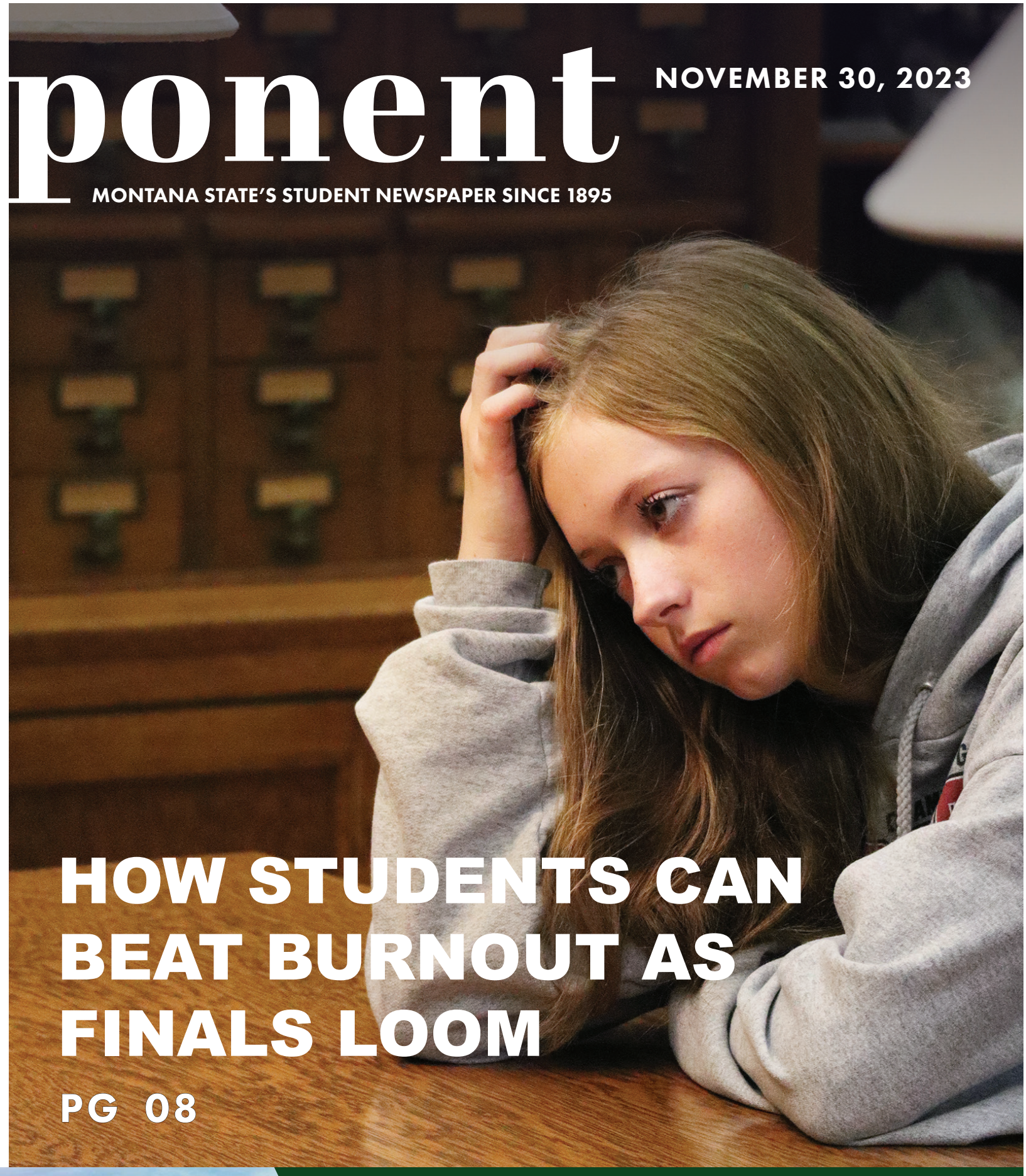
THE MSU
exponent
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NOVEMBER 30, 2023

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Students line up to purchase art from the ASMSU Art Market on Wednesday, Nov. 15.

