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Montana Kaimin, September 11, 2013

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MCMILLEN BACK IN GOAL FOR GRIZ

see page 7

Wednesday, September 11, 2013 www.montanakaimin.com

CAMPILE

Rec Center adopts dynamic training

Alexander Deedy

Montana Kaimin

Matt Gillespie and Jesse Miller go to the gym together every time their schedules allow it. On Monday, they were working up a sweat in the Fitness and Recreation Center's newest area.

Using suspension straps, Gillespie, a junior studying finance, and Miller, a junior studying exercise science, lifted themselves in upside-down pushup movement. From that exercise they moved to kettlebells and then side-by-side pull-ups, designing their workout to make the most of the new fitness area.

"This is a whole new aspect of working out that allows me to change up my routines," Gillespie said.

It may be a new feature to the FRC, but assistant director of facilities Eric Aschim said this type of exercising is gaining popularity across the nation

"Functional training has become a pretty strong trend in fitness today and we lacked the space for it," Aschim said. "So we decided that we would make a commitment to open some space up and bring in equipment."

One piece of new equipment the FRC has is a metal structure that can be used for standard pull-ups, dips or a variety of other exercises using the attached hanging rings and suspension straps. The new area also provides plenty of open space to use the FRC's new kettlebells, sandbags, hydro tubes and battle ropes.

To make the space available, the exercise bikes that occupied the location for 12 years had to be moved to a multipurpose room on the first floor. Aschim said it was one of the only places in the gym that could be converted into a functional training area.

"We wanted to make it a focal point of the weight room area," Aschim said.

In their old location, the exercise bikes were dusted by chalk from the climbing wall and created a noisy environment for nearby weight lifters when cycling classes played music during workout routings

In their new location, the bikes encroach on space that was used for Pilates and TRX training, but staff managed to



Stacy Thacker/Montana Kaimin

Instructions for the pull-up bar stations in the new functional training area of the Fitness and Recreation Center help Matt Gillespie during his workout. Gillespie uses the functional training area two to three times a week.

minimize impact by rescheduling a Pilates class and shifting TRX training to the third floor.

Students who are used to seeing the bikes upstairs are sometimes confused when they find the new training area. But students are adapting well to the new layout said Sonja Tysk, senior assistant director in fit-

"Everybody seems to be loving it and it's getting used a lot," Tysk said. "People seem to be rotating in and working through it with each other."

Tysk said staff members noticed in previous years students were trying to do similar exercises in areas around the

See REC CENTER, page 8

MISSOULA

Nowhere to rock: Music venue closes

Matt Hudson

Montana Kaimin

On Missoula's north side, in a garage on the last dirt alley next to the railroad, rock 'n' roll is about to lose another home. The carseat beds will be moved out of the building. The drawings of Yoshi smoking a joint will be painted over. The Hammer will come down.

The garage is rented by Mark

Swafford, a weathered, older man who wouldn't give his age, saying he was "old enough to know better." He cranks up the volume on the sound console. Led Zeppelin booms from the speakers inside two 10-foot-tall enclosures made by Swafford and his brothers, Randy and Matthew.

Instruments sat strewn throughout the garage,

See HAMMER HAUS, page 4

CAMPUS

Sexual assault reported at last Griz game

Ashley Nerbovig

Montana Kaimin

A woman reported being raped to a University of Montana staff member during the Grizzlies' nighttime football game two weeks ago.

On Sept. 5, a female UM staff member noticed a young woman who appeared upset while the staff member was en route to drop off a delivery at Washington-Grizzly Stadium, said Chris Croft, a detective with the University Police.

Croft said the staff member

asked the woman what was the matter and the woman said she was raped and motioned to the tailgate area near the stadium. The staff person then asked the woman if there was anything she could do for her, if she wanted to call the police or contact a support person for her, Croft said.

The staff member talked to the woman for a moment before moving away to finish the delivery, Croft said. The staff member told the woman she would be right back, but returned to find the woman had left, he said.

The Office of Public Safety turned the investigation over to Missoula City Police Department. Scott Pastian, a detective with MPD, said that there was very little they could do unless the woman came forward.

