Out of focus

Student athletes with ADHD are left overbooked and untreated | page 8
OPINION

BIG UPS & BACKHANDS

The Kaimin’s take on this week’s winners and losers. Have a big up or backhand to contribute? Tweet us at @montanakaimin!

Tiny Backhand to Trump for pretty much everything he’s done so far.

On that note, Big Ups to protesters.

Big ups to the Miss Universe pageant for celebrating its second year without Donald Trump running it. Now if only our country could say the same.

Big ups to Steve Bannon for telling the media to “keep its mouth shut and listen.” We were tired of this whole “job” thing anyway.

ON THE COVER

Photo by Sydney MacDonald / @sydneysmacdo. Cover design by Kayla Robertson / @kaylajoro. Cover story continues on page 8.

CLASSIFIEDS

PERSONALS

Looking for love in all the wrong places? The Kaimin is here to help! Post your personal ads or missed connections here! Special pricing for February only: $5 for up to 100 words. To place your ad call 406-243-6541, e-mail ads@montanakaimin.com, or stop by and see us in Don Anderson Hall, Room 207 Monday-Thursday, 10-2.

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SUDOKU

Edited by Margie E. Burke

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

Answers to Last Week’s Sudoku:

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

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Montana should maintain low tuition rates

By Editorial staff editor@montanakaimin.com

In the age of the skyrocketing cost of a college education, Montana has remained a beacon of affordability. During the 2016-17 academic year, Montana’s universities had the third-lowest in-state tuition in the country and maintained a competitive out-of-state tuition rate, hovering just below the national average. In-state freshmen currently pay only $6,215 at UM, while the national average hangs around $9,420.

Despite this, Montana still ranked 35th in the amount of taxpayer money going to higher education per student, according to The College Board, a membership association made up of over 6,000 educational institutions. Montana universities negotiate these low revenue streams by maintaining lower operating costs. But this means Montana students will inevitably miss out on opportunities and services that better-funded universities can provide.

The cost of attending college is still on the rise. The College Board reported that out-of-state tuition at four-year universities rose 3.6 percent in the last year, and in-state rose 2.4 percent. Average national out-of-state tuition now sits at a whopping $24,930.

For many Montana high schoolers, this is a strong incentive to stay in-state, and Montana desperately needs them. The state is hemorrhaging young people and the workforce is aging fast. The state that is expecting a massive labor shortage in the coming decade — the Missoulian reported this month that Montana is expected to lose 120,000 workers to retirement and only have 80,000 to 90,000 young workers to replace them. Making higher education more expensive and exclusive is a terrible strategy in the long run, feeding a perpetual cycle of economic decline.

Yet Montana lawmakers don’t seem interested in retaining low tuition rates, and are eager to shove even more financial responsibility onto their students. Gov. Steve Bullock’s annual budget proposal didn’t include a continuation of the tuition freeze that has kept rates steady for several years. The Legislature is already discussing cuts to higher ed funding. At a December faculty senate meeting, Commissioner of Higher Education Clayton Christian said, “We’re not looking to be the bargain price.”

With national average student debt at $30,000 for graduates in 2015 and rising, it is clear reducing funding to state universities is a mistake. Shifting even more of the cost onto already struggling students is simply a bad investment in the state and country’s futures.

While UM’s free-falling enrollment puts it in dire need of funds, students across the state would benefit from increased funding to the state university system. The attainability of higher education is vital. Since a college degree is practically a prerequisite for most entry-level jobs, improving access to higher education will fuel social mobility.

There are some small tuition changes that could make sense, such as equalization between in-state freshman tuition at UM and MSU. Tuition is almost $700 more at MSU, but that hasn’t affected MSU’s ability to pull in twice as many incoming freshman as UM in 2016. UM loses revenue and gains nothing in the way of enrollment, and tuition equalization is both reasonable and likely to happen this May at the Board of Regents meeting.

However, further tuition elevations will only increase the strain on any potential students and is unfair to those who sought out Montana specifically to receive a quality education at a fair cost.

With students’ pockets at stake, a call to our legislators is clearly in order. They can be reached by phone or through the online comment form at leg.mt.gov. The Montana Associated Students are also hosting a meet-up in the Capitol on Feb. 14 for students all across Montana. While the Board of Regents won’t decide anything until May, we still have the entire legislative session to encourage lawmakers that our education necessitates and is worthy of state funding.

The Weekly Crossword

by Margie E. Burke

ACROSS
1  Military award  3  2016 Affleck title role  5  Mink’s cousin  8  “Get the picture?”
10  Warbled  14  Garden wedding feature  15  Come about  16  Symphony member
17  "Good one!"  18  Printing process  20  Without a hitch  22  Snapper
23  Established  24  Cassette contents  25  Kitchen space  27  Barracks bunk
28  Aerial maneuver  29  Church part  30  Bustles  32  Deal (out)
34  "Rebel Yell"  35  Mink’s cousin  36  Clinton’s wrath  38  2016 Affleck title role
39  Clinton’s domain, once  40  Kitchen space  41  Flinch, say  42  Deal (out)
44  "Get the picture?"  45  Kind of bean  46  Like some liberties  47  "Don’t ___!"
49  One-dimensional  50  Grammatical slip  51  One of the WBC’s  52  Grammatical slip
53  The Mekons’ 1984 debut album  54  "Rebel Yell"  55  Cheap additive  56  "Rebel Yell"
57  ___ meridiem  58  Gangster’s gal  59  Burn  60  Santa’s reindeer, e.g.
61  Wartime partner tool  62  Primitive fishing tool  63  Conclusion starter
64  Classic mixer  65  Household appliance  66  “Rebel Yell”  67  “Rebel Yell”
68  “Rebel Yell”  69  “Rebel Yell”  70  “Rebel Yell”  71  “Rebel Yell”
72  “Rebel Yell”  73  “Rebel Yell”  74  “Rebel Yell”  75  “Rebel Yell”
76  “Rebel Yell”  77  “Rebel Yell”  78  “Rebel Yell”  79  “Rebel Yell”
80  “Rebel Yell”  81  “Rebel Yell”  82  “Rebel Yell”  83  “Rebel Yell”
84  “Rebel Yell”  85  “Rebel Yell”  86  “Rebel Yell”  87  “Rebel Yell”
88  “Rebel Yell”  89  “Rebel Yell”  90  “Rebel Yell”  91  “Rebel Yell”
92  “Rebel Yell”  93  “Rebel Yell”  94  “Rebel Yell”  95  “Rebel Yell”
96  “Rebel Yell”  97  “Rebel Yell”  98  “Rebel Yell”  99  “Rebel Yell”
100  “Rebel Yell”  101  “Rebel Yell”  102  “Rebel Yell”  103  “Rebel Yell”
104  “Rebel Yell”  105  “Rebel Yell”  106  “Rebel Yell”  107  “Rebel Yell”
108  “Rebel Yell”  109  “Rebel Yell”  110  “Rebel Yell”  111  “Rebel Yell”
112  “Rebel Yell”  113  “Rebel Yell”

