THE MSU
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OCTOBER 19, 2023

04 NEWS
COULD YOUR BIKE BE IMPOUNDED ON CAMPUS?

06 SPORTS
ALPINE SKIING INSIGHT WITH NORWEGIAN STUDENT-ATHLETE

10 CULTURE
EMBRACE THE WARMTH OF "CUFFING" SEASON (OR NOT)

13 OPINION
WHY ADHD STEREOTYPES NEED TO BE BROKEN DOWN



BIG SKY, BIG POSSIBILITIES FOR BOBCAT VOLLEYBALL

PG 08



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THE MSU exponent
Volume 118, Issue 7



Students pet miniature horses outside of Renne Library on Wednesday, Oct. 11.

PHOTO BY CHEYANNE KERNS
COVER DESIGN BY SAWYER WHITE

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MEME OF THE WEEK

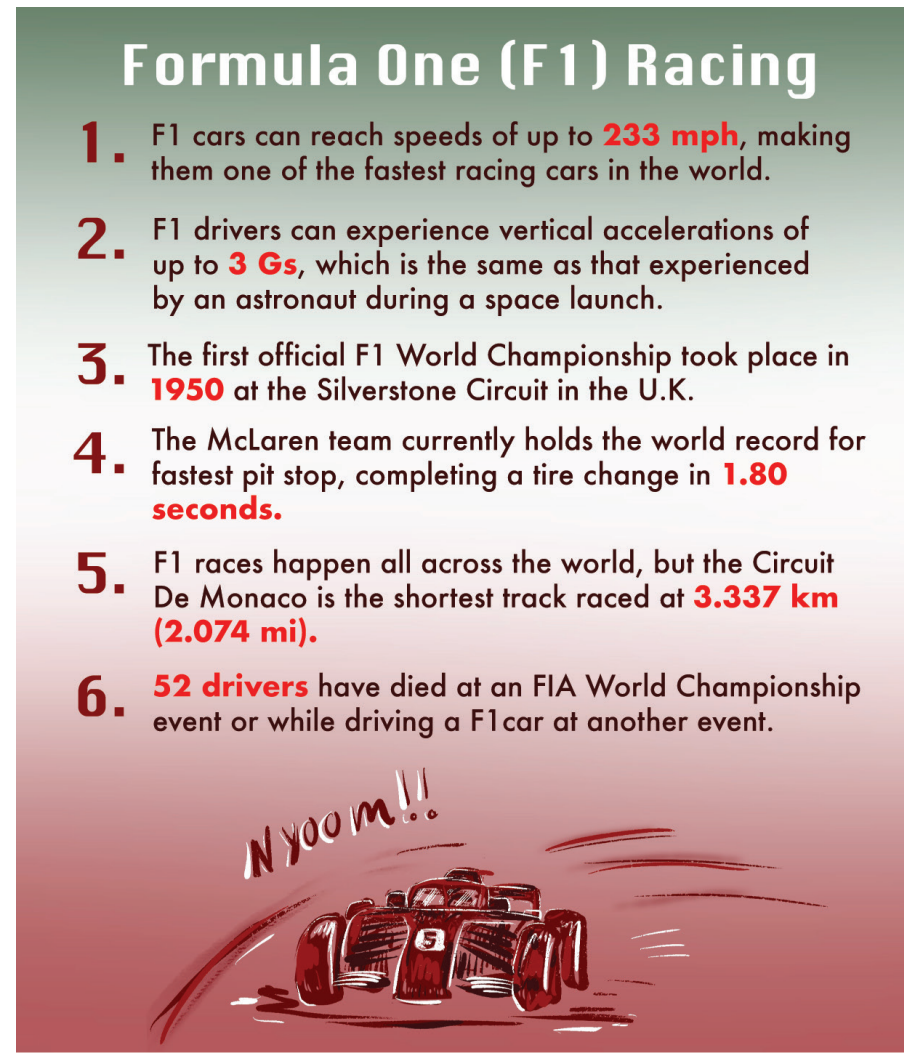
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SIGNIFICANT FIGURES

COMPILED BY EMMA FRY
DESIGNED BY SAWYER WHITE



Climate Solutions Group to plan Climate Week

BY CHRISTINA GIBBS

If you've been looking for a way to get involved with climate change solutions on campus, consider the Climate Solutions Group (CSG), managed by a class in the political science department.

PSCI 492 is a three-credit independent study class that facilitates the opportunity for faculty, staff and students to discuss sustainability and climate change. They do all of this while brainstorming possible improvements to MSU's campus.

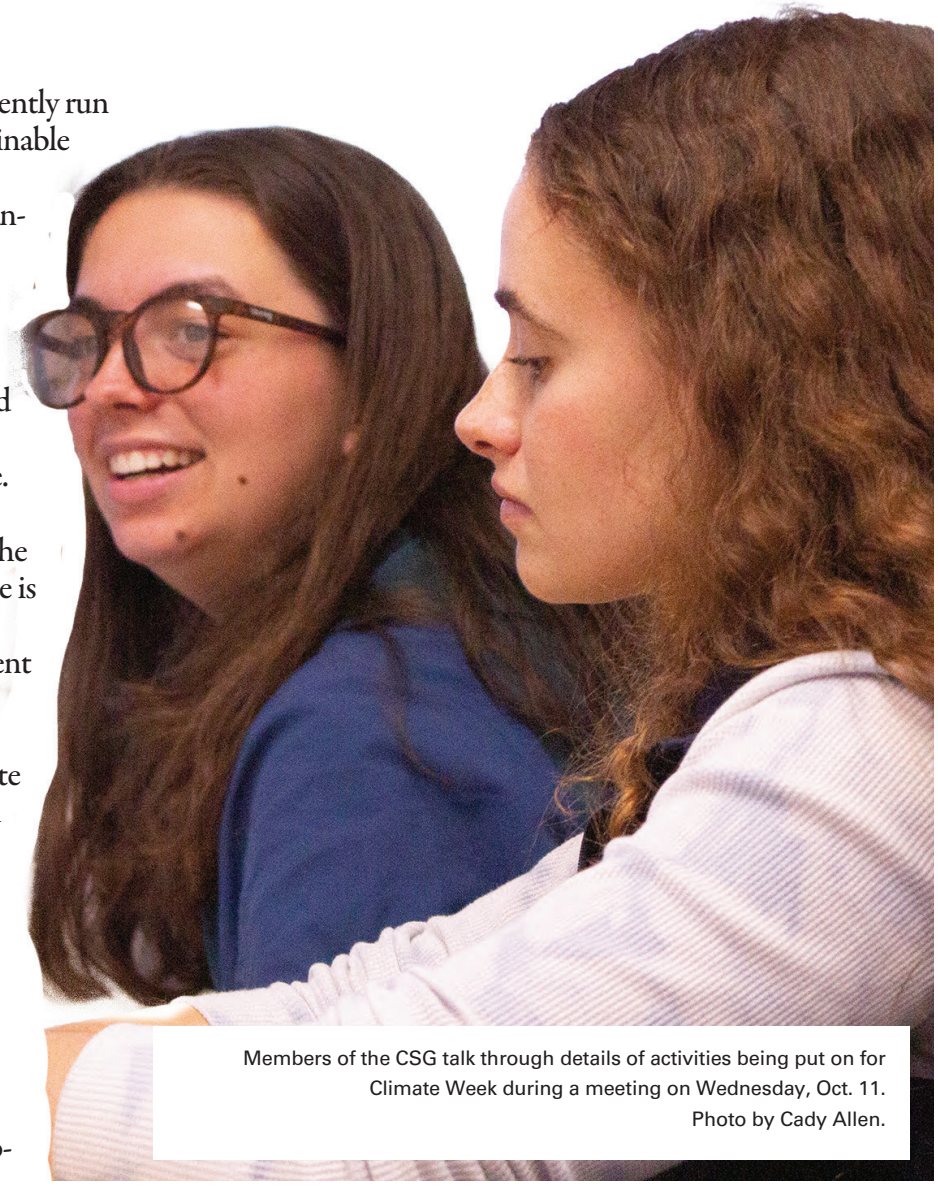
"We created this group because we felt that MSU was simply not doing enough to engage on this critical issue of climate change," political science professor and one of the professors that teaches the class Paul Lachapelle said. Across campus, there are no departments or faculty positions with the word "climate" in them and few classes specific to climate change are taught, he said.