PHOTO BY ARIANA CROCKETT O'HARRA
COVER DESIGN BY SAWYER WHITE

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MEME OF THE WEEK

u/pun_bible

Batman trying to get some sleep during the day



ASMSU associated students of montana state university
Montana NEWSPAPER ASSOCIATION

SIGNIFICANT FIGURES

COMPILED BY TAY STRADIOTTO
DESIGNED BY SAWYER WHITE



Man arrested in Howard Hall for possession of drug paraphernalia

BY LUKAS KOSEL

University Police Department (UPD) arrested an individual with three warrants out for his arrest on Nov. 14 at Howard Hall for obstructing an officer of the law and drug-related infractions.

According to Chief of MSU Police Michael Stanley, "two UPD Officers responded to the report of a suspicious male who smelled heavily of marijuana and appeared to be taking items from Howard Hall," on Tuesday, Nov. 14 just before 5 p.m.

Upon arrival, officers Angela Roundtree and Scott Jensen located a white male standing at 72 inches, weighing roughly 200 pounds. They identified him as a visitor to campus, observing that he was likely in possession of state property that he initially claimed as his own. The man was later identified as John Gates.

Stanley's official report said that Gates also had two outstanding arrest warrants from Bozeman Municipal Court, one on charges of theft, and another from Livingston Municipal Court to have his license suspended. Gates did not make a court appearance for either warrant.

According to the official case file, he was arrested and charged with the following as described in Montana Code Annotated (MCA): Obstructing a Peace Officer; MCA 45-7-302(1), Possession of Drug Paraphernalia; MCA 45-10-103 and Possession of Dangerous Drugs (Felony); MCA 45-9-102(1).

"Dangerous drugs" are defined in detail in MCA section 50-32-222.

MCA dictates that misdemeanor charges of this nature are punishable by way of fines not exceeding $500, or imprisonment in the county jail not exceeding 6 months; subsequent offenses are dealt with more severely. The maximum penalty for being convicted of possession of dangerous drugs in the state of Montana includes fines up to $50,000 and imprisonment of up to five years.

As a result of these charges, Stanley approved a non-expiring criminal trespass notice restricting the perpetrator's access to campus.

According to music and conservation biology student Yufu Yoshimura who had been present at the time of the incident, "He was there during our rehearsals the day before too. He seemed a little off, but he wasn't doing anything so it was fine."

"The next day, he was going through the office records and snooping around. Later he put his coat up in the window to one of the practice modules and it looked like he sort of barricaded himself in with his drug paraphernalia," Yoshimura said.

It was after this that one of the present staff members took the initiative to call UPD, according to Yoshimura.

"He definitely looked high but I didn't know if he was actually doing drugs in the building or if he had been that way the whole time," Yoshimura said.

According to music student Sam Spottiswoode, there appeared to be a lightly colored powder on the floor of the room after the officers escorted Gates off the premises.

The Howard Hall practice module G was closed off for the remainder of the week.

Spottiswoode also said that he looked to be in possession of a glass pipe at the time. However, the publicly available report does not specify what drugs the individual was reportedly in possession of.



The front of Howard Hall on the morning of Nov. 29. Photo by Logan Ross.

ProjectConnect applications open to MSU students

BY DOM LUCERO

ProjectConnect is available now for its sixth semester here at MSU. The program has been adapted to MSU's college environment through campus's Counseling & Psychological Services (CPS). Its goal is to build student connection and improve mental health.

According to ProjectConnect's official website, the program involves small groups of five to seven students engaging in a series of questions and activities designed to foster closeness, connection and community. These groups meet for six one-hour sessions, during which participants reportedly reduce loneliness and establish meaningful friendships. Participation can be through both in-person and remote options, according to the website.

ProjectConnect's founder, Jessica Gifford, shared what the program is about both personally and to those involved. "I started [ProjectConnect] when I was working at Amherst College. I was seeing really high rates of loneliness among students – that was before the pandemic – loneliness rates were already really high and as a mental health professional that's something I'm really concerned about," she said.

