Sunnyvale, California on Saturday, Oct. 19. After that, the team is headed to the Big Sky Conference Championship and NCAA Mountain Regional.



Women's race leaders Beatrix Frissell, right, and June Eastwood head toward the second and final lap of the 6K race. SARA DIGGINS | MONTANA KAIMIN