"As a faculty member, I feel it's a disservice to our students to not engage on the most critical issue facing humanity," Lachapelle said. "It's incumbent on us as faculty, who are tenured members of the academy, to insist that we apply the best available science not just in the classroom but also in the day-to-day operations of our campus."

The CSG would specifically like to see MSU decarbonize its heating system and upgrade university vehicles that currently run on fossil fuels to more sustainable options, Lachapelle said.

Currently, the CSG is planning Climate Week, which will take place from Oct. 30 - Nov. 3. The week presents a variety of events, from informative panels and lectures to a concert dedicated to climate change. That Thursday, Nov. 2, will also feature the premier of the student-filmed movie "Time is Now to Save the Pow," by MSU political science student and CSG member Kaelyn Kroeger.

The film focuses on climate change's effect on Bozeman and the state of Montana through a skier's lens, involving skiers and environmental patrons alike, Kroeger said. "Because the existence of powder days at Bridger Bowl is incumbent on the climate, in other words climate change is happening, it's affecting our snowpack," Kroeger said.



Members of the CSG talk through details of activities being put on for Climate Week during a meeting on Wednesday, Oct. 11. Photo by Cady Allen.



Paul Lachapelle opens the meeting by going over the agenda for the evening in NAH. Photo by Cady Allen.

The CSG meets every Wednesday from 5:30-7:00 p.m. in Norm Asbjornson Hall 329 and is open to all students even if they're not enrolled in the class.

After Climate Week wraps up, the group will be focusing on drafting and eventually presenting a resolution to be brought before ASMSU and the faculty senate demanding climate-related improvements to campus, Lachapelle said. "We want to provide students with an opportunity to use our campus as a learning lab," he said. "We have so much potential here to learn."

To learn more about the CSG, visit *https://www.montana.edu/communitydevelopment/climatesolutionsgroup/*. For a complete list of Climate Week's events, visit *https://www.montana.edu/communitydevelopment/climateweek.html*.

Policy infractions lead to bike consifications on campus

BY LUKAS KOSEL

Across campus, MSU Facility Services has been confiscating bicycles parked in violation of a transportation policy updated just over three years ago.

This policy is outlined in Section 1000.20 of MSU's Personal Transportation Device (PTD) Policy which can be found on MSU's website.

For bicycles, it states that "leaning or locking to trees, landscaping, railings, fences, posts, signs, fire hydrants, trash receptacles and other objects or facilities not designed or intended for PTD parking" qualifies as parking violations.

Further, parking violations can lead to the impoundment of these vehicles by any MSU police officer, or other person authorized specifically by the Chief of Police, as outlined by Section 1100.00 of the PTD policy. This policy has been in effect since March 4, 2020, according to MSU's website.

Sophomore and economics major Isaac Kostecky said, "I ride my bike to campus every day, and I didn't know [the policy enforcement] was a thing until I saw it happening." Kostecky went on to reference an incident in which he saw a bike being removed with bolt cutters from a lamppost outside Roberts Hall.

Another incident was cited by senior film and photography student Lauren Fletcher in which her bike was confiscated from the spot she normally leaves it, attached to a seldom-used guardrail outside the Visual Communications Building. "My bike was gone, but the one next to it was still there. Just my helmet and bike lock on the ground where it was," she said.

After contacting University Police (UP), Fletcher discovered her bike had been impounded. "The spokesperson said I wasn't parked at a designated bike rack, but I was confused because professors had also been using the railing to park their bikes," she said.

"I have 200 dollars in damages to my bike, and I need a new bike lock," Fletcher said, she claimed the damages were caused by poor treatment of the bicycle during impoundment.

This incident prompted Fletcher to meet with the Office of the Dean of Students to advocate for more bike racks on campus. This has been an ongoing process and one that requires further action, according to Fletcher.

MSU Police Department Patrol Lieutenant Thomas Luhrsen said the overarching purpose of these policies is to keep the campus looking nice. "It creates unsightliness, and we put bike racks all over campus to prevent this," he said.

Impounded bikes are stored at the parking impound lot at the UP office on campus, according to Luhrsen. The owner of the impounded vehicle must pay a ten-dollar fine and another ten-dollar impound fee, ending in a twenty-dollar total to remove an impounded bicycle, according to Luhrsen. UPD authorities also do not pay for the bike locks that may have to be cut in the confiscation process, he said.

"We aren't cracking down any harder this year than others," Luhrsen said. Additionally, higher infraction and confiscation numbers are not connected to increasing freshman class sizes either, but to the time of year, according to him.

"When the weather's nice like this we see a spike [in infractions], then there's almost nothing during the winter, then another spike in the spring," he said.

When asked if the student population increases correlate to increases in infractions, Luhrsen said the people who usually have their bikes impounded are not freshmen.

"The students who have their bikes confiscated most often are the students who had gotten used to parking their bicycles in the same spot for years without knowing about the policy," Luhrsen said.

Policies on bike confiscation can be found at *montana.edu/policy* under the personal transportation device policy section.