"At this point we obviously don't know who the victim is," Pastian said. "Since she has not reported anything specific, we just have to hope new information comes forward."

ashley.nerbovig@umontana.edu @nerb11



ROMANCE COLUMN

NEVER HAVE I EVER

Mixed alcohol and nervousness into the correct cocktail of social lubrication

By Ashley Nerbovig

Okay, that title was a bit complicated, but bear with me. On several occasions... OK, many occasions, I've gotten drunk to help reduce my anxiety at parties or around boys. A lot of this has to do with my early efforts to make out with boys, which involved a lot of stolen Smirnoff and neighborhood park hangouts. To me, alcohol often presented itself as a tool for creating conversation and spit-swaps.

But as I've gotten older, my access to alcohol has obviously increased. Therefore, so has my intake. While I'm occasionally able to hit the perfect level of buzzed, I teeter into the territory of belligerently boozed more than I'd cared to admit.

This summer in Seattle was a fine example of that, when, after more than half a bottle of white wine and a few Miller High Lifes, I trotted up to one of my many former high school crushes and

"Heyou! I'm a webeditor at the Kaimin, and we could really use an ass like yours around the office."

"Professionalism" is the word you're looking for.

I was with a small gathering of friends, and had already been banished to that social dumping ground of "too drunk, too early." So instead of a cheesy pickup line, it came across more like a creepy uncle telling you that, well, you have a nice ass.

Later that night when the same friend said he was headed off for the evening, I stood up to say goodbye. I spread my arms in a clear invitation for a hug, but then got awkward, and put my hands behind my head and said, ooowh, and sorta fell back into my chair. He just stared and then said goodbye to the room.

Alcohol is a marvelous invention, but one that's easily abused. If you can't moderate yourself, find a friend who's so judgmental that they shame you into having only two whiskey gingers and a glass of wine, rather than three and a barrel.

For me this is Person. While he hates it, and is always like, "You should be able to do this for yourself," and, "You're so irresponsible," and, "Oh my god, Ashley, you can't pass out on other people's lawns," he is hefted with the responsibility of keeping me in line. This usually consists of glares, passive-aggressive comments and awkward Sunday morning followup chats where he occasionally grounds me.

The other thing you'll need — if you're like me and make out with anything with a pulse after enough Pinot Grigio — is this: Have a space. Take a minute and create some distance before you make any drunk decisions. A blonde drama geek once gave me that advice and I've passed it on to every person who has ever come to me with regret about a hookup.

Alcohol can make your inhibitions nonexistent. Separating yourself from the situation allows you to take a break from a heated hook up and helps you decide if you want to take things further.

While I've given more advice today than usual, it's only because I've had a far better relationship with alcohol than any of my gentleman callers. So find a judgmental friend and some space, and if you're still feeling up to it, keep macking on that face.

ashley.nerbovig@umontana.edu @nerb11

around the

ON THE OVAL

"Hey, do you want a burger with that shake?"

"Calcium carbonate, thats a real sexy compound."

All your dating stories end with " ... Then he killed himself."

"I hate angel hair pasta. I want some girth to my noodles."

> @aroundtheoval #aroundtheoval

Tith all of the recent hubbub about a possible military invasion in Syria, it's very clear that American's are apprehensive to enter into another war. The biggest issue being raised is Bashar Al-Assad's use of chemical weapons, which the U.S. claims were used to kill more than 1,400 Syrian civilians outside Demascus. Assad has stated on multiple occasions that the U.S. has no proof that any chemical weapons were used, and that a military invasion is unwise. The debate has brought about a question that has been on the minds of the best dictators in the world — has war lost all of its artistic integrity?

For tonight's discussion panel, we have three of my favorite guests. To my left we have Saigo Takamori, who famously lead the last Satsuma Rebellion, widely known as the last rebellion against gun-powdered weapons.

To my right we have Ghengis Kahn, notorious leader of the Mongol Empire. If you haven't heard of Mr. Kahn, and you're a male, don't worry. You have a 1-in-200 chance of being related to him. That should illustrate his ruling techniques.

I will first direct the question to Mr. Takamori — do you feel as though war has lost all of it's artistic integrity?



A+C KNIGHTS OF THE ROUND TABLE

Syria-sly

By Eben Wragge-Keller

Takamori: Firstly, let me thank you for the opportunity for coming here tonight.

WK: No problem, Tak.

Takamori: I must say, war today has taken a very handsoff approach. We have drone strikes, chemical weapons modern warfare simply has no

WK: But Takamori, your leadership of the Satsuma Rebellion wasn't exactly a resounding success. You led 40,000 rebels into battle armed only with swords against imperial troops armed with gatling guns, all under the auspices that if they fought with honor they would win. And it was a massacre!