DOWN
1  Lacking  10  Overly smooth  20  Underbelly  30  Postal scale unit
2  Deck  31  Minor  32  Overly smooth  33  Home of the brave
3  Options  34  Endeavor  35  On (at)  36  Deal (out)
4  Bass fiddle  37  Type of call  38  Treat with drugs  39  2016 Affleck title role
5  Nootka  40  "Rebel Yell"  41  "Rebel Yell"  42  "Rebel Yell"
6  Yukon River gate  43  Rotten  44  Off-___ (ary)
7  Overly smooth  45  Rotten  46  "Rebel Yell"  47  "Rebel Yell"
8  "Don’t ___!"  48  Line dance
9  Will-maker  49  "Rebel Yell"  50  "Rebel Yell"
10  Reddish brown  51  Partner of void  52  Balanced  53  Alone
11  Look out for, say  54  Kind of pad  55  Kind of pad
12  Yuletide song  56  Swindle, slangily
13  Heredity carrier  57  Yet another beer
14  Stanley, for one  58  Empty
15  Tank top  59  Surname for one
16  NBC morning show  60  Surname for one
17  Ziti, e.g.  61  Surname for one
18  Thicket  62  Surname for one
19  Seagoing vessel  63  Surname for one
20  TV set  64  Surname for one
21  Gun  65  Surname for one
22  "Rebel Yell"  66  Surname for one
23  "Rebel Yell"  67  Surname for one
24  "Rebel Yell"  68  Surname for one
25  "Rebel Yell"  69  Surname for one
26  "Rebel Yell"  70  Surname for one
27  "Rebel Yell"  71  Surname for one
28  "Rebel Yell"  72  Surname for one
29  "Rebel Yell"  73  Surname for one
30  "Rebel Yell"  74  Surname for one
31  "Rebel Yell"  75  Surname for one

Answers to Last Week’s Crossword:

COB LAME ATTACK AVE AVOW LEAVEN SELMA MADE OTTOWA TRIO Lurch pile
ETERNAL HOTEL GENERA WRATH HEROIC ALSO BEE EVE THICKET LEA REV HERE MOMENT SNORE ARCANA
CARAT OPERATE BLAB LEACH CRAM RABBIT LOOPHELLE UNLIKE GORE SON TEETER ANEW END

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KAIMIN COLUMN

The power of our political anxiety

The Dakota Access Pipeline. Alternative facts. Trump — these are just a few of the words which have created new feelings of fear, dread and hopelessness among many Americans. Whether these words are found in news headlines, social media streams or casual conversation, they all create a similar kind of angst.

“The political problems are largely due to political polarization; we are a divided nation and have been for longer than many think,” said Jeffrey Greene, a professor of political science at the University of Montana. “Some of the anxieties seem overstated; mostly due to aspects of the election continuing to get media coverage and many organized protests that have carried over from the election, and have been coupled with new protests.”

With Trump stepping into the oval office, many no longer know what to expect and fear for the worst. Inevitably, America will be facing a constant and long period of uncertainty and, within this divided nation, there is not yet a clear way to cope. **It became very personal when half the country excused alleged sexual abuse. It is disgusting and belittling to people’s experiences.**

By leaving these anxieties unattended, Trump goes beyond merely signing off on bills that perpetuate negative feelings among the masses to causing problems on an individual level: creating daily strains to our physical health, personal relationships and emotional regularity.

One must consider this anxiety as not just a problem, but also an opportunity. We cannot discount its hidden transformative potential. Simply coping with this anxiety and then moving on inhibits the messages your mind is truly trying to tell you — be an advocate for change.

“I was so wounded about the election, I tried to figure out how to turn it into something — and that something was conversation,” said Halisia Hubbard, an art and journalism student. Hubbard is working on a project, triggered by the results of the election, which will give a voice to women who have suffered from sexual trauma. “It became very personal when half the country excused alleged sexual abuse. It is disgusting and belittling to people’s experiences.”

Much like Hubbard, we too should use this frustration and anger to fuel change. If Trump’s first week in office has shown us anything, it’s that 2.9 million people can focus their collective anxiety with tangible results, holding the largest rally in the United States history in a peaceful and progressive manner.

SAM TOLMAN is a Kaimin opinion columnist. Email him at samuel.tolman@umontana.edu

KAIMIN COLUMN

Connect with teachers, not just books

The first week of the semester is full of syllabus reviews, registration waitlists and spending too much money on parking passes. By now, most of us can recognize our teachers walking around campus; the impassioned or charismatic ones keep us alert in class with crisp presentation and charming wit, while some seem to drone on endlessly. However, every professor attempts to engage with his or her students, just some more successfully than others.

But the opportunity for engagement extends beyond the lecture hall and into office hours, coffee shops and even bars. This connection may not always be possible, nor does it have to be. One may even “hate” some teachers, and the idea of spending any personal time with them sounds dreadful, no matter how much beer is consumed. But for those professors who are enjoyable, the opportunity to better your learning and develop professional connections is at your disposal.

Validation and confidence arise from this type of rapport with an accomplished intellectual. This growth is rooted less in knowledge acquirement and more in maturity. Some may feel intimidated by their professors, especially those lecturing hundreds of students at a time. But shelve those anxieties, for a professor also achieves validation from personally interacting with his or her students.

Assistant Professor of Aquatic Ecosystem Ecology Ben Coleman, Ph.D, said, “It’s easy to convince yourself the subject matter you focus on is interesting, stimulating and exciting, but I think it’s validating when the students find it to be so as well.” Coleman said this fulfillment is achieved more quickly over the course of an hour of private interaction than with something like obtaining a federal grant, a process which could take years to achieve.

Coleman called this congruity with his students the “sweet spot” of his profession, but he understands why some might feel intimidated approaching him in private, especially when he is a detached dot in front of a big lecture hall. However, the validation he receives from personally connecting with students proves that we should always attempt to reach out.

Some of us are in college simply for the slip of paper saying that we’ve been here, while some of us are here for a specific discipline. Whatever the reason, a friendship or even a simple association with a professor creates a solid foundation for navigating a career path.

For UM student Cassidy Renée Schoenfelder, who called her relationships with her teachers “the most important part of her education,” these connections have been a cornerstone of her academic and personal development. “Professors tell you what you need to hear, rather than what you want to hear,” she said.

The 23-year old art major said it’s illogical for students to evade relationships with their professors. She’s been able to pinpoint her professional ambition by maintaining “down to earth” dialogue with her professors.

These connections with professors are as essential as the information they convey. However, do not misconstrue this as advice to fawn over your professors for better grades, but rather as a call to grow into a more holistic student, one who thrives through interaction with astute professionals and further readies themselves for independent, self-reliant adulthood.