A bike rack outside of North Hedges. Photo by Logan Ross.

MSU football blows past Cal Poly

BY GUS YEAGER

MSU cruised to a 59-19 win over the Cal Poly (CP) Mustangs this past Saturday. Notable in the 'Cats dominating victory was the return of junior quarterback Tommy Mellott and the long-anticipated breakout of junior wide receiver Ty McCullouch, who joined the Bobcats as a transfer from Colorado State University in Fort Collins this past January.

The Mustangs came into the Oct. 14 contest with a 2-4 record — the lower than desirable mark being a casualty of what's been a tough schedule through this point of the season. However, CP Head Coach Paul Wulff had beaten MSU in his last five matchups against the team.

Both teams exchanged three-and-out drives to open the game but McCullouch provided a spark on his first punt return of the night. Returning the ball for 65 yards and a score, McCullouch flashed his wheels and opened the scoring 7-0 in favor of the 'Cats.

This was just a glimpse of what was to come for McCullouch, who would finish the game with 119 receiving yards. Such a statline easily catapulted him into the team lead for receiving yards per game, with 66.5. McCullouch started the year on the injury list, sitting out the first four 'Cat games before making what was a largely pedestrian debut against Portland State.

"I was a little antsy. It probably showed in the way I was playing, but I was excited," McCullouch said about his breakthrough performance on Saturday.

"He's got that extra gear," Head Coach Brent Vigen said about McCullouch, "We were pleased to get a little more out of him both on the receiving side of things and with the big punt return to really get things going."

The Bobcats didn't take their foot of the gas for the rest of the game. The CP defensive unit looked hapless against a much quicker MSU squad, as their secondary — the cornerbacks and safeties — simply seemed unable to keep up. As a result, the Bobcat aerial attack was on point. In his return to action, Tommy Mellott was 7-9 through the air with a pair of touchdowns to boot. The ground game was similarly potent, with the 'Cats combining for 335 total rushing yards.



Freshman running back Adam Jones makes a 49-yard run to score a touchdown. Photo by Cheyanne Kerns.

Equally as impressive as the 'Cats' offensive efforts was the defensive side of things. Vigen's teams have historically established themselves as run-stoppers and this trademark ability was on full display Saturday. CP was held to an astonishingly low 14 total rush yards in the first half.

Granted, the Mustangs rank dead last in the conference in rushing yards per game, but still, 14 yards in a half is a downright embarrassing number.

"We wanna run it, we did that, we wanna be able to stop it. It takes an effort that's certainly about guys making plays, but they also have to have trust in one another to be in the right spot," Vigen said about the team's run defense thus far into the season.

The Bobcats play at Sacramento State and University of Idaho the next two weekends.



Junior wide receiver Ty McCullouch catches a 38-yard pass for a first down. Photo by Logan Ross.

Dancing down the mountain with Kris Bekkestad

BY ALEXIS JACOBSON

It's no secret that alpine skiing is a nerve-racking sport to watch with its steep terrains glazed in a fine layer of ice. But to one local racer, propelling through a tight-course is nothing more than "dancing down the mountain," Bekkestad said.

Senior film major Kris Bekkestad from the small farm town of Aal, Norway, said she loves the rhythm of skiing. Nestled between the two biggest cities in her home country, Bekkestad found ways to fuel her ski addiction and became a racer for MSU's Alpine Ski Team in 2020.

Inspired at age five after watching a men's race, Bekkestad always dreamt of being a racer. Taking her ambitions abroad, Bekkestad reached out to former MSU alpine head coach Kevin Francis in hopes of securing a spot on the team after tearing and dislocating her knee and ultimately losing her place on the Norwegian National Team.

Her hard work paid off and Bekkestad joined the team for the 2020-21 season. Aside from swapping Norway for the U.S., Bekkestad has had to learn to adjust to Montana's rough and rugged terrain.

"The powder is better here and the play. But if you're thinking competitively, there are better conditions in Norway. There's more ice, and that's what you kind of want as a ski racer. It's cool; in almost no other sport do you have the surface under you change. Can you imagine if soccer fields did?" Bekkestad said.

But, with more 600,000 people injuring themselves in ski-related accidents every year, Bekkestad is no exception. Although she has sustained two major injuries, she looks back on them now humorously.

"I was playing Spikeball outside on the ice one winter when my guy friend said, you should try a little harder, so I did and tore my knee. It's fun now, but it's a horrible way to injure yourself. It was painful and humiliating," she said.

She then re-tore it skiing on April 1. "It was April Fool's Day, so nobody believed I was actually injured. I never got help," she said.

But Bekkestad doesn't let her injuries hold her back. "It hurts sometimes, but if you're scared of getting injured, then you risk going slow. So it's a very good mental challenge."

And with risk comes reward. Bekkestad gains a thrilling "out-of-body experience" every time she slips into a pair of skis. "I love that specific feeling you can get in the course when everything's just right, and it flows, and you don't have to think — it's almost like the skis and I am one," she said.

However, in any sport, burnout — the physical or mental collapse caused by overwork or stress — is widespread. Even Bekkestad has had her fair share of burn-outs. "I believe the body and mind are connected in a way that when you're burned out, it can lead to an injury." But to Bekkestad, her injuries abroad are what brought her to Bozeman. "All these things happened, and I ended up here, where I discovered there's way more to skiing. [Bozeman's] what sparked my joy for skiing again."

But with any high-level sport comes high expectations. Combatively, Bekkestad has developed a proactive way to handle performance anxiety. "I try to tell myself that I like high stakes and make that the truth about who I am as a ski racer," she said.

In addition to mental combativeness, Bekkestad finds consolidation and encouragement within her team in tough competitions and difficult conditions. "We're a very strong team and are doing well. So we definitely push each other."

Whether you view it as a death slide or a rhythmic pursuit, alpine skiing isn't a sport for the weak-hearted. Although Bekkestad skis alone, all skiers dance the same lines. "I feel that everyone's stoked together. And that's a really cool thing," she said.



Freeriders of MSU encourage students to embrace the send

BY WILLIAM MALIZIA

While MSU skiers eagerly await chairlifts to open, those looking to push their freeride abilities this season or potentially enter into competition can work to realize their aspirations with help from the Freeriders of MSU club.

The club provides aspiring freeride competitors with the chance to earn themselves a place on the podium, as well as nurturing an inclusive and enthusiastic haven for freeride skiers of any ability level, regardless of their desire to compete.

"Our main club mission is to support athletes who want to compete for qualifier events, specifically giving them groups of people to ski with and talk to that have similar ideas," Club Co-President Connor Doyle said.