Takamori: Well, I won't use a term as harsh as 'massacre,' but there were some oversights, I will admit.

WK: Ghengis feel free to jump in at any time.

Kahn: Well, honor is different from artistic merit. I agree with Takamori that there is definitely merit in hand-to-hand combat. Soldiers and military leaders treat a war situation differently when their own lives

are at stake. When I ruled, there was as much brains as there was braun. And the spoils of war were earned through bravery. I can't say there is much bravery behind sitting at a computer screen in Nevada and ordering a strike in Yemen.

WK: So you're saying that you wouldn't use the opportunity to save your own men's lives if given the opportunity?

Kahn: I wouldn't say that. But it does remove some of the 'rock-star' war god from the legends that you hear about today.

WK: But is that worth the lives lost?

Kahn: ...

Takamori: I just wanna say that my soldiers did die with honor, fighting a battle in a very respectable and traditional way.

WK: They just died very quickly.

Takamori: Yeah, but with honor and stuff.

WK: Well that's all we have for this episode of Knights Of The Round Table. Until next time, I'm Eben Wragge-Keller. eben.wraggekeller@umontana.edu

CORRECTION:

In a Kaimin article that ran on Thursday, September 5, titled "Student regent discusses funding at ASUM meeting," the Kaimin incorrectly reported that performance-based funding will reverse student and state percentages.

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For some researchers, toads trump trout

Kasey Rahn

for the Montana Kaimin

Amphibians are not usually what people first picture when thinking of Montana's wildlife, but to a research zoologist at the Aldo Leopold Wilderness Research Institute, toads are just as significant as elk or trout.

Researcher Steve Corn focuses on monitoring amphibian populations, causes of decline, and effects of climate change and fires for the national Amphibian Research and Monitoring Initiative.

The Aldo Leopold Wilderness Research Institute along with the Arthur Carhart Na-Wilderness Training

Center, help to streamline research and education efforts among the agencies that manage the National Wilderness Preservation System.

"Our research is built on understanding," Fox said. "In order to manage something, you have to understand how it functions."

In order to manage something, you have to understand how it functions."

Susan Fox, **Director of the Leopold Institute**

Located on the University of Montana campus, both organizations will celebrate their 20th anniversaries Wednesday on the Oval.

Susan Fox, director of the Leopold Institute, said her organization researches wilderness comprehensively to help land managers do their work.

About half of Corn's research sites are located in wilderness. "We look at wilderness as a study area," he said. "How can wilderness be used to aid our understanding of natural eco-

According to the U.S. Geological Survey, declines in amphibian populations have

become an important conservation issue, and wilderness areas may serve as places of refuge.

But stirring a love for such seemingly trivial creatures can be difficult. Taylor Hanson, a senior wildlife biology major and the education chair of the UM student chapter of the Wildlife Society, has felt this challenge firsthand.

"I think it's just something that a lot of people don't know about or think about in wildlife biology, especially in coming to Montana," Hanson said. "When you come to Montana, you come for the big mammals, you come for the big and really good research, which I love too, but there's also a lot of really great research in other areas."

Hanson said that UM does not offer a class on herpetology, the study of reptiles and amphibians. She attributes this to the relatively small number of amphibians in Montana.

One important aspect of amphibians is that they are sensitive to changes in the environment. "And for whatever reason," Hanson said, "here in Montana, we haven't been utilizing them as much as we could be, I feel."

Corn said amphibians are important as a component of ecosystems that, once removed,

can never be replaced.

While the outlook for amphibians in Montana is cautiously optimistic and not as dire in some places, some species still warrant concern, such as the leopard frog and boreal toad, Corn said. In other parts of the world, they probably hold a much more substantial role in ecosystems than they do in the Rocky Mountains.

"But they're still interesting for their own sake," Corn said. "And they're very hard to put a dollar value on. You can't hunt them. You can't fish them. You mostly just appreciate them."