According to Gifford, she moved to working on ProjectConnect full time in June of 2020. "My driving force was really just knowing the immense value that having positive relationships has on mental health, that's why I wanted to focus on ProjectConnect," Gifford said. Because of this positive relationship, she said she felt it was really important to implement the program on other college campuses.

When asked about the effect ProjectConnect had on campuses across the country, Gifford advocated the program's effectiveness is highlighted by its widespread adoption— with over 75 campuses utilizing the program, she said approximately 98% of participants respond by saying they would recommend ProjectConnect to a friend and 95% express a desire to participate again.

The program is run by facilitators who can be students, staff or faculty members. Facilitators undergo virtual Facilitator Certification Training provided by ProjectConnect, equipping them to lead groups effectively.

Assistant Director of Outreach and Prevention at CPS Dr. Laura Santa Thum commented more on how ProjectConnect is set up at MSU. "In 2021, we trained our first group of peer facilitators and were able to offer one [ProjectConnect] group that fall, with two others that spring. Since then we have tried to offer [ProjectConnect] groups each semester. The number of groups and frequency have been dependent on the availability of student facilitators — we try to train some each semester— and schedules. When we have groups running, peer facilitators check in with one of us each week for support [and] guidance."

Thum also commented on the program's value in tackling student loneliness. "Connectedness and social support are very important for healthy mental functioning. Even on a campus the size of ours, it can still be challenging for people to find and make meaningful connections. This is a unique opportunity for students who, under typical circumstances, would not have had an opportunity or reason to interact with each other, to meet and to connect with each other in a meaningful way," she said.

ProjectConnect is expected to begin its next session in the spring semester of 2024. Applications and more information can be found on MSU's website at *https://www.montana.edu/counseling/studentinvolvement.html.*



American Indigenous Business Leaders prep for national conference

BY SHELBY SVEIVEN



MSU's chapter of the American Indigenous Business Leaders (AIBL) organization had its weekly meeting this past Tuesday night in the Elders' Collaboration Room in the American Indian Hall to discuss their business proposal for the organization's annual conference in Las Vegas, Nevada.

AIBL advisor Virginia Bratton said that one of the key aspects of the organization is to "learn about and celebrate Indigenous cultures." According to AIBL's website, its programs are "designed to engage students in activities that stimulate, enhance and expand educational experiences beyond traditional academic methods."

The national AIBL conference will take place March 11 and 12 of 2024 at the Caesar's Palace Hotel located in downtown Las Vegas, where campus chapters from across the country can participate in a number of competitions.

The Business Plan Competition, which the MSU chapter will compete in, is separated into three divisions: high school, tribal college and university.

According to the official AIBL website, there are three place winners, with first place receiving $1,000, second place receiving $500 and third place receiving $250. For the past two years, MSU's chapter has received the second-place award, according to club advisor Virginia Bratton.

This idea of expanding "beyond traditional academic methods" as stated by AIBL is evident with the MSU chapter's proposed business plan for this year: a publishing company called the Valley of Flowers Publishing Group, which would produce and publish children's books about Indigenous cultural experiences and traditions.

Tuesday's meeting focused on beginning a business proposal document that lays out the mission statement and business concept and other things including a business description, industry analysis and marketing strategies. Business proposals are judged on a one to five scale for various points under these main objectives, according to a scoresheet available on the AIBL website.

One of the traditions discussed at Tuesday's meeting was a game taught to children in order to teach them hunting skills. Shanell Sinclair, a member of the Blackfeet tribe and an MSU student, demonstrated two versions of this game to the meeting's attendants. According to Sinclair, the Blackfeet way of playing the game is to throw a hoop and try to knock it down with a willow branch in order for children to learn a helpful skill for hunting.

The Valley of Flowers Publishing Group would aim to teach children, parents and educators about cultural practices such as these stick and hoop games as a way of spreading awareness and understanding of tribal traditions.

Towards the end of the meeting as the club was discussing how to best present their proposal at the conference, Bratton said, "I think there's something to be said about really [emphasizing] why is this important [and] why does this matter? We really focus on that and the appeal and how it perpetuates Indigenous culture, learning and preservation, and I think that will really have an appeal at Nationals."