Doyle recently took over the reins of the Freeriders of MSU club this year alongside co-president Bethannen Droll. Currently a senior, Doyle has been consistently competing in freeride events since his junior year of highschool. He looks forward to expanding the club and inspiring MSU skiers to share in his love for competition.

"Competing, you're around a bunch of different types of people with all sorts of different styles. You ski with just so many different people and learn different stuff and learn how to throw down a run that will matter," Doyle explained. "A lot of people see competitive skiing as aggro and just not super fun, and we're just trying to make competitive skiing fun again."

According to Doyle, freeride skiing and snowboarding is downhill riding that takes place on natural features. This distinguishes it from freestyle skiing and snowboarding, which occurs on rails and man-made slopestyle jumps.

The Freeriders of MSU club helps to arrange and finance club members' participation in the International Free Skiers and Snowboarders Association's Freeride World Qualifier (FWQ) events. According to Doyle, these events are arranged into tiers, beginning with one or two-star events, which are considered more entry level, and progressing to more competitive four-star events. Individuals that find enough success in higher tier FWQ competitions can become eligible to compete in the Freeride World Tour, the most prestigious freeride competition in the world.

Doyle said that last season, club members participated in FWQ competitions at Revelstoke Mountain Resort in British Columbia (BC), Crystal Mountain Resort in Washington, Grand Targhee Resort in Wyoming, Red Mountain Resort in BC and Snowbird in Utah. According to him, the club will probably compete in the same events this year, but the competition schedule has not yet been released.

According to Doyle, the Freeriders of MSU club hosts fundraiser events to help cover travel and housing costs for members entered in competitions. This past Sunday, Oct. 15, they held a mountain biking race at Felix Canyon. The club will be hosting a house show this week featuring live music from the band Last Call. On Nov. 4 they'll be raffling off skis at The Filling Station, accompanied by more life music from the band Puddle.



Doyle explained that the club offers opportunities for all of MSU's freeride skiing or snowboarding enthusiasts, including those with no interest in competitions.

"They don't have to be super keen on going to competitions but if they want to have a fun group of people to go ski with, we're always there," Doyle said.

A club membership costs 30 dollars and members receive a variety of benefits that make this fee worthwhile, according to Doyle. These benefits include discounted tickets for all the aforementioned events as well as invitations to dryland training sessions — off-season workouts that take place twice a week into December and bi-weekly Bridger Bowl meetups during the winter time.

"It's to spread the love, to share freeride skiing and snowboarding with anybody whether they've never competed or they have competed in the past and they want to compete. Maybe they don't want to compete, but they just want to go ski hard," Doyle said.

COACH HOUK IMPRESSES IN DEBU



By Austin Swartzenberger

Heading into the last month of the regular season, the MSU volleyball team is in a three-way tie atop the Big Sky Conference (BSC) and trending in the right direction. With seven conference games under their belt, the team boasts a mark of six wins and one loss — a massive improvement from last fall, where the team ended conference play with nine wins and seven losses.

Prior to the start of the season, Matt Houk was named as the 12th head coach of the MSU volleyball program. Houk led the University of South Dakota (USD) to a 97-85 record, the best winning percentage in USD history. Most recently, he worked as associate head coach at the University of Minnesota, a well-regarded Big Ten program that Houk helped to three NCAA Final Four appearances and two Big Ten Conference titles during his tenure. "We were trying to look for the place where we thought volleyball was gonna matter because we've been in this long enough to know that that doesn't occur at every school," Houk said.

With a new coach at the helm and a veteran group featuring six seniors and six juniors, the team found itself in a position to massively improve from last fall's season that saw the team's run end in the semifinals of the BSC tournament.

While the team knew it could make some noise this year, that belief initially didn't extend to the broader volleyball community. A BSC preseason conference coaches poll projected MSU as the fourth-best team in the conference. In the first regular season game, the team knocked off Pac-12 Conference member Oregon State University (OSU) in five sets. The massive upset over OSU reinforced the belief around the team that they had the ability to compete with anyone.

"I think they felt like, Okay, we can be good. Here's this guy who's been telling us we can be pretty good and now we have some tangible proof of that after this matchup against a team that plays in a power conference and had some physical talents," Houk said. "There was a nice piece of proof to support the words that we've been telling you."

That first victory of the season propelled the team to a non-conference record of seven wins and one loss by mid-September. That stretch of games included the team securing a series of commanding victories, winning five matches in four sets and once in only three sets. The only loss during this period came at the hands of the Milwaukee Panthers at the St. Thomas Invitational, a tournament which took place in Saint Paul, Minnesota.

The Bobcats tried to carry that early season momentum with them when MSU traveled to Reno, Nevada for the University of Nevada (UN) Invitational. Instead, they suffered their first setback of the young season. The team lost both of their games there, first to UN in four sets and then to University of California Berkeley in three.

"WE'VE SEEN SUPPORT IS S NONE IN THIS THE COUN

- Head Coach M

The bright spot of the trip was that senior Kira Thomsen became the eighth Bobcat to reach 1,000 career digs and only the fourth Bobcat to reach both 1,000 career digs and 1,000 career kills.

A dig is when a defensive player successfully passes a ball after an attacking hit from an opponent, and a kill is when an attack directly leads to the team scoring a point. In essence, it shows the versatility that Thomsen brings to the team with her ability to play both sides of the ball.

Despite the remarkable individual accomplishment, the two losses marked the end of the non-conference games for the team and brought their record to seven wins and three losses.

MSU opened conference play by cruising to victories against University of Idaho (UI) and Idaho State University (ISU), beating both teams in three sets. The following game was the team's only conference defeat to date. MSU lost all three sets during a match at the University of Montana. Instead of seeing the loss as a setback, Houk believed it was an opportunity for the team to gain experience with high-pressure moments.

"If we get this to a program to a level where we're competing for conference championships we're gonna feel the pressure in those moments," Houk said. "We have a responsibility as a coaching staff to continue to add tools in the toolkit to allow them to have ways to deal with the heavy moment so that they can perform at their best."

Since that loss, MSU has notched four conference victo-

UT SEASON

ries with wins over Northern Arizona University, University of Northern Colorado, Eastern Washington University and UI. That winning streak propelled the team to a three way tie for first place in the conference standings with Weber State and Sacramento State, all 6-1 in conference play.

With just under half of the regular season behind them, it's become clear that the team's depth and mental fortitude are strengths.

I THAT OUR SECOND TO S AREA OF NTRY."
Matt Houk

Thomsen has been exceptional this season, racking up three BSC Offensive Player of the Week honors early in the year, but she hasn't done it alone. Junior Jourdain Kamps and sophomore Lauren Lindseth have both earned BSC Defensive Player of the Week honors for their stellar performances.

"We have this nice little balance to us where not any one player has to carry that load," Houk said. "I think that makes us a dangerous team to play against."