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FOR RELEASE SEPTEMBER 11, 2013

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

LAUNDROMATS/CLEANERS/CARWASH

1 Chiang Mai native 5 Dance moves

10 Cheerful

14 Mint, e.g. 15 Ira Gershwin contribution 16 Indiana neighbor

Palindromic fashion mag

18 More aloof 19 "Walking in Memphis" singer Cohn

20 Accommodating

work hours
23 Large amount
24 "O Sole __"
25 Harper's __
28 Chewie's

abbr. 32 Market research

41 Frito-Lay is its

44 Action on eBay 45 USN rank

48 It includes mayo 49 SUV part: Abbr. 52 Culinary

combination 56 Roger Rabbit or **Bugs Bunny**

collection

Dame fame

65 Company that manufactures the starts of 20-, 32-, 41- and 52-Across

DOWN

1 Taking the wrong 2 Nametag greeting

WI-FI

shipmate 29 Béchamel base 31 Monopoly deed

36 Laundry cycle 37 Fairway boundary 38 Part of i.e. 39 Biblical prophet 40 "Yikes!"

title sponsor 43 Mark of Zorro

46 Acquirer of more than 1,000 patents

58 Heart of Paris? 59 Old Norse poetry 60 Bring in 61 Rockne of Notre

62 Look slyly 63 Multitude

64 "Bullitt" director Peter

author Derby prize

stage fright

By David Poole

3 "Over the Rainbow' composer 4 Wild mountain

goat 5 Deli worker's chore 6 Danish

astronomer Brahe 7 Toledo's lake 8 Mottled

9 Prepare for surgery 10 Lefty in Cooperstown 11 Small Asian

pooch bred as a watchdog 12 Balloon filler

13 Medical nickname

21 Big success 22 Lenient 26 Miller's "__ From the Bridge"

Kidney-related "Les Misérables"

30 Ways of escape 32 Succumbed to

Wondered aloud? Babylonian writing system

Tuesday's Puzzle Solved

CFOS W I N E C O N N O I S S E U R N N E P J S L U S T E R LACEBOEFFECT T I E R O D P E T S U A W
O T I S P T S E S P O
W A G S H U I C A S H I N
S H O W E R C U R T A I N NEARNOTSO H I T S T H E T R I F E C T A
A N T I E D A M U T U R N
D O P E R U G S R A T E D

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36 Weeps convulsively Capital west of

Haiphong 41 Hard to please 42 Grants

permanent status to, as a professor 44 A.L. East team Golf-friendly

forecast

48 Like the accent in "entrée" 49 Wedding

memento 50 Rear-__ 51 Found out 53 Chaplin's last

wife

54 Neither masc. nor fem. 55 Narcissist's love 56 Darjeeling, e.g. 57 Scull propeller

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HAMMER HAUS From page 1

underneath dozens of band posters covered with inscrutable letters.

It will all be packed up and moved. After a year and a half, Swafford is closing the Hammer Haus, one of Missoula's few remaining all-ages music venues, after multiple run-ins with the police. It is the latest in a long history of shuttered DIY music spots.

"I'm shutting down at the end of the month simply because we've had half a dozen visits from the cops," Swafford said. "They have our number now."

Swafford opened the Hammer Haus as a place for music fans to watch shows and support the DIY music scene. They hosted metal bands, punk, grind and a Russian Orthodox Gypsy duo, among others.

Missoula's music scene gathers around 21-plus bars and headliner shows at the Wilma, but younger fans of alternative music are left with no place to see live music. Swafford took it upon himself to provide that alternative.

"Bars are about booze first. music second," he said. "We built a venue that was really aimed at taking care of our bands."

Chris Johnson, co-founder of Zoo City Apparel said the model doesn't work.

"They can't really stand on their own," he said "You can't really get an all-ages venue to make enough money to pay the

Bars are about booze first, music second. We built a venue that was really aimed at taking care of our bands.

Mark Swafford, **Founder of Hammer Haus**

Zoo City Apparel hosted shows out of their retail space on Main Street before moving out in March and transitioning to a non-retail screen printing business. Similar to the Hammer Haus, Zoo City charged a nominal cover and allowed people to bring their own beer. Johnson said they paid out of pocket to put on shows, but it was successful for the community. When Zoo City moved out, the venue was lost.

Music venues that are open to all ages have seen varied success in Missoula. Years ago, the Boys and Girls Club invited bands to its stage. House shows have popped up here and there. But maintaining a long-term music space without the help of beer sales or expensive tickets can be difficult.

The Hammer Haus relied on donations to pay the acts. Food and beer were common currencies, but Swafford said that he made \$150 on a good night, all of which went to the bands.