AIBL will meet two more times before winter break to expand their objectives and overview of their proposal according to Bratton.

After the meeting, Bratton expanded on the questions she previously posed during the agenda. "I think that when you think about thriving Indigenous communities, business and economic development are at the heart of that, and so it goes hand-in-hand."

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Sat, Dec 2 | 10am-4:30pm | Everyone
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Brawl of the Wild ends in disaster

BY AUSTIN SWARTZENBERGER

The 122nd Brawl of the Wild was a lopsided affair on Nov. 18 with the University of Montana (UM) beating MSU 37-7 in front of a sell out crowd at Washington-Grizzly Stadium. The rivalry game came with higher stakes this year with UM securing both the Big Sky Conference Championship as well as a number two seed in the FCS playoffs. The loss resulted in MSU being seeded sixth.

The game got away from the Bobcats in the first quarter. UM scored a touchdown, stopped the 'Cat offense, and then punched in a second touchdown all within the first eleven minutes of action.

It was a shocking start to the game from a Bobcat defense that has allowed only 327.5 yards per game of total offense this season. The first two drives alone were good for 145 yards of UM offense on their way to a 430 yard, four touchdown performance.

The first drive was characterized by several missed tackles from MSU — a trait rarely seen in the team this season — but that was evident early in the game. "That first series, their offense against our defense, was not good. The number of tackles we missed on that particular drive would've been more than usual for us," Head Coach Brent Vigen said during a post-game press conference.

That ill-fated first quarter resulted in too big of a hurdle for MSU to clear. The Bobcats were scoreless at halftime, down 20-0. The third quarter started with a promising drive capped by a 19-yard Tommy Mellot touchdown pass to Ty McCullouch for the first MSU score of the game. It ended up being the only time the Bobcats found the endzone. More importantly, it was one of the few times it felt like the momentum of the game could shift in MSU's favor.

However, the MSU defense was unable to contain the UM offense as they marched down the field in a six-play drive that resulted in a touchdown.

"If we can back that score up with a three-and-out or a stop, I think that momentum is on our side. The scoreboard wasn't on our side, but the momentum would have been on our side at that point in time," Vigen said after the game.

The offense struggled throughout the game to the tune of four turnovers on downs, one interception and a missed field goal. After averaging 469.8 yards per game of total offense for the season the 'Cats only had 280 yards in Washington-Grizzly Stadium.

Answers for how a game that many believed would be a close matchup turned into a blowout weren't readily apparent. While UM was enjoying their new custody of the Great Divide Trophy, MSU was left wondering how far it would tumble in the playoff seedings. "Credit to them. I know what is important now is how we respond," Vigen said.

The team will have a chance to bounce back on Saturday, Dec. 2 in Bobcat Stadium against familiar foe North Dakota State University (NDSU). MSU's title chances in 2021 were dashed by NDSU in the national championship game. This game will be the first playoff meeting between the two teams since that championship game.



Photo courtesy of MSU Athletics.

Men's XC wraps up the season on a high note

BY ALEXIS JACOBSON

Early in the fall season, MSU's men's cross-country team began working towards a collective goal: competing in the 2023 Division 1 NCAA Cross Country Championships.

With hard work and consistently low scores throughout the season, the men's team got the news they were all waiting for. On Nov. 11, they received an at-large bid and secured a team slot at nationals based on seasonal performance.

The day before, the team finished fifth at the NCAA Mountain Regional race in Lubbock, Texas, beating out their biggest opponent, Colorado State University, ranked No. 23 in the nation on performance scores and having all five runners score in the top 50.

This race helped them earn their position as they hit the ground running at Panorama Farms in Earlysville, Virginia on Nov. 18.

With an allotted two-and-a-half hours of airtime on ESPNU and over 300 teams in Division 1 Cross Country having vied for a ticket to nationals, the championships showcased the best of the best as 31 men's and 31 women's teams — each consisting of seven racers — competed for the team and individual title of national champions. However, only five runners out of seven score in any given race will contribute to the team's total. The final placement of each runner at the race's end represents the number of points allotted to a team. Thus, the team with the lowest total emerges victorious.