SILAS MILLER is a Kaimin opinion columnist. Email him at silas.miller@umontana.edu
On the first day of spring semester, University of Montana students received an email with a welcome video from Sheila Stearns, the first woman to serve as president at UM. Stearns assumed the temporary position after Royce Engstrom’s unexpected resignation on Dec. 1, and the University is currently searching for a permanent president to replace her.

In mid-December, the commissioner’s office hired AGB Search, a firm headquartered in Washington, D.C., to recruit potential candidates from around the country to serve as UM’s next president.

The national search will cost UM $472,000, according to Kevin McRae, deputy commissioner for communications and human resources for the commissioner of higher education.

Commissioner of Higher Education Clayton Christian said he hoped to finalize the search by July 1, but if the process takes longer, Stearns has agreed to stay as long as needed, according to UM Director of Communications Paula Short.

Meanwhile, UM’s search for a new provost to replace Interim Provost Beverly Edmond has been suspended. When Engstrom resigned, provost candidates were preparing to visit campus for interviews, after which a decision would have been made.

But without a president, Short said, it makes little sense to hire a provost.

“Based on the knowledge that the president and the provost are a partnership, there was some concern over whether any provost candidates would come without knowing who their boss was going to be,” Short said.

This leaves UM with temporary employees in the top two administrative positions on campus.

McRae said a new national search for a provost will likely be necessary, as the previous candidates may not want to wait jobless until UM selects a new president.

The president should also have some say in who his or her provost will be, he added. UM Vice President of Administration and Finance Mike Reid said a search firm was not used to find provost candidates last year.

McRae also said that despite the University’s current lack of long-term leadership, program prioritization will continue as planned. Program prioritization will rank academic programs based on metrics that have yet to be decided. The goal is to reevaluate how the University’s funds are used, which may result in program cuts and layoffs.

---

**POLICE BLOTTER**

**Jan. 11**

**NOW YOU SEE IT, NOW YOU DON’T**

A man told UM police his 32-inch television was stolen while moving out of Aber Hall at the end of fall semester. He apparently didn’t notice the loss for “a few weeks.”

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**Jan. 21**

**THIS ART IS ON FIRE**

Fearing an art project was too close to a heater in the Fine Arts Building, police were requested for a second opinion. An officer found “everything is fine.”

---

**Jan. 22**

**THE TALE OF BAMBI’S MOM**

An officer responded to reports of a severely injured deer in the University Villages. The deer, which had apparently been hit by a car, was put out of its misery by being shot twice by UMPD.

---

**Jan. 23**

**ZERO-EMISSIONS BULLDOZER**

Despite its cutting-edge technology, one of ASUM’s electric buses was unable to avoid hitting an illegally parked car on Campus Drive. The student owned and operated bus apparently suffered no damage. The silver Jeep it struck was not so lucky.

---

**Jan. 24**

**CASH ME OUSSIDE, HOW BOW DAH?**

UMPD responded to reports of a man yelling at students, asking if they wanted to fight. By the time police arrived, he had fled the boundaries of campus.

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**BIG BROTHER-IN-LAW**

A resident of Lewis & Clark Village called 911 requesting information on wire-tapping. The student suspected phone conversations between himself and his sister were being recorded.
USFS proposes limits on snowmobiling in Ten Lakes area

By Rick Rowan
richard.rowan@umontana.edu

The U.S. Forest Service extended public comment Jan. 10 on a proposal to limit the amount of snowmobile travel in a wilderness study area of Kootenai National Forest.

The proposal would create two distinct seasons for snowmobiling in the Ten Lakes Wilderness Study Area, near Eureka, Montana. The first, which would run from Dec. 1 to March 31, would allow snowmobilers access to nearly half the wilderness study area and would not restrict them to specific trails. The second, which would run from April 1 to May 31, would restrict snowmobilers to designated trails that avoid grizzly bear denning habitat and would also prohibit grooming.

The 1977 Wilderness Study Act created study areas to protect lands with unique and important historical, geological or ecological significance. The lands are managed to maintain their natural and primeval characteristics.

Congress designated the Ten Lakes Wilderness Study Area in 1977 to preserve its unique wilderness characteristics and for potential future inclusion in the National Wilderness Preservation System.

The Ten Lakes Wilderness Study Area is home to crucial habitat for the Canadian lynx as well as other threatened species such as grizzly bears and wolverines, according to the Forest Service's environmental impact statement.

Motor vehicles, motorized equipment and mechanized transportation, including mountain biking, are all banned within the wilderness study area, but because snowmobilers were able to prove they used the area prior to 1977, their use is protected.

Scott Mattheis, president of Montanans for Multiple Use, an advocacy group for equal recreation access, said despite snowmobile use in the Ten Lakes area, the wilderness character has been preserved.

“Wilderness groups claim that snowmobile use has increased, but it has actually remained stable,” Mattheis said. “The public is being misled.”

The Ten Lakes Wilderness Study Area is located in Lincoln County, Montana, where the population has remained stable over the past 40 years. Mattheis said he thinks the number of snowmobilers hasn’t changed for this same reason.

“If there were 500 snowmobilers in 1977 and 5,000 now, I’d be the first person to say that impacts the wilderness character, but that’s not the case,” Mattheis said.

Amy Robinson, northwest Montana field director for the Montana Wilderness Association, does not think the U.S. Forest Service’s proposal goes far enough.

Robinson said the plan “slices and dices” the wilderness study area into corridors of motorized use, leaving even smaller areas of actual wilderness. Of the 2.2 million acres of Kootenai National Forest, 90 percent is already open to motorized and mechanized use, according to the Montana Wilderness Association.

“Recommended wilderness should be managed as wilderness,” Robinson said.

Kootenai National Forest District Ranger Bryan Donner disagrees. “The 1977 Wilderness Study Act is the law we abide by,” he said. “Only Congress can designate actual wilderness.”

The U.S. Forest Service identified three main causes of wilderness degradation in the environmental impact statement: motor vehicles, motorized equipment and mechanical transport. According to Kootenai National Forest, while snowmobile use is certainly motorized, limiting the snowmobile season and restricting the trails snowmobiles can use is enough to maintain adequate preservation.

The public comment period has been extended until Feb. 14, 2017.
Thousands march on Capitol for women’s rights

The American Civil Liberties Union estimated 10,000 people participated in the Women’s March on Montana on Jan. 21. The Women’s March in Helena was one of many sister marches to the Women’s March on Washington held in D.C. on the same day. These marches were held to send a bold message to the new administration and to the world that women’s rights are human rights.

Photos by Tailyr Irvine @tailyrirvine

Quincy Bjornberg, 24, said she marches because women are sacred and wants to protect their rights.

The ACLU estimated there were 10,000 participants in the Women’s March at the Montana State Capitol.

Mena Lee, 8, said she marches for women’s rights.

Quincy Bjornberg, 24, said she marches because women are sacred and wants to protect their rights.

A marcher holds her sign, one of thousands of unique homemade signs displayed at the march.
MaKenna McGill was never great at paying attention in class, or at least, she never would’ve listed “focused” as one of her outstanding characteristics.