"I've tried to make a little bit of money," Swafford said. "It wasn't the main intent, but I wanted the place to perpetuate

It costs around \$600 per month to keep the Haus open, Swafford said. He relied mainly on his Supplemental Security Income checks for disability to pay rent. He also made money by renting out the Hammer Haus as a practice space and playing around town with Mahamawaldi, a heavy metal band that Swafford described with a string of adjectives.

"Heavy. Grind. Lots of boogie. Fast," he said.

Those living near the Hammer Haus didn't always appreciate the boogie. The tipping point came in August during Total Fest, a yearly carnival of around 50 touring bands. The Hammer Haus set up a satellite show as an unofficial addition to the festival.

"We had over 100 people here, 40 of which were in bands," Swafford said. "This place was hammer-packed. People were loving it."

After three noise complaints, Missoula police intervened.



Austin Smith/Montana Kaimin

Hammer Haus' official hammer adorns a Confederate battle flag above the venue's 'seating area,' a corner made up of a couch and two automobile

Swafford received a disorderly conduct ticket that car- business is the very thing that ried a \$250 fine. He decided that can't flow freely at an all-ages it was unreasonable to keep pushing his luck, and relented.

What sustains the bar music venue: alcohol. Swafford and See next page

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From previous page

Johnson said they had relatively few incidents with underage drinking and their BYOB poli-

Some venues, like the Boys and Girls Club, banned alcohol to ensure that drinks stay out of the bellies of minors. But that can deter the crowd and hurt profits.

"People don't like the fact that they can't drink at the (all-ages) shows," said Marty Hill, a local show organizer.

For eight years, Hill has put on shows all around Missoula, at places including the Hammer Haus, Zoo City and area bars. A supporter of all-ages shows, he said that one key to success is enforcing an alcohol ban to avoid underage drinking and legal problems.

"If you go back through history, rock n' roll and booze go hand in hand," Hill said. "It's just a matter of separating that and having fun without getting wasted."

Hill often works with Missoula's last all-ages music site, the ZACC Below, which is supported by the Zootown Arts Community Center and located in its basement. The idea started six months ago under

the management of Kia Liszak, executive director of the ZACC. She said the music shows barely make enough money to keep the lights on, but by keeping overhead costs low, the ZACC Below hopes to create a lasting, safe music environment.

"I think that we are taking the steps to making it sustainable by implementing a good volunteer team and enforcing the no drinking," Liszak said. "Also, we want it to be fun."

Liszak said she has seen many venues go because of underage drinking, but she and Hill agree that the endeavor is necessary to give the younger crowd a chance to see good, affordable live music.

"I think above all else, all-ages venues are more important than any venue, because that's where it all starts," Hill said. "To try and get a younger crowd out, you need to have a place to go."

Swafford said he's going to take a break and go camping for a month, but don't count him out.

"It's not over yet. I don't give up easy," he said. "I just have to move it."

matthew.hudson@umontana.edu @sanfordish



Austin Smith/Montana Kaimin

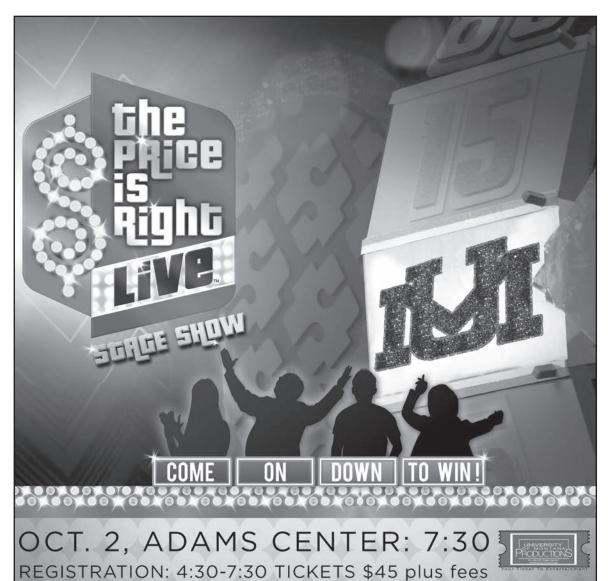
Mark Swafford stands beneath his signature hammer Saturday afternoon. Swafford has maintained Hammer Haus for the last year and a half, but due to police pressure is being forced to close down the backyard venue. For five years he's played guitar in the heavy metal band, Mahamawaldi, a frequent act at the Haus. Besides thrashing the six-string, Swafford contributes on vocals with a distinct type of screaming called "heat."