The clearest example of the team's mental discipline is their ability to limit the number of errors during a game. Through 17 games the team has committed only 342 attacking errors while their opponents have combined for 377 attacking errors.

On serve receptions, MSU has committed 76 errors, a stark contrast to the 107 errors for opposing teams on Bobcat serves. An error is considered a mistake that results in a point for the opponent, so by limiting errors, MSU is effectively limiting the number of easy points given to competing teams.

The remaining slate of conference games sees the Bobcats take on Sacramento State twice and Weber State once in games that could be critical to seeding for the conference tournament since those three teams are currently tied for the top spot. Five of the nine remaining regular season games take place in Shroyer Gym. The home venue has proved to be a major advantage for the team with an undefeated record of eight wins at home.

"We've seen that our support is second to none in this area of the country," Houk said. "These athletes give up a lot of time, work really hard, plus they're going to school full time and lots of them are working as well. [What] they put into this is a difficult endeavor, so it's really cool when they know that the work they're doing means something to the community and in return the community shows up."

Volleyball image (left) by Acongraphic on Freepik



The team unites to celebrate after scoring a point. Photo by Cady Allen.



Junior Courtney Weatherby sets up to serve the ball in Shroyer Gym. Photo by Cady Allen.

It's getting chilly outside, is it time to couple up?

BY EMMA FRY

Well readers, it's officially that time of year when I call my mother in tears about how I will die alone, then go home and continue my insufferable complaining to my roommate. But not everyone has to be that way. We are coming out of the beginning of the semester break-up season, but deep enough in, people have begun to move on and are starting to open their eyes to other prospects.

The idea of cute pumpkin patch dates and cold nights had led some of us — including me — to start dropping some of the semi-delusional expectations we had to not be alone. But I and an expert on the topic are here to impart some wisdom in hopes you can go into this season of "cuffing" confidently.

"Cuffing" season marks the time of year, usually starting in October, when many short-term relationships begin. These typically last until about the beginning of April, just in time to become "uncuffed" and move on for summer festivities. While this short-term relationship isn't super intriguing to some, getting cuffed for the cold months has some profound benefits.

Humans are not a solitary species. We are meant to spend time with others and feel human connection. This is seen in the mental health aspect of the "cuffing" season.

Dr. Kate Kujawa of the MSU Psychology Department spoke to me about the benefits of human connection during these colder months.

"People crave human connection in many ways, and we live in a climate where we are going to see rapidly diminishing daylight hours. It can feel really lonely, and so, having that human connection and skin-to-skin contact does positive things for our bodies and minds," Kujawa said. "Skin-to-skin contact gives us huge boosts in oxytocin. It helps to improve our mood with serotonin and dopamine."

A direct relationship exists between seasonal affective disorder (SAD) and "cuffing" season, with a drop in serotonin and intense feelings of loneliness mixed with dark, cold nights.

"SAD is pretty common in our climate and so finding ways to boost your mood will be incredibly beneficial. Some people might do that through cuffing," Kujawa said. "Others might do that by getting some full spectrum light bulbs or increasing their social activity so they can not feel as isolated in the darker months."

A few things to consider when deciding if you want to participate in this "cuffing" season are if you are doing this for yourself or societal pressures. Don't let the societal pressures of a relationship get to you.

"Take a holistic look at the situation and make a value assessment for yourself. Like, is this something that is right for me? Or is this something I'm being pressured to do by an outside party or societal expectations?" Kujawa said. "Make sure that you're genuinely coming from a place that you're putting yourself first."

If you have decided that "cuffing" may interest you, consider a few things before booking that tractor ride for two at the hay maze.

Be upfront about your intentions with your chosen person. As you both know, this partnership has a tentative expiration date. Both partners should be aware of the situation so neither are blindsided. Maybe April rolls around and you both decide you are actually great together and end up having a fantastic summer together. Or you both decide it's time to close that chapter in your lives and move on.

We as humans crave physical touch and we live in a time of sexual liberation with increased access to birth control, so there's really no better time to go get some. However, ensure you are not pushing down deeper issues and compensating with sex.

"Sometimes we have sex because it's fun. Sometimes, we have sex because it's a distraction from things that are more pressing on our minds. And if sex is your coping strategy, that's totally fine. Until it isn't," Kujawa said. "If it's bothering you or affecting your life negatively, that's the point that you should say, okay, I should probably go get help for this. And that's an internal dialogue that maybe should be aired to a counselor to find a healthier coping strategy."

Don't simply act out a relationship you are not actually into. Life is too short for crappy sex and partners. So instead, invest in a weighted blanket and maybe a good self-reflection podcast.

Now, "cuffing" is not for everyone. Those who choose to go solo through the chilly season, I salute you on your way. However, for those of you not wanting to go on a solo mission, I beg you to not become colorblind to some glaring red flags to the point that you fall into a relationship you never really wanted.

"Remember, relationships are mutual. If there's something wrong in a relationship, it takes two parties to work on it. And if one of those parties isn't willing to work on it or acknowledge or discuss it, then that's a serious conversation with yourself if you want to stay in that relationship," Kujawa said.

The best advice I have ever been given is that it's better to be alone than to feel alone next to someone and I think many of us can relate to that.

With all this being said, if anyone is interested in dating a workaholic redhead or if you have other relationship-based questions you want the Exponent to cover, reach out to: *exponententertainment@montana.edu*.



How identical twins cornered the market on pleasure

BY ARIANA CROCKETT O'HARRA AND ADLER LOVELL

Bozeman may have become synonymous with flippant Silicon Valley transplants and wannabe cowboys, but these two local employers have never been more serious about their businesses.

The owners of the stores, Billy and Robert McWilliams, are identical twin brothers and business owners for their respective businesses. Billy owns Erotique and Robert owns Granny's Donuts. Hailing from Abilene, Texas, the brothers moved up to Bozeman for school.

When Robert decided that school wasn't a good fit for him, he decided to start his own business. "I thought Bozeman needed a donut shop," he said. "Serving people is my passion. Donuts are kinda the vehicle for it, and I like it, but I really enjoy being kind and respectful to people," Robert said.