But it wasn’t until McGill, now a 20-year-old junior and softball centerfielder at the University of Montana, moved away from her twin brother and small classes to friends and lecture halls in 2014 that she realized the extent of her inattentiveness.

On top of her inability to focus and take notes during lectures, McGill couldn’t seem to get organized. Her room was a mess, as was her backpack and it was wearing on her ability to plan ahead and study outside of class, simply because she couldn’t find her assignments, or worse, didn’t know they existed.

So when McGill’s siblings were diagnosed with attention deficit disorder, a subset of attention deficit hyperactivity disorder, in 2015, she took it upon herself to get tested while visiting home in Oklahoma. Sure enough, she tested positive, and was prescribed a low dose of Adderall, an amphetamine-based stimulant used in treating ADHD and narcolepsy.

For McGill, Adderall was a miracle. She spent most of her first college summer coaching a softball team, and ADHD had proven to be an issue.

“I would be on third base giving signs and kids would be looking at me, and I would just forget to give them the sign because I’d be looking at something else happening on the field,” McGill said. “After I was diagnosed and on Adderall, I was a much better coach. I was more aware of what was going on.”

But soon summer ended and McGill was back for her sophomore year at UM, where the athletic trainers informed her of the National Collegiate Athletic Association’s ban on Adderall, categorized as a “performance enhancer,” and other similar stimulant medications used to treat ADHD.

McGill said her original diagnosis didn’t use a thorough enough process, and for the NCAA to allow her use of Adderall, she’d have to get retested through Curry Health Center Counseling, an arduous process that can take weeks and cost hundreds of dollars. With softball season looming and an NCAA-ordered drug test creeping closer, McGill rushed to get on the waiting list.

While diagnosing ADHD was once a simple testing process for a little-understood disorder, the mass use and abuse of ADHD stimulant treatments has created a whirlwind of issues in the last few decades. The testing process for ADHD has been fine-tuned and is becoming increasingly accurate. But it’s a tedious process for a group of people who don’t typically handle “tediousness” very well.

Because of the NCAA’s decision to ban Adderall and other ADHD treatments, student athletes with ADHD face an even tougher burden of proof through the organization’s parameters. While some collegiate athletes are able to get diagnosed before the start of their seasons, others can’t, and are forced to halt treatment or quit the team.

There is the added problem of students at Curry hoping to test positive for ADHD, only so they can sell the Adderall that’s prescribed, a booming business on college campuses across the nation. But the illegal distribution and use of Adderall as a party drug and study buddy only sets students with ADHD back even further.

Helpful in the classroom, banned from the field

Stimulant drugs have been on the NCAA’s list of banned substances for years — even too much caffeine could cost a collegiate athlete his or her season. The NCAA considers most stimulants to be performance enhancers, drugs that allow athletes to attain otherwise unreachable levels of performance.

But the organization does recognize that nearly 2.5 percent of adults have some form of ADHD that requires treatment in stimulant form.

UM’s Head Athletic Trainer J.C. Weida said the NCAA requires a specific set of diagnostic tests and completed paperwork for all student athletes using ADHD medications, and many athletes who were diagnosed at a young age were never properly tested or don’t have the paperwork proving their diagnoses.

“What I have found is that some physicians aren’t doing the testing and just prescribing medicine to these student-athletes when they’re young,” Weida said. “So what happens is when they get to college we try to get the paperwork in order, but there is no paperwork.”

For Myles McKee-Osibodu, a defensive tackle for UM football, the ADHD testing process through Curry Health Center lasted the entire spring semester of 2016. He said it included five, two-hour sessions every two weeks. Once he was diagnosed, a medical doctor prescribed him Adderall.

When he was younger, McKee-Osibodu’s constant battle to pay attention and sit still through class and practices led his teachers and coaches to believe he should be tested for ADHD. His mother wouldn’t have it.

“She thought I was just being lazy in school and

Student-athletes with ADHD are left overbooked and untreated

Story by Kasey Bubnash | Photos by Sydney MacDonald | Design by Kayla Robertson
unmotivated,” McKee-Osibodu said. "People always assume that you’re dumb or just kind of a spaz.”

So it wasn’t until he was on his own in college that he took it upon himself to get tested for the first time as an adult. He was diagnosed with combined ADHD because he was both inattentive and hyperactive.

“I’m always moving around in my chair or tapping my foot or playing with my hands,” McKee-Osibodu said as he bounced his knee and fidgeted with a pencil.

Because of his Adderall prescription, McKee-Osibodu said he doesn’t feel inclined to procrastinate. With his newfound abilities to read for longer and to focus on math equations and essays for hours, delaying schoolwork is unnecessary.

McKee-Osibodu was approved by the NCAA before this semester’s football season. Adderall puts McKee-Osibodu in what he calls his “optimal zone” on the field, in which he knows who to watch for, where to be and how to drown out the noise and chaos of the game. While the field used to be a place where McKee-Osibodu would so easily be distracted — looking for his mom in the stands, hearing the avid Griz fans chant — it’s become a place where he can hone in and perform better than ever.

But while Adderall slows and focuses those with ADHD, it and other stimulants have a contrasting effect on those without the disorder.

“I know people who don’t have ADHD who take Adderall because it hypes them up,” McKee-Osibodu said. “That’s why it’s banned by the NCAA, because you’re wired and ready to go and want to run a million miles an hour or lift a thousand pounds. It doesn’t actually give you a physical advantage, but it does give you a mental advantage.”

McKee-Osibodu noticed more stimulant abuse at the junior college he attended in California his freshman year, where the athletes aren’t drug tested because the school isn’t an NCAA affiliate. Even now, he said some athletes without ADHD take it at the risk of getting caught by the NCAA.

**Like it, love it, gotta have it**

The NCAA rules exist to keep athletes from abusing stimulant prescriptions. Still, there are cases like UM’s own former basketball player Eric Hutchison.

Hutchison was only 10 when he was first diagnosed with ADHD. It had been nearly a year since his older brother died. His grades were bad, and he couldn’t find motivation for anything.

Hutchison, now 26, describes his behavior as a “short progression” he went through while grieving the loss of his brother. Still, he was diagnosed with ADHD after only a few short visits with a psychiatrist in his hometown of Longview, Washington. Hutchison admits he showed some of the telltale signs, but he thinks the diagnosis lacked insight.

Hutchison was prescribed various medications, including Adderall, to help during school and sports. Although Hutchison’s mother insisted he continue with the medication, he felt it was unnecessary, and usually flushed away a dose each day.

It wasn’t until Hutchison attended UM that he saw the full benefit of his twice daily, 30-milligram Adderall prescription. Other college kids were willing to pay $10 a pop for the pills he had been throwing away all his life.

So Hutchison endured the taxing process of being restested for ADHD through the Curry Health Center, and he lived off an Adderall allowance for nearly his entire college career.

Student body demand for Adderall is high. So high, in fact, that Head Athletic Trainer Weida said students with ADHD are practically harassed for their medications when word gets out.