Feeling dramatic?

Check the Arts+Culture blog for Jesse Flickinger's review of the Smuim Ballet, plus our photo gallery of the performance at the Montana Theater in the PARTV center at:

www.montanakaimin.com/ blog/arts_and_culture/



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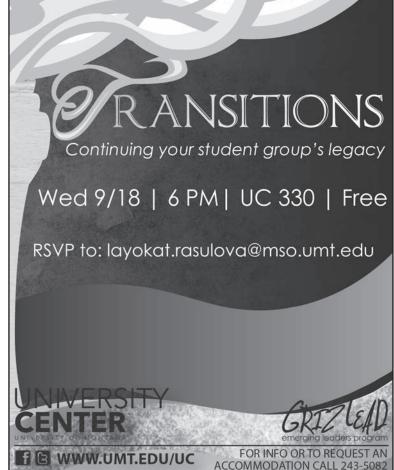
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Griz golf swings record day at first meet

Montana makes their inaugural tournament one to remember

Karl Schneider

Montana Kaimin

In the season opening tournament, the Sun Mountain Grizzly Invitational, first year head coach Joni Stephens earned her first victory at Montana in record fashion.

With a total score of 878, the University of Montana Grizzlies set a new three-round school record during the twoday meet — 25 shots better than the previous school record of 903.

surprised by the low scores.

"I've had some girls shoot below par in the qualifiers so I knew it was a very real possibility that they could pull that off this weekend," said Stephens, whose team won by an

impressive 56 strokes.

Junior Tara Green led the Grizzlies to victory, firing scores of 74, 68 and 70 to finish the tournament one-under-par, four shots ahead of teammate Barbora Bakova and University of Alabama-Birmingham's Caitlin Watts.

"I was a little nervous at the beginning so I had kind of a rough start, but once I got going, I got into my groove," said Green, who won her second collegiate tournament.

The Griz took a com-Stephens said she wasn't manding lead after the first round with a total of 290, two shots off Montana's previous record score in the 2011 Wyoming Cowgirl Classic. Montana held a 16-shot lead going into the afternoon. The morning round saw all

seven of Montana's players five team and two individuals - shoot in the 70s. The Grizzlies were paced by Oregon State transfer redshirt freshman Alexa Schendelman's one-under-par 70, the only under-par score of the first round. "They showed a great deal of composure and patience," Stephens said. "We didn't hit the ball perfectly all the time, but they still put it in the hole. When you can do that, great golf is the result."

After the second round Monday, Montana extended their lead to 34-strokes over both UAB and Montana State, who were tied at second with totals of 618.

Green, taking advantage of the pins in the second round, fired a 3-under 68 to tie her own UM record — shared with Jill Walker from 2006 — for lowest individual single round.

'I was a little nervous at the beginning so I had kind of a rough start, but once I got going, I got into my groove. Tara Green, junior golfer

"Knowing where the pins were helped," Green said. "I had the same putts the second round so I knew, 'Oh, I have to hit this one a little harder,' and they started dropping."

After a bogey on the first hole Tuesday morning, Green fell two shots behind Watts, but recovered with back-toback birdies on the par-5 fifth and par-3 sixth. Green then capped off her round with a 15-foot downhill birdie putt on the 18th hole to clinch backto-back under par rounds.

"[Green's] got great composure on the golf course," Stephens said. "She's very patient. She doesn't get rattled when the ball doesn't end up where she wants it, and she can scramble and put it in the hole."

The Griz will head to Pullman, Wash., for their next meet, the Washington State Cougar Cup Sept. 23-24.

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GOT NEWS?

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Please send any news tips, ideas and press releases to EDITOR@MONTANAKAIMIN.COM



Be the next UM Homecoming **Student Ambassador**

As reincarnations of Homecoming royalty, Ambassadors represent UM students at Homecoming events and serve as honorary liaisons to visiting alumni and friends.

Deadline for application 5:00 p.m. Wednesday, September 18

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As Christian Faculty members from the University of Montana,

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If you want to learn more about Christian faculty on campus or have questions related to faith, please feel free to contact any of us or go to our website at montanachristianfaculty.wordpress.com. All of us want to be supportive of you in your intellectual and spiritual journey at UM.