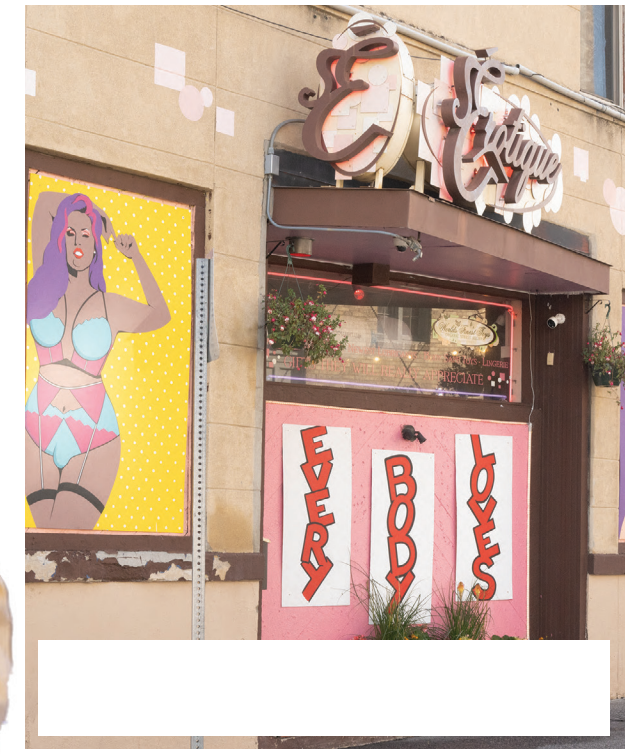
Bozeman residents and those past the city limits know the shop for its great donuts and hospitality. Many customers know Robert by name and even come into the shop to speak with him. "I think it's important to push kindness hard. Be aggressively kind, not just merely kind, and push it hard, because [this] is not a happy time, for lots of reasons," Robert said.

On the north side of town, Robert's identical twin brother Billy has invested in providing a different sort of pleasure.

The local adult novelty and sex toy store Erotique has been under Billy's management. He worked there first as a cashier, then a manager and finally as the owner for the last 40 years.

Originally, Erotique catered to men and the merchandise was mostly magazines and videos. Over the years, business interests and customers changed and the store began to cater to a more diverse gender and sexuality environment. "This used to be a male-centric sex store, which would be DVDs and videos, magazines, visuals and now it's women and couple centric," Billy said.





More so than just products, Billy sees the store as a way to foster communication and expose people to diverse tastes. He said customers will often come into the store nervous and leave feeling normal. "They come in the store and they say, you might think I'm weird. And I think to myself, gah, please be weird," Billy said.

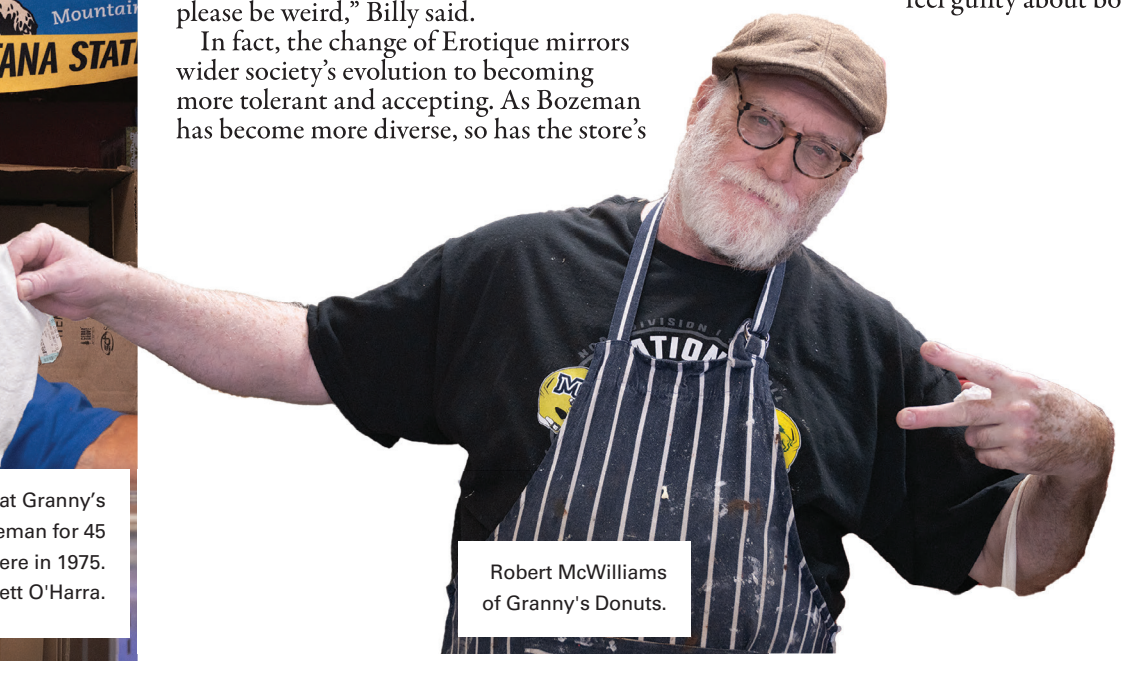
In fact, the change of Erotique mirrors wider society's evolution to becoming more tolerant and accepting. As Bozeman has become more diverse, so has the store's customer base. After the advent of the HIV/AIDS crisis, "I think the world grew up," Billy said. Nowadays, the customers tend to be more couples and women, and the store prides itself in offering a safe space for people of all genders and sexualities.

Ultimately, Billy wants people to feel comfortable in who they are. "I think most people are sexually normal," he said. "And they feel guilty."

Both the owners of Granny's Donuts and Erotique don't see their business as being in products, rather, they both say they deal in pleasure. "We just give pleasure, that's all," Billy said. "And the funny thing about it is people feel guilty about both."



Beth Martell stands behind the display case at Granny's Donuts. Martell has been a waitress in Bozeman for 45 years and moved here in 1975. Photo by Ariana Crockett O'Harra.



Robert McWilliams of Granny's Donuts.

The Fall Festivities You Don't Want to Miss

BY CIAN CONNOR



Sitting on the fourth floor of Romney Hall, I can't help but become captivated by the scene outside the window. Orange and yellow leaves cover the ground as a light breeze moves through the few still left in the trees. It's the perfect picture of a fall day in Bozeman. Like anyone who's spent a fall here, I am well aware that days like these won't last long.

This is why everyone should get out these last two weeks of October and try out some amazing fall festivities cropping up all over Bozeman.

Fall may be a quick season here in Montana, but luckily for us there are still lots of ways we can enjoy this time before we wake up and see that campus has been covered by two feet of snow. Over the last week, I've spent my time venturing around Bozeman exploring all the best ways to enjoy this time of year and now I've got a list of favorites that I urge you all to explore as well.

- At the top of my fall to-do list is a visit to Rocky Creek Farm, which is less than 15 minutes from campus. A friend and I arrived at the farm on a cool, cloudy morning and were blown away by the farm and the beautiful surrounding area. We walked around all morning exploring the apple orchard, rows of flowers and visiting with the different animals. If you make reservations ahead of time you can even have a hay wagon ride through the farm. Before you leave be sure to stop at the farm stand to pick out a pumpkin, fresh veggies and apple cider. Rocky Creek Farm offers the perfect way for you to get the most of these last days of fall.