One UM football player refused to give his name for this story out of fear people would discover his prescription and beg for Adderall.

Weida said the illegal distribution of Adderall on campus is a problem that goes unnoticed. Many students assume the illegal
How is ADHD diagnosed?

Nearly three million children in the United States are diagnosed with ADHD each year, according to the Mayo Clinic. This makes it one of the most common neurodevelopmental disorders in the nation. But many still see ADHD as a disorder that dissipates with age, or worse, one that was fabricated to rationalize how some children can’t keep still.

In reality, nearly 9 percent of University of Montana students, all adults, reported having been diagnosed with ADHD in the past year, according to the American College Health Association’s Spring 2016 National College Health Assessment of UM. Nationally about 7 percent of college students are diagnosed every year.

While in the past people were either diagnosed with attention deficit disorder or attention deficit hyperactivity disorder, each related disorder now falls under the umbrella term ADHD. Curry Health Center Clinical Psychologist Angie Cronin said a person with ADHD could fall into one of three subcategories: inattentive, hyperactive or combined.

People diagnosed with inattentive ADHD usually have difficulty sustaining concentration, Cronin said, and they lack focus in most areas of life. Those with hyperactive ADHD have difficulty sitting still and are often restless, Cronin said, while those with combined ADHD show symptoms of both inattention and hyperactivity.

The testing process at Curry Health Center can take anywhere from four to six weeks. Cronin said the tests include various interviews about the patient’s childhood and school history — anything that could highlight ADHD-related symptoms. The testing guidelines at Curry also require an interview with people close to the student, usually parents, friends or roommates.

Then, Cronin said, the patient must complete a personality test, memory tests and an ADHD computer stimulant test.

“We try to do a pretty thorough testing battery,” Cronin said. “We’re trying to be careful because Adderall is a stimulant and people have been known to abuse it or sell it, which is also why we encourage counseling first when someone is diagnosed.”

Cronin said Curry helps students with ADHD work on behavioral skills, such as time management and study habits, and holds a mindfulness seminar where students are taught to “live in the present.”

Cronin said medication is an important option, and not always a last resort. In that case, the psychologist, after positively diagnosing a student with ADHD, would refer the patient to a medical doctor within Curry who could prescribe an appropriate dosage of medication.

For waiting for an appointment to get tested for ADHD at Curry can take months, Cronin said, because the health center’s waiting list usually holds about 25 students per semester. Cronin said she encourages students who have been waiting to seek out other testing options in town.

While a full ADHD test costs about $275 at Curry, it could run up to $1,500 at other health centers in Missoula.

Nancy Ventresca, a licensed clinical professional counselor who has spent years testing patients for ADHD, said her testing process includes tests similar to those at Curry, but at a faster pace and higher price.

Ventresca said college students are typically more difficult to diagnose than young children, because they tend to be less hyperactive and more inattentive. She listens for the telltale signs of college kids with ADHD. They tend to lose things with frequency. They might read a whole chapter of a book, and then can’t remember what it said. They’re distracted easily. While taking a test, they can’t focus with someone nearby, especially if that person is chewing gum or tapping a pencil. They struggle to start projects, finish assignments and remember appointments.

The symptoms are misapp and any person could endure, but Ventresca said they come at a relentless rate in ADHD patients.

“I see college students who are in such distress, and they’ve tried everything they know to try,” Ventresca said. “It’s about how much distress it’s causing in their lives.”

sale of ADHD treatments is a minor offense, and cave to constant pestering from friends.

In reality, Weida said, the illegal distribution of Adderall and other ADHD treatments is a felony charge with a minimum sentence of two years parole. He urges students with ADHD to refrain from selling or distributing their medications at all costs.

For Hutchison, selling Adderall was just an easy way to pay for gas and food.

“I was pretty naive,” Hutchison said. “I didn’t really think it was a big deal at all. Everybody was doing it.”

Hutchison said he could sell three months worth of Adderall at $10 each in a matter of a few weeks. He even had doorbustes: buy 10 Adderall, get four free. People loved it.

By senior year, Hutchison had gotten so comfortable selling Adderall that he would take a photo of his latest refill and post it to his Snapchat story. The prices were listed and the caption would read, “Who wants Adderall?”

During finals week, Hutchison said a stranger offered to buy. It was normal for young strangers to ask for Adderall, so Hutchison agreed to meet with the girl. She proved to be one of two undercover cops performing a controlled buy, and Hutchison was arrested and booked in jail just three hours before his very last college final.

Hutchison was convicted of a felony count of intent to distribute dangerous drugs.

Hutchison said he had a two-year deferred parole sentence, meaning after two years of checking in with a parole officer every six weeks and refraining from criminal activity, the felony was expunged from Hutchison’s record.

Last on the list

The NCAA and health centers on college campuses around the nation have become increasingly stringent with ADHD diagnoses and stimulant prescriptions to prevent further abuse. Hutchison’s actions, like those of others around the nation, have made ADHD testing problematic for students like centerfielder McGill, who, after more than a year of waiting, has yet to get an initial ADHD testing appointment with Curry Health Center.

“The process was so long and hard that I could never get in for an appointment,” McGill said. “There is such a high demand for it here. Then by the time I could get in, I was already in season.”

McGill was forced to discontinue her ADHD treatment until her softball season was over. She’s still waiting for that appointment, and life hasn’t been easy without medication.

“When I play defense, I’m never fully focused,” McGill said. “I have such a short attention span. If you watch me play, I’m constantly looking at something else or hearing something else. I’m looking at birds or pointing out animals, for whatever reason.”

McGill is majoring in health and human performance, and she finds it difficult to focus in the lecture halls. She said she meets with tutors fairly often and, if she plans to study, she has to be in a room, completely alone — no television, roommate, phone or teammates.

“I understand why the process isn’t easier, because they say a lot of people want to get in just for the Adderall,” McGill said. “But I wish something was different. Not necessarily an easier testing process, but easier to get in and get tested in time for your season. I just wish it was more accessible.”
Susan Carey is a veteran Wall Street Journal reporter whose career has taken her around the world. She joined the paper at age 25 to cover coal mining, steel, labor unions and Appalachia. She later covered airlines, aerospace, and tourism in Europe, where she witnessed the fall of the Berlin Wall. From there, she reported for the Asian WSJ in Hong Kong and Kuala Lumpur. In 1993, she returned to the United States and has been covering airlines and aviation for the Journal’s Chicago bureau ever since. Her work has been nominated twice for the Pulitzer Prize.

While in Asia, Carey first met Jeff Cole, the Journal’s aerospace “guru,” whom she describes as “a wonderful friend and an inspiration.”