In the pre-national coaches poll, the 'Cats entered this year's championship ranked No. 29 by the U.S Track and Field and Cross Country Coaches Association. This is the Bobcats' third NCAA championship appearance in program history, having competed back in 2022 and 2002, according to MSU Athletics.

Teams to look out for this year included defending national champion Northern Arizona University as well as Oklahoma State University, Brigham Young University, Stanford University, Wake Forest University, University of Virginia (UVA) and North Carolina State University.

When the 'Cats competed at last year's championships in Stillwater, Oklahoma — after 20 years without a bid — the team placed 25th overall. However, the team managed to one-up themselves this year after last year's placement left a sour taste in Weese's and his team's mouths, according to the MSU Athletics page.

On Nov. 18, the team's strenuous training paid off and landed them a 13th-place finish. This feat marks the lowest point total at a national cross-country meet in school history, according to the MSU Athletics page.

The 'Cats improved immensely this year with 392 total points — an astounding 207 points lower than last year's 599-point finish. This year, three runners, Matthew Richtman (26th), Ben Perrin (53rd) and Owen Smith (72nd), placed in the top 75.

This race was monumental for Richtman, who became the team's fourth-best finisher at nationals



Photo courtesy of Pexels.

in MSU history and only the second runner since the team's inception to be named a two-time All-American alongside Shannon Butler (1989, 1990), according to the MSU Athletics page.

"Building a team like we have is something way more special than just being given a national berth every year, and it's incredibly special to be a part of that and watch it grow," Richtman said in an interview with MSU Athletics on Nov. 18.

Those who watched the race saw an impressive emergence of talent, both old and new. The number of fans lining the carved course on the 840-acre farm in Earlysville, Virginia was unprecedented given the sport doesn't gain the traction or revenue that popular sports such as football or volleyball do, according to Theo Kahler's article published in Runner's World on Nov. 21.

> **"Building a team like we have is something way more special than just being given a national berth every year, and it's incredibly special to be a part of that and watch it grow."**
>
> **- Matthew Richtman, MSU cross country runner**

Tickets to the championship this year sold out, and the property — which has been hosting small-scale events since 1999 — had to prepare for more than 6,000 eager fans to fill the farm. The event brought in 6,723 people, including the athletes. That's more than double the amount from last year's meet in Stillwater, Oklahoma, according to Kahler.

Senior UVA marketing student Laura Johnson was one of many who found herself on the sidelines as a spectator during the championship race. "There was a lot of energy throughout the course and on that farm. Watching everyone come together to cheer on runners in this extremely hard sport was incredible. It's not an easy feat for anyone."

Johnson said that regardless of the standings, there was excellence on the course that day "in every aspect of the race — courage, strength, passion and grit."

The team's collective goal to compete annually in the national championships will always be a driving force. "We are hoping to reach even higher levels," Weese said in an interview with MSU Athletics on Nov. 18. Year after year, the team manages to do just that as their trajectory continues to turn heads.

You can find more race results at *www.watchathletics.com*.

NAVIGATING ACADEMIC BURNOUT



Image: Freepik.com

By Alyssa Starr & Emma Fry

"At the moment I am lying on a desk in Wilson and trying not to cry. And I am not the only one," political science junior Annika Bucchin said.

Bucchin is correct in thinking she isn't the only one. As the semester draws to a close, assignments, papers, projects and exams are stacking up and lots of students may be feeling overwhelmed.

At its most basic level, burnout is defined by the German-American psychologist Herbert Freudenberger "as a state of mental and physical exhaustion caused by one's professional life," according to *scientificamerican.com*. In the early 1970s, Freudenberger ran one psychology practice in New York City's Upper East Side.

Freudenberger worked as an addiction counselor on the Bowery, where he would see patients outside with a lit cigarette in their hands and simply watch it burn out, according to *npr.org*. His personal experience and symptoms of burnout ultimately led Freudenberger to coin the term "burnout."