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VOLLEVRALL

Senior goalkeeper saves starting job

Alexandria Valdez

Montana Kaimin

The harshest critic of Kendra McMillen's performance in the net is Kendra McMillen.

"At the goalkeeper position, you have so much pressure to perform and I personally am really hard on myself," McMillen said. "I expect myself to not make mistakes, and if you make mistakes as a goalkeeper, it shines and it results in a goal."

This fall, McMillen is the University of Montana soccer team's starting goalkeeper, and even as a senior she's still falling in love with the position.

The Medford, Ore., native started her soccer career as a defensive field player. It wasn't until high school when her coach, Lu Crenshaw, asked McMillen to step into the net after the team's goalie was dismissed.

McMillen said she relied on others around her to cope with the pressure and gain confidence.

From the start, Crenshaw

instilled in her that she was going to be a good goalkeeper and that she needed to just trust herself.

The keeper signed with the Griz late in her senior year of high school and came to Montana in 2010. She started 11 games and in 2011 started splitting time in goal with Kristen Hoon.

In 2012, McMillen's minutes in the net almost entirely disappeared after Hoon was named the starter. In total, McMillen played just 39 minutes last season.

Head coach Mark Plakorus said it came down to consistency.

"Day in and day out Kristen was tougher to score on," Plakorus said. "She was providing more of a challenge and Kristen got on a such a roll momentum-wise. A lot of goalkeeping is about the presence you have. The team can feel when you're confident."

McMillen said it was unfortunate to not get much playing time, but she learned how to be positive in order to keep going.

"You have to encourage your team and cheer everyone on, which is a role that coming from a small town — you're used to being the star, you're used to being the best," Mc-Millen said. "So when that role changes you have to learn how to adapt and you have to learn what your team needs and what you can offer from the bench. So I learned that I could be a good cheerleader."

In order to make sure she wasn't on the bench again this fall, McMillen said she spent a lot of time working out and getting minutes in the net in a recreation league over the summer.

Hoon graduated along with several other key players who helped the team to two regular season Big Sky Conference championships, a BSC title and a trip to the NCAA tournament in 2011.

Plakorus said McMillen started improving late last spring and became more consistent in stopping shots. He decided to start McMillen for



Austin Smith/Montana Kaimin

Senior keeper Kendra McMillen is 110-46 for goals saved and allowed heading into the 2013 season. Hailing from Medford, Ore., the vocal starter helped rally the Griz to a 3-1 victory over Utah Valley on Monday evening.

Montana's first scrimmage.

After the first week of play, McMillen was named the Big Sky Player of the Week for her performance against Wyoming and Air Force. Against the Air Force Falcons she faced 11 shots and made two saves. A day later, Wyoming fired 17 shots and she came up with three saves.

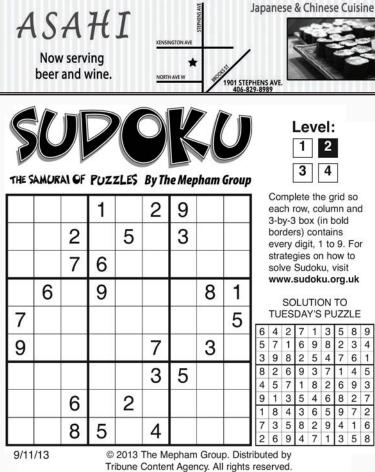
Goalkeepers coach Eric Lona said McMillen reads the game well, always asks tactical questions and is fearless.

A keeper is the last line of defense and McMillen is willing to sacrifice her body for the net.

"In a game, who's going to just throw their body out in front of a ball? And who wants to get a ball kicked at them? No one. No one wants that, but we do. We want someone to nail the ball in our stomach."

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REC CENTER From page 1

gym, but didn't have the proper space.

For students not sure how to best utilize the new space, the FRC offers high intensity circuit classes eight times a week that center around the new equipment. Classes are taught by personal trainers and last about 45 minutes, including warm-up, routine and cool down. Only eight students are allowed in each session. Anyone wanting to reserve a spot can do so at the

FRC's main desk with the use of a punch pass, which costs users about \$1 per class.

Or, like Gillespie and Miller, anyone can build their own routine on the equipment and the open space around it. Gillespie said he is especially grateful he can finally use kettlebells.

"I was upset they didn't have kettlebells last year because a lot of other top gyms have them," Gillespie said, before swinging and lifting the weights. "They're a great total body workout."

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