The Annual Jeff Cole Distinguished Lecture was established to recognize and remember Cole, the Journal’s aerospace editor and a 1980 graduate of the UM School of Journalism. He died in 2001 on assignment.
Archie got hot?
a review of the CW’s ‘Riverdale’

By Drew Novak
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The Archie Comics series has been a standard in gas stations and grocery store checkout lines for decades. Its longevity can perhaps be attributed to its nostalgic appeal. There is a certain innocence to the storylines, sweet and simple tales of youth. In the center of it all is the well-known love triangle formed by Archie Andrews, and best friends and romantic rivals, Betty Cooper and Veronica Lodge.

But we live in more cynical times. Millennials expect more from their Thursday night programming than low-stakes hijinks and unsexy cartoons. The CW’s newest teen drama, “Riverdale,” is the answer to the question that nobody really asked: What happens when Archie and friends get a grimy coat of paint more suitable for a hardboiled noir flick than carefree comics?

Set in the town which gives the show its name, “Riverdale” uses the untimely death of a popular high school student as a catalyst for the mystery and drama that lurk just beneath the sleepy hamlet’s pleasant veneer. Jason Blossom, star of Riverdale High’s football team and twin brother to Cheryl (Madelaine Petsch), dies under mysterious circumstances. Was it a boating accident? Murder? All is certainly not what it seems. If that set up sounds familiar, it should. “Riverdale” is basically a fresh spin on Mark Frost and David Lynch’s classic “Twin Peaks.” Madchen Amick, who played Shelly Johnson in the early 90s cult favorite, appears here as Betty’s overbearing mother.

The decision to turn Archie (K.J. Apa) and his friends into sexy, brooding teens might be strange for fans of the relatively chaste comics. One character exclaims, “Archie got hot!” Indeed, he did. Our first glimpse of the all-American boy next door reveals muscled arms and an enviable six-pack. Dyslexic jock Moose (Cody Kearsley) is now closeted and hooking up with Betty’s best friend, Kevin (Casey Cott). Betty and Veronica (Lili Reinhart and Camila Mendes) are closest in spirit to their original incarnations, though the former suffers from some crippling perfectionism issues.

Perhaps the biggest character revamp is Jughead Jones (Cole Sprouse). The goofy glutton is something of an omniscient narrator here, providing context via po-faced narration. He also appears to have lost his taste for burgers but gained an appreciation for black coffee and late-night attempts at writing the next Great American Novel. Thank God he still has his famous hat.

So “Riverdale” wears its influences on its sleeve, for better or worse. The Lynch element is present, as is the impossibly attractive cast so ubiquitous in primetime soaps. Fans of the genre will get a kick out of seeing former “Beverly Hills, 90210” heartthrob, Luke Perry, as Archie’s dad. There are shades of “Gilmore Girls” in there as well, with characters showing a penchant for snappy one-liners and pop culture tidbits. Veronica manages to shoehorn in not one, but two Truman Capote references during her first appearance at Riverdale’s famous hamburger joint, Pop’s Chock’lit Shoppe.

The end result is a heady concoction of camp and melodrama, as the best teen soaps should be. “Riverdale” is at its most entertaining when it acknowledges how ridiculous its very existence is. This is a show where Betty and Veronica can make out wearing cheerleading costumes but are called out for it because, “Faux-lesbianism hasn’t been taboo since 1994.” Whether “Riverdale” can maintain the balance between high school absurdity and a slow-burning whodunit remains to be seen, but chapter one is off to a fine start.

Local Band, Letter B, continues to grow

By Melissa Loveridge
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Missoula’s local music scene is ever-changing and constantly evolving into something bigger, newer and more eclectic. Local artists and bands are creating a range of punk to bluegrass and everything in between. Local band Letter B falls somewhere in that “everything in between” category. They describe themselves as rock pop, but have influences from every genre and a sound all their own.

“We’re just figuring out our sound,” lead singer and guitarist Jordan Lane said.

After a recent lineup change, Letter B consists of siblings Jordan Lane on lead vocals and guitar and Katie C on vocals and synth, Dillon Johns on bass, Michael English on drums, Lhanna Wirtesel on saxophone and Ian Velikoff on guitar. Wirtesel is the band’s most recent addition. The addition of the saxophone, a soloing instrument, adds another layer to Letter B’s shapeshifting genre.

Letter B formed in 2014 after Katie C told Lane that if she was ever in a band, she’d want it to be named after the Jarod Kintz poem titled Letter B. After that conversation the siblings decided to make a band. They played their first show at the Butte OG Fest.

“We’re playing music that I wrote in my PJs when I was 19.”

-Jordan Lane

Following that show was a seven-week tour across Montana. English said they played to many empty rooms.

But playing to empty rooms pays off. Eventually they started to build an audience.

The band sold over 800 tickets to their Talking Dead Halloween show on Oct. 29. Clad in skeleton onesies, they played a medley of original songs and covered the Grateful Dead and Talking Heads.

Katie said the Talking Dead show was business as usual but had a different energy to it. The show was larger than anything they had played before.

“It made it worth it,” Lane said. “It means a lot … we love everyone who comes to our shows.”

“I straight up got off the stage and got teary,” Johns said.

Before, they felt like just another local bar band, but something switched — they had an audience.

“We’re playing music that I wrote in my PJs when I was 19,” Jordan said. “It’s theirs as much as it is mine.”

Letter B’s next performance is Feb. 18 at the Top Hat.
New UC gallery showcases the art of grieving

By Brooke Beighle
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As you enter the UC Gallery through its glass doors this February, you will be met by a wall of tattered kitchen sponges and clay tiles scribbled with people’s most intimate grievances. MFA student and exhibition artist Aja Sherrard will be washing these tiles clean at a free-standing sink in the gallery, symbolic of the transformative nature of this installation.

“The Accumulation of Endlessness” is an art narrative on grief, vulnerability and empathy that we are all invited to engage with.

Sherrard moved to Missoula four years ago to soften the strain that had grown between her and her father. She packed up and set out to reconnect with her father, UM media arts professor Dale Sherrard. Two years after Aja had moved to Missoula, her father was diagnosed with an aggressive form of cancer. Two months after the diagnosis Aja lost her father.

“The Accumulation of Endlessness” is a narrative of a year of grief. During the difficult time that Sherrard spent caretaking and grieving for her father, she realized that the simple and often mundane act of washing dishes had become an important part of her coping process.

“I could take this tiny mess and I could resolve it, turn it back into something that was clean and ready for new use, resolved and stable and steady — a tiny act of repair that was one of my lifelines as he was dying, and especially in the year after,” Sherrard said.

The clay tiles and pencils stationed near the back of the room serve as a way for people to write down their stories, trauma or anything that they are ready to let go of. The idea for the exhibit was born out of Sherrard’s exploration and acknowledgment that healing and acts of generosity have a cost and take work.

Every tile is anonymously written and Sherrard often never meets the author. She simply washes each tile, put the clean ones aside, and continues this process for an hour each day.

“It is out of my own vulnerability that I have the empathy for what people are handling,” she said.

Though this is an exhibit that you can engage with, there is no mandate that says you must participate. Simply listening to the running water and reading some of the hanging tiles might provide you with a sense that you are not alone in this thing we call life, Sherrard said.