- Next up is Bozeman's indoor farmer's market. Open every Saturday from 9 a.m. till noon at the Gallatin County Fairgrounds, the farmer's market has a great selection of fresh vegetables, homemade treats and handcrafted goods. Live music from a local musician accompanies you as you explore everything on offer. The number of vendors may be smaller than the usual summer market, but from frozen filets of Alaskan salmon to fresh baked pastries, the indoor farmer's market offers everything you could want. There's no better way to spend your time than getting high quality goods while supporting local vendors and craftspeople.

- The 8th grade class at Anderson school has been scaring the residents of the Gallatin Valley at their annual haunted house for over 20 years. After a brief hiatus, this event is back this year for a festive night of spooky thrills on Oct. 27-28 from 7-10 p.m. All proceeds from ticket sales go towards the 8th-grade trip to Washington, D.C.

Our fall season may come and go pretty quickly here in Bozeman, but there are so many great things to take advantage of before the snow starts falling. Even if it's just a drive up through Hyalite or a walk up one of the countless trails around town, I urge you to do it. Get out and enjoy this beautiful time of year because as we all know, it certainly doesn't last long.

ADHD Awareness Month and Why it Matters

BY MARQUART DOTTY

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month. I wasn't aware of this until recently. No one I talked to on campus knew ADHD Awareness Month existed either. I suppose it's easy for it to get buried under the many other critical awareness causes that October marks, like LGBTQ+ history, AIDS awareness and breast cancer awareness.

However, we must understand ADHD because the continuation of stereotypes about ADHD can negatively harm those who have it.

ADHD is a mental health disorder marked by short attention span, mental and/or physical hyperactivity and social-occupational dysfunction. People with ADHD are often gifted at creative thinking and problem-solving abilities, but it can also negatively affect mood, academic performance, memory and social skills.

Even if you don't have ADHD, understanding how it affects the college experience can help you to be a supportive friend and peer. Chances are you likely know someone who struggles with it. But did you know that the disorder presents much differently than it's stereotypically expected to?

Many students who struggle with ADHD have their experiences swept under the rug or don't receive proper medical treatment because they don't seem like the typical hyperactive image that people expect. I do fit the stereotype. I'm loud, overly talkative and often say anything I think without a second thought.

However, even I have experienced barriers to treatment because I didn't appear ADHD enough. I once had a doctor tell me that I couldn't possibly have ADHD because I didn't fidget or lose my train of thought during the appointment, even though at that point I had already received the diagnosis.

Hearing language like this still makes me nervous to seek accommodations in school — even if I really need them — for fear that people will think I'm faking or using it as a cop-out.

Everyone thinks of a lack of focus when they hear the phrase ADHD. Less discussed are symptoms like hyperfocus, a state of highly focused, singular attention that lasts a significant amount of time. This typically happens when one is either so interested in a task that completing it feels easy and natural, or when one finds the energy to push through the mental barriers to starting or completing a task that ADHD creates. The latter can be challenging to work past.

Sometimes, people with ADHD hear from others that they couldn't possibly be struggling the way they say they are because they can focus on tasks in this way. Other times, people with ADHD internalize the false narrative that because they can hyperfocus on some tasks, any task they can't complete is a failure on their part, indicative of laziness. This brings a lot of internal shame and stops people from seeking help because they believe they shouldn't need it or don't deserve it.

ADHD is typically perceived as making the people who struggle with it boisterous, unruly and excessively talkative. While some of us do fit that cliché on many levels, just as many don't identify with it at all. In fact, I spoke to three students with ADHD who have very thoughtful, calm and composed demeanors. They all agreed that they wish more people understood how differently it can present itself for individuals.

"The stereotype of a person with ADHD is somebody who can't focus on anything for a minute and is constantly bouncing off the walls and stuff. I don't really fit into that. I can hyperfocus on stuff for hours. So long as I have something small to fidget with, I can sit completely still and be fine," civil engineering freshman Mara Dupres said.

Senior English major Ben Pope said: "My ADHD presents differently than I think in general people probably imagine, in terms of stereotypes like having extra energy or bouncing off the walls. For me, it presents more like an internal sort of storm. Like an internal monologue that's bouncing all over the place."

Even if you don't have ADHD, understanding how if affects the college experience can help you to be a supportive friend and peer.

Sometimes, the never-ending internal monologue is helpful. Pope and I discussed how having bouncing thoughts helps him analyze literature and write creative, imaginative essays. However, those darting thoughts can also turn into a storm that feels insurmountable. As one's thoughts race out of control, anxiety mounts. This is so stressful that it can cause the manifestation of physical symptoms like headaches, trembling and sweating or upset stomach, according to the Mayo Clinic.

This causes physical pain and exhaustion, making it much harder to get anything done or feel okay. The more people ignore how the disorder can affect them outside of the stereotypically accepted symptoms, the more individuals with ADHD will feel isolated, outcast and unable to figure out what's 'wrong' with them or seek treatment.

Rina Klein, a junior studying English literature and microbiology, echoed this. "I've always been pretty quiet and mild-mannered. I think that's part of why I resisted the diagnosis. I'm not like, you know, like the class clown or whatever. I only had a picture in my head of some kid who can't sit still or who's always in trouble," she said.

"It's something that has a sizable spectrum of ways that the symptoms manifest. I wish that the world knew more than the one stereotypical picture of a Ritalin patient, you know? I think that having less of a monolithic understanding of ADHD would have really benefited me a lot in the past. I wish that people knew better about how it's something that manifests and shows up in a lot of different ways," she said.

If you have ADHD and think you need accommodations, don't be afraid to ask. You can learn more about the guidelines and how to get started at *montana.edu/disabilityservices/guidelines/adhd.html* or stop in at the Office of Disability Services at 137 Romney Hall.

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OCT. 19 - OCT. 25

CALENDAR

Want your event featured here? Email event info to us at *ExponentEntertainment@montana.edu* one week in advance.

THU 19

HOW TO FUNDRAISE FOR YOUR CLUB
SUB 168 @ 4:15 - 5:30 P.M.
The Club Advisory Board will meet for a presentation by AMA on how to fundraise for your club. This event is open to anyone that is a club leader or interested in learning how to fundraise for their club.

FRI 20

COMMUNITY YOGA
NORTH TEMP GYM @ 12:15 - 1:00 P.M.
Come build community and support your wellbeing with free community yoga. Equipment wil be provided, all levels welcome.

SAT 21

BANGLADESHI NIGHT
SUB BALLROOMS @ 5:30 - 9:00 P.M.
The MSU Bangladeshi Students Association is hosting their second annual Bangladeshi Night. They will be showcasing the country's music, dance, and art.