While this is all great and interesting, understanding the specific signs of burnout, how to prevent them and if it is too late and how to recover from academic burnout may be the start to fighting burnout. To answer these questions, the Exponent spoke with Amy Lincoln, the director of the Office of the Allen Yarnell Center for Student Success (AYCSS).

Lincoln defines burnout in a way that is easier to recognize. "One way to think about it is when you don't feel like there's any access to sparking your motivation. And when you're there, that would be burnout."

Some typical early symptoms that students should look out for in themselves and their peers include: "feeling exhausted, lack of motivation, being irritable, feeling like you've lost your confidence and not being able to meet deadlines," Lincoln said.

An important note is that these symptoms can manifest themselves in your physical well-being. "It can be unhealthy, meaning like you have runny noses or headaches and some of those [symptoms]," Lincoln said.

As college students, burnout seems to be unavoidable and mitigating the symptoms of burnout can be very difficult. "College is designed in a way that you can hardly avoid it. Because of deadlines and schedules and trying to juggle the social, emotional, academic, professional, and work-related things in everyone's lives." Lincoln said.

> **"Try to remember your "why" for being in school. Refocusing on the overarching reason you are in school or studying what you are studying can be a way to refocus your motivation and intention as you slog through challenging or less interesting coursework."**
>
> -Assistant Director of Outreach and Prevention of Counseling and Psychological Services at MSU Laura Thum

Assistant Director of Outreach and Prevention of Counseling and Psychological Services (CPS) at MSU Laura Thum commented on the topic. "One common area is the expectations we have for ourselves that often come from expectations of others. Wanting to achieve perfection or avoid making mistakes often sets a very high bar that is impossible to meet."

"Learning how to be ok with being "good enough" rather than perfect is a helpful strategy to reduce stress and expectations," she said.

MSU students had quite a few things to say about their academic burnout and spoke to the Exponent about how they chose to handle it.

Political science senior Blake Klostermyer is currently experiencing some academic burnout but said she uses her support system to cope. "I plug into a really good community. I think it's really easy to get burnt out if all the people you are talking to are the exact same age and at the exact same stage of life. It's important to surround yourself with people from different lived experiences to get a different perspective," she said.

For many students of MSU, ski season, or the current lack thereof, is contributing to their academic burnout as they are missing an outlet for their stress. "I have been biking but every single day I think about skiing and I get upset that I can't ski," political science student Garrett Wright said.

Sophomore studying cell biology and neuroscience Madalyn Ziegler agreed. "The anticipation of ski season plays a crucial role in my mental well-being. Knowing I have those moments to look forward to helps me push myself through my academics."

Combating academic burnout can be a challenging topic to approach, as it is easy to simply put your head down and just get it done. However, it is important to prioritize your mental health over your academic performance. "Strategies for managing stress can be very basic. Prioritizing sleep and getting the correct amount of sleep is critical, feeding yourself healthy, regular meals, taking breaks to connect with friends, tending to daily tasks and moving your body all can help with managing the signs and symptoms of stress," Thum said.

Lincoln said a key factor in mitigating burnout is to

intentionally plan ahead and to take a holistic outlook on wellness. “An easy way to think about it is to do assignments when they’re assigned and not when they’re due. That way you gain all the control and flexibility over when and how it gets done.”

In order to avoid mid-semester and end-of-semester burnout, students must take a broad view of their wellness before the mid-semester scaries ensue. This goes hand-in-hand with intentional planning, she said. “This doesn’t always mean that you’re able to eat perfectly, get nine hours of sleep, have a great academic balance, meet all your deadlines. We can’t do that,” Lincoln said.

Taking a broad outlook on wellness means taking action in order to feel less stressed and overwhelmed. Lincoln said this could look like going for a short walk around the block, cleaning up your space at home or throwing a healthy snack in your bag before classes. “Taking action is really important. Getting stuck doesn’t help us get out of burnout,” Lincoln said.

Thum said that taking action is one of the best ways to overcome procrastination and symptoms of burnout. “Often when we’re feeling maxed out and overwhelmed there is a pull to drop everything and completely avoid, or a pull to dig in and not let yourself do anything but the task that is looming.”