During the opening reception on Jan. 26, fellow MFA graduate student Cori Crumrine recalls seeing Sherrard scrub the graphite pencil off each individual tile last year during the first version of the exhibit, and the residual impact it has had with the artist. She mentioned a piece on the back wall titled “The Accumulation of Grief,” which is comprised of all the graphite and sponge matter that was left in the water from the last performance.

“The fact that she held onto the accumulation of all of the previous words and experiences that people had down on these original tiles, to see it all in this one spot is quite nice,” Crumrine said.

When asked about the nature of this exhibit, UC Marketing and Art Manager Gwen Landquist, mentions that interactive exhibits are the number one topic of conversation in the gallery world right now.

“I’ve been seeing more and more exhibits that are designed to be experiential. Art is really becoming more about dialogue, a back and forth instead of a one-way conversation, which is how it’s traditionally been,” Landquist said. “It’s exciting to see exhibits like this that are designed for people to lend a voice.”

In addition to the art-dialogue trend that is occurring, Landquist notes that the cleansing nature of the exhibit is a voice for other wellness issues prevalent among students today.

“We are seeing higher numbers of students nationally that are taking time off from school because of mental well-being issues. This is attributed to stress that comes from heavy course loads, having jobs, and everything else students have to deal with, including life stuff,” Landquist said.

“I’ve created a way of grieving — welcome, if it helps you. This is one more channel you could use if you haven’t found a different one that works better, or if you’re still looking,” Sherrard said.

“The Accumulation of Endlessness” will run from Jan. 23 through Feb. 23 in the UC Gallery. The exhibit is free and open to the public. Gallery hours are 10 a.m. to 4 p.m.

Foresters’ Ball will celebrate 100 years and allow alcohol

By Kathleen Stone
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This year the Foresters’ Ball will celebrate 100 years by turning Schreiber Gym into a logging town. Unlike previous years, this ball will also include beer.

Kate Page acts as the chief push for the Foresters’ Ball. The chief push, a term related to mining and logging, is in charge of overseeing the ball.

“Not only is [the Foresters’ Ball] fun, it also helps raise money in scholarships for students,” Page said. The W.A. Franke College of Forestry and Conservation will receive all proceeds from the event.

Page and her committee of six have worked for the past year to plan the event. They gathered building materials such as local logs and paneling in the fall. Different student groups will be in charge of building and staffing the components of the ball. These student groups range from Wildlife and Society students to the Kappa Gamma sorority.

“There’s a lot of time and a lot of effort that goes into everything that we do,” said Page.

Reckless Kelly, a country band from Austin, Texas, will perform at the event. Page believes they’re one of the biggest bands to perform at the Foresters’ Ball since its inception in 1915.

This year marks the centennial, as the ball was forced to take two years off during World War II.

In past years the Foresters’ Ball has banned alcohol, but this year the ball will include a beer garden. Draught Works has even created a special beer just for the Foresters’ Ball.

The beer is, fittingly, a dark Czech lager called the Lusty Lager.

“We love to support UM and students anytime we can,” said Kori Christianson, Draught Works’ marketing manager. “We’re really excited that this is the first year that they’re going to have a beer garden inside … in a long time.”

The Lusty Lager will only be available at the ball.

Paul Marshall is one of the owners at Draught Works. His father was a logger who attended the Foresters’ Ball years ago, as did Marshall’s sister and other friends. He said it was a “no-brainer for us that we would participate.”

Check out the ball and try the Lusty Lager on Feb. 3 and 4, from 7 p.m. to midnight. Tickets are $35 each or $60 for a couple and available through Griz Tix.
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Grizzlies roaring with Rorie

By Isaiah Dunk
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Travis DeCuire’s Montana Grizzlies have fallen just short of two NCAA tournament appearances, losing by a combined seven points in the last two Big Sky Conference championship games.

Montana has chances to win each time, but failed to close the games out. With the addition of redshirt sophomore Ahmaad Rorie, DeCuire could finally have his closer.

“One of the things he’s (Rorie) always been able to do is score. He’s got a good feel for the game, he knows how to run the offense and defense and those types of things,” DeCuire said.

But it’s Rorie’s ability to dominate when necessary that has impressed the third-year UM coach.

“I think the area he’s improving the most is figuring out how to take over games and win. That’s been huge for us,” DeCuire said.

Rorie, a transfer from Oregon, caught fire in his first season with the Grizzlies, averaging 17.3 points per game. Despite Montana’s recent four-game losing streak, Rorie has remained a consistent threat.

“He’s probably my best friend,” Wright said. “He’s just a super laid-back dude.”

Rorie’s relaxed attitude manifests itself through a number of interests, like tattoos and collecting shoes (he has around 80 pairs).

But there have been rough patches for the pair. Rorie and Wright did not play against Eastern Washington last week because of a “coach’s decision” from DeCuire. Montana shot just 43 percent that game and lost 72-60. The duo was back against Idaho on Saturday and combined for 25 points, but the Griz lost 85-77.

Still, DeCuire likes how it’s working.

“They live in the gym together too,” DeCuire said. “Sometimes you start to take responsibility for the other person’s success, and I think they’re doing a good job of that.”

KAIMIN SPORTS COLUMN

My Call: The Lady Griz’s most important season

Failure is a part of life for college students, which is why the adage “you’ll change the most during your first semester of college,” is less of a cliché and more of a warning. Change emerges from repeated failures.

When a freshmen students begin their first semester in college, they run into obstacles they’ve never had to worry about. Suddenly, after breezing through high school classes, some struggle to adjust to piles of homework and exams that they never had to worry about. Suddenly, after breezing through high school classes, some struggle to adjust to piles of homework and exams that they barely pass.

Adjusting to college is like being thrown into water with the expectation that you will swim. It’s a student’s response to failure during that first year – how they carry themselves – that determines how successful they’ll be throughout college.

For the freshman-dominated Lady Griz, this failed season is a reset button.

The Lady Griz have struggled through a historically bad season. At 3-18 (0-10 Big Sky Conference), the Montana women’s basketball team has relied on inexperienced underclassmen to fill the void that was left by injuries to stars Alycia Sims and Kayleigh Valley.

But the Lady Griz’s new leaders aren’t temporary. They just took over too soon.

True freshman Taylor Goligoski has replaced Valley as the team’s points leader (11.2 PPG), while redshirt freshman McKenzie Johnston’s team-leading 97 rebounds and 55 assists has mirrored the do-everything playstyle of Sims. The team doesn’t lack talent. They lack experience.

Six players came into this season with no college game experience and plunged into a competitive Big Sky schedule bearing the reputation of a historically dominant Lady Griz team.

They’ve struggled, obviously. Collectively, they’ve scored a meager 53 points per game and have shot just 39 percent as a team.

The return of Valley, a career 48 percent shooter who averaged 22 points per game last season, and Sims, a glass-cleaning forward with a decent mid-range shot, would likely boost those numbers.