SUN 22

HAUNTED MOUNTAIN THEATER
MUSEUM OF THE ROCKIES @ 5:00 - 8:30 P.M.
Experience the Northern Rocky Mountains' spooky history and folklore brought to life through a production that blends live theater with the Taylor Planetarium.

MON 23

HONORS PRESENTS: AMBASSADOR RICHARD BOUCHER
GIANFORTE CLASSROOM @ 4:00 - 5:00 P.M.
Boucher, a diplomat-turned-educator, will be lecturing on his time in the U.S. Foreign Service and acting as the Career Ambassador.

TUE 24

HALLOWEEN HISTORY STUDY BREAK WITH SNACKS
MSU LIBRARY @ 12:00 - 1:00 P.M.
Take a break from studying and celebrate National Archives Day. Enjoy snacks, wacky Halloween history photos and strange MSU traditions and collections.

WED 25

FOOD SECURITY IN HIGHER EDUCATION
SUB ALUMNI LEGACY LOUNGE @ 12:00 - 1:00 P.M.
Join Margaret Davies, Basic Needs Program Manager at MSU for this discussion about food insecurity and how MSU is tackling this wide-spread challenge for many college students.

Hey, MSU Bobcats!

BE CARE AWARE.

Know when and where to go when you need care.

PRIMARY CARE

Your first stop should always be your primary care provider. If your provider is unable to see you, they will help guide you when and where to go to get the care you need.

B2 CARE

Life is unpredictable. When you are unable to be seen by your primary care provider, or if you don't have a primary care provider, see one of our B2 Care locations.

EMERGENCY CARE

For any injuries or illnesses that are serious or life threatening, head straight to the emergency room.

Open 24/7, 365 days a year.

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B2 Care
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Explore more at BozemanHealth.org

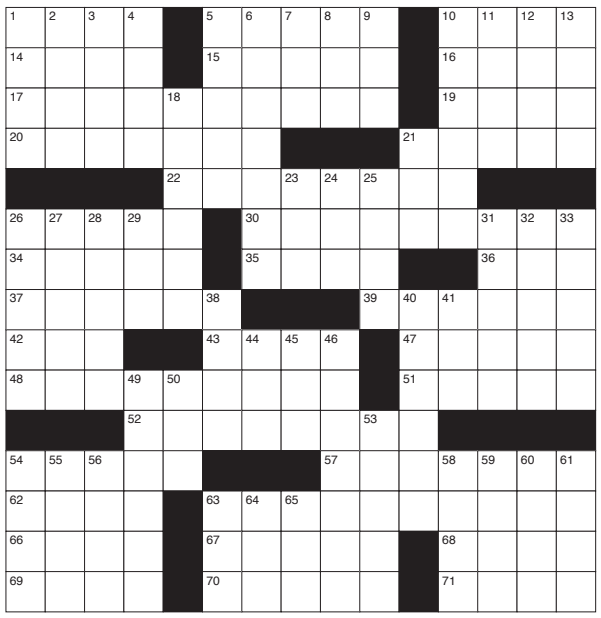
RIGHT CARE, RIGHT TIME, RIGHT PLACE.

PUZZLES

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Love the Exponent? Follow us @MSUExponent!
For solutions, visit Printable-Puzzles.com and enter puzzle code.

CODE: 8K9X26ND



Across

1. Noon, in Nice
5. Plane egresses
10. First name in spydom
14. Currier and ____ (printmaking firm)
15. Pass, as a law
16. Trojan War hero
17. Insipid
19. West African capital
20. Catch in a net, e.g.
21. Ran amok
22. City in Saskatchewan
26. Jazz giant Art
30. Tiny European bird
34. Strike ___ (adopt a stance)
35. Arizona county or its seat
36. "Eureka!"
37. Toy giant
39. Highway strip
42. Mythical ogre
43. Part of a Hispanic "What's up?"
47. Bright-colored
48. "Les ___" (The United States, in France)
51. Signs of things to come
52. Patsy
54. Title character of a cartoon
57. Lamenting
62. Open just a bit
63. Free
66. Zilch, to Pedro
67. Fry up, as onions
68. Almond ____ (chocolate toffee candy)
69. Bowie's single-named wife
70. He ran with Nixon
71. Repulsive

Down

1. Work a seam
2. ____ the Terrible
3. Obama followers, briefly
4. Bar code on a book
5. Printer's proof, for short
6. Equal comparison
7. British parent, familiarly
8. Toxic pollutant, for short
9. Place for a pig
10. African nation
11. Go for ____ (run for exercise)
12. Not wild
13. Cut from the staff
18. Whine
21. Brit. flying group
23. Five centimes, once
24. Tree type
25. "Smart" munition, for short
26. Western resort lake
27. Not together
28. Puccini opus
29. Peripheral connector
31. Easily conned
32. Franchise group
33. Farm workers
38. Mr. Holland had one
40. Drew out
41. Dull
44. "___ calls?"
45. ___ City (computer game)
46. High ___
49. Middle Eastern capital
50. Utter
53. Keep the issues coming
54. Start of a child's request
55. Stuck in ____
56. Fanfare syllables
58. Italian saint Philip ___
59. Camaro named for a race acronym
60. Dracula's target
61. It's often followed by "mate"
63. Uncle Sam's country, familiarly
64. Worn-out horse
65. Horde member

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V	A	N	E	S	S	O	G	N	I	P	M	U	P
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CODE: T074BO

Agree
Alphabet
Aspens
Averse
Borders
Calmer
Canoe
Crook
Damps
Darts
Deject
Dodging
Edges
Embed
Featured
Foams
Framed
Gains
Geese
Genocide
Gluing
Hurdle
Induct
Infuses
Knack
Legged
Leverage
Mangles
Mutilate
Ogres
Outwit
Pumping
Rangers
Robin
Scores
Scrubbed
Sided
Singe
Slimiest
Sneer
Trawl
Vanes
Veined
Warned

the BOX

What's your Halloween costume this year?

Blind lifeguard

My parents' poignant and relentless disappointment in me

Charles Leclerc's girlfriend

Shaggy (from the live-action Scooby Doo, not the rapper)

Doug from the dining halls

Gay Ken... so regular Ken but just out of the box

Sexy Squidward

Cal from Taladaga nights. Shake and bake baby!!!

A good reporter

A nude egg

The Amazon page of the textbook I need

Tinker Bell

Taylor Swift concert fit

The Onceler

Sanity

Sexy devil

Anna and Elsa

Guy Fieri

A clown (me in class)

A traffic cone

Tall Tales & TIDBITS

Press
Ctrl + Alt + Delete
to exit the
simulation