Self-care was a topic both Lincoln and Thum spoke on in regard to managing burnout. “Taking some positive steps to self-care and wellness is really important. It might mean five minutes of deep breathing. Because that might be all you have time for,” Lincoln said.

Thum also encouraged scheduling various forms of self-care throughout the week. “However, be warned, we can also use engaging in self-care as a form of procrastination. So be sure you are taking care of yourself but in a boundaried way,” she said.

“Try to remember your “why” for being in school. Refocusing on the overarching reason you are in school or studying what you are studying can be a way to refocus your motivation and intention as you slog through challenging or less interesting coursework,” Thum said.

Lincoln recommends stopping into the AYCSS in SUB 177 for help before burnout becomes too severe. Their office is full of resources that can help students navigate the symptoms of burnout, such as success advisors, career coaches, financial coaches and peer tutoring and mentoring.

CPS, on the second floor of the Swingle building, is also an excellent resource for struggling students.

Study hard ‘Cats, but remember to take some time for yourself during these final weeks of school.



Students in the School of Film and Photography Alternative Processing Lab on the evening of Wednesday, Nov. 21.
Photo by Ariana Crockett O’Harra.



Students flock to Renne Library to tackle their workload during this stressful time of year, Tuesday, Nov. 28.
Photo by Cheyanne Kerns.

Slow snow start for Big Sky

BY JACKSON DESCOMBAZ

Big Sky started spinning chairs on Wednesday, Nov. 22, but only had a few runs available due to the lack of snow. As December gets closer, the snow hasn't shown much sign of coming around.

"At this time last year, we had a very substantial amount of snow, so much that I got stuck in the stadium parking lot in my car when leaving for Thanksgiving break. This year is posing a different climate. An early season lack of snow will have an effect on the terrain that is open, as it already does, so everybody do your snow dance," Big Sky ticket checker Macy Williams said.

Despite the early season lack of snow, Big Sky still presently has the best terrain to ride in the Bozeman area. The resort started the season with four runs off of two lifts — Ramcharger and Swift Current — and will be looking to add more runs with both man-made and real snow as the temps continue to drop.

"I think every big-mountain skier should experience the beauty and vastness of the resort because there is surely something for everyone that can be found in Big Sky," Williams said. "My favorite spot to ride is on the Moonlight Basin side of the mountain because it's like its own little world over there. Normally, the lift lines are shorter because it's more secluded and that's what makes it so awesome," she said.

"Skiing is electric, Big Sky is rad and the Apres are like no other so come visit us this season."

- Big Sky ticket checker Macy Williams

Even though Moonlight won't open for a few weeks because of the lack of snow, the runs currently open off Ramcharger and Swift Current provide some great turns. Also on the horizon is the grand opening of the new tram, which is scheduled to start serving guests on Dec. 19.

"I am thrilled for the installation of the new tram which is a very exciting addition to the resort for the celebration of its 50th anniversary. The new tram can transport substantially more people at one time than the old one, which poses a bit of an issue. Though the mountain is huge, that many people skiing at the same time can be dangerous," Williams said.

The new tram is twice as long as the old one and will run at two times the speed.

As everyone continues to hope for snow, get up to the hill and catch some groovy corduroy turns. "Skiing is electric, Big Sky is rad and the Apres are like no other — so come visit us this season," Williams said.



Skiers enjoy a sunny day at Big Sky Resort last season. Photo by Cheyanne Kerns.

Dangers of concussion follow skiers down the slopes

BY MAGGIE TOWNSEND

With Bridger Bowl opening up for the season next weekend, skiers and boarders alike are excited to get out on the slopes this season. However, as we get stoked for the months ahead, it's equally crucial to prioritize safety on the mountain, especially when the brain is involved.

As college students, it's easy to want to push through injuries — especially if they aren't serious enough to spend money on going to the hospital. According to the Centers for Disease Control and Prevention (CDC), brains are cushioned inside of the skull by cerebrospinal fluid. An abrupt blow or even a rapid deceleration can cause the brain to contact the inside of the skull– causing a concussion. Additionally, this contact might tear blood vessels, pull nerve fibers or bruise the brain.