This season, as heartbreaking as it may be, is a foundation. It’s a starting point for the freshmen women who are charged with rebuilding one of Montana’s most successful programs.

The injuries to Valley and Sims forced a lineup shakeup, and the Lady Griz have struggled, obviously. Collectively, they’ve scored a meager 53 points per game and have shot just 39 percent as a team.

But next year they won’t be rookies. They’ll be sophomores and juniors with the taste of a bitter season fresh in their mouths. And Valley and Sims, a glass-cleaning forward with a decent mid-range shot, would likely boost those numbers.

Relish this season for what it is: a starting point for another Lady Griz dynasty.

Nick Puckett is the sports editor at the Montana Kaimin. Email him at nick.puckett@umontana.edu and follow him at @NickPuckett8
Winter sports recap: what you missed over break

By Isaiah Dunk

The grind never stops for the University of Montana’s athletic teams, and Griz sports had an tumultuous winter break. Despite the cold, the men’s basketball heated up over break. Meanwhile, the Lady Griz continued to battle through a difficult season, and the track and field team made noise in Bozeman.

Here’s a recap of what the Montana Grizzlies have done since the fall semester ended.

The men’s basketball team struggled through a nonconference slate of games early this season, but came out on the other end looking better than their record showed.

The Griz finished nonconference play at 5-8, with losses to USC, Wyoming (twice), North Carolina State, South Dakota, Ole Miss, Washington State and Oregon.

But the losses don’t tell the whole story.

USC and Oregon weren’t able to pull away from the Griz until late in the second half. Montana lost to Ole Miss in an 86-81 shootout from the Griz until late in the second half.

Senior Walter Wright said the nonconference experience run was spoiled by Weber State’s last-second overtime three-pointer on New Year’s Eve, and the track and field team made noise in Bozeman.

Those performances gave the Griz plenty of confidence, according to head coach Travis DeCuire.

“We went into those games in nonconference feeling like we could beat anyone, but we didn’t know,” DeCuire said. “I think now that we’ve had close games… we know we can beat anyone on any given night.”

The Griz won five of their first six Big Sky Conference games. Montana’s perfect conference run was spoiled by Weber State’s last-second overtime three-pointer on New Year’s Eve, however. Since then, the Griz completed a road sweep of Eastern Washington and Idaho, and a tight home win against North Dakota.

“We gave one up against Weber at home, so we really wanted to go out and get one back like two minutes left, but we were able to battle through it and learn from our mistakes,” he said.

The Griz stumbled on a road trip two weeks ago, going 0-2 against Portland State and Sacramento State despite career-high scoring from guard Ahmad Rorie (29), Sayeed Pridgett (28) and Krslovic (24). Last weekend, Eastern and Idaho returned the favor to Montana at Dahlberg Arena. The losses bring the Griz to 10-11 and 5-3 in conference play. They face Montana State University at home on Feb. 4.

The season hasn’t been as kind to the Lady Griz. It didn’t help that seniors Kayleigh Valley and Alycia Sims went down with season-ending injuries, while junior Mekayla Isaac and sophomore Sierra Anderson missed time as well. The Lady Griz had to rely on young talent early and often in the season, sometimes starting four freshmen.

As a result, the losses have piled up. The Lady Griz stand at 3-18 and 0-10 in conference. Their only win against a Division I opponent came against University of the Incarnate Word before Thanksgiving. A loss to Sacramento State last week was the squad’s 10th straight.

Head coach Shannon Schweyen said she had to remind herself of her team’s circumstances.

“They’re playing their hearts out,” she said. “They didn’t sign up for this. This wasn’t how it had intended to be. We’re doing the best with the hand that we’ve been dealt.”

Schweyen said Isaac and Anderson’s injuries and subsequent returns have made it hard for the Lady Griz to settle into specific roles.

“We’ve had a lot of adjusting to do. That’s often times difficult for an experienced team, let alone an inexperienced team,” Schweyen said. “Hopefully now through the remainder of conference we’ll all be in our same spots and we can zero in on getting better and improving in that area.”

Despite the record, the Lady Griz have shown glimpses of competitive play. After a slow start against Eastern Washington, the Lady Griz had their chances, even cutting their deficit to five points in the second half. Their offense stalled, however, and EWU came out with a 60-46 win.

“I think that’s a game we definitely could have won. Watching film, we gave them too many easy baskets, so many easy layups where we just didn’t rotate over on a switch… or easy turnovers that led to layups,” freshman Taylor Goligoski said.

Goligoski is one underclassman the Lady Griz have leaned on heavily, leading the team in scoring at 11.2 points per game. Another is freshman Madi Schoening, who put up a season-high 22 points at North Dakota.

The Griz fell to North Dakota 73-63.

The Lady Griz trailed 28-26 at halftime, and had it tied at 32 in the third quarter. Of Montana’s 63 points, 61 were scored by freshmen, highlighted by Schoening’s 22 and Emma Stockham’s 15 off the bench.

“It was a lot of fun. It was a fun team to play against, and it just felt like it was coming to everybody pretty easy,” Schoening said.

Schweyen likes the signs of improvement, but said consistency will be key for the rest of the season.

“We need to get more consistent and we need to shoot the ball better,” she said. “We did that at North Dakota and it made a difference.”

Grizzly hoopsters weren’t the only ones competing during the break. The indoor track and field season got started with both the multi-event athletes and the full squad competing at Montana State’s Brick Breeden Fieldhouse in Bozeman in the first few weeks of January.

Nicole Stroot won the Jan. 8 pentathlon by more than 400 points, while her teammate Erika McLeod finished fifth despite fouling on all of her long jump attempts. Stroot scored a career-high 3,791 points for the win.

In the heptathlon Montana’s athletes took four of the top five spots. Junior Charlie Bush led the way for the Griz, finishing second with 4,792 points. Freshmen Grant Whitcutt and Josh Riley took third and fourth, respectively, while senior Dylan Reynolds took fifth.

“All the multi-athletes did pretty well. I could see they’ve been working pretty hard. They were back early, so it made it a little easier for them,” multi-events coach Adam Bork said.

The full squad was in action in Bozeman at the MSU Invitational. Eight individual winners across the board came out of the women’s team, while the men added three winners on the track.

The Montana women dominated the 800 meters with a top-five sweep. Emily Cheroske paced the Griz with a 2:16.49 converted time. Jessica Bailey won the 5,000 meters, Olivia Ellis won the 200, and Alanna Vann won the 60. In the field, Sammy Evans won the long jump, Arielle Walden won the triple jump, Ali Keleti won the shot-put, and Hana Feilzer won the weight throw.

Callum Macnab was responsible for two of the men’s three victories, as he won the 60-meter hurdles and the 200 meters. Jordon Wallin won the 800 meters.

“It’s a long break, so it’s tough to keep in the same kind of training mode that we’ve been doing throughout the whole fall, but you could definitely see that some of them were motivated and continued to work, and they came out and had some pretty solid performances,” Bork said.