According to the CDC, even a mild concussion shouldn't be taken lightly. While a single concussion cannot cause permanent damage, a second concussion shortly after the first could potentially have permanent and disabling effects. If you hit your head this year while out on the slopes, be aware that dilated pupils, pressure in the head, nausea, balance issues and confusion are important signs of concussions.

Snow science major Charlie Bayles has suffered "three bigger [concussions]" as an avid skier, and knows that taking care of his head is important. "Last time I was concussed, I hit my head biking and don't remember 20 minutes on either side of the accident, still don't remember, and then everything for the next six hours or so was just a daze," Bayles said.

"The next four or five days were pretty overstimulating and everything hurt, it wasn't very fun," he said. When asked what he does to take care of himself post-concussion, Bayles said he didn't do much, even though his concussion this past summer did keep him off his bike for fourteen days.

Bayles stated that he doesn't think he suffers any lasting effects from his past concussions. "You can only get so stupid, that's what I've decided," he said.

However, poorly-treated concussions can cause lasting effects to the brain — including persistent mental health issues, according to the National Library of Medicine.

Sage Curtis, an English Writing major, thinks concussions should generally be treated more seriously by college students.

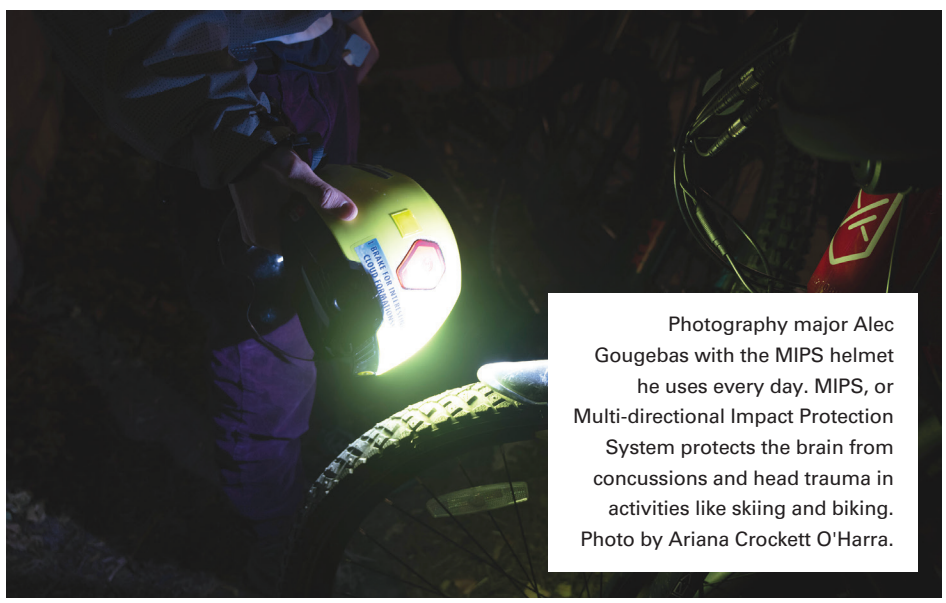
"I was going to school at a boarding school with a ski- academy aspect so obviously they take concussions very seriously," Curtis said, speaking about her high school experience ski racing. Her boarding school did preseason concussion testing for all of their racers and kept her from training for several weeks after a major concussion.

"That concussion, I was at a slalom race in New Hampshire and it was a really rough race, lots of ruts and really soft snow conditions. I caught the tip of my ski on a gate and I did a full twist and landed on my hands right to my head, broke my poles," Curtis said. "I knew right away, and just had to lay there for a second."

Curtis now skis for the club team at MSU, though she stated that they don't do the preseason testing. "Everybody is always aware if someone is hurt," Curtis said.

One thing you can do right now to keep yourself safe this winter is grab your helmet and make sure it has the little yellow multi-directional impact protection system (MIPS) sticker on the back that means it's been nationally recognized as safety certified. MIPS-certified helmets are engineered to reduce rotational forces to the head when falling at an angled impact according to *mipsprotection.com*.

Happy turns this winter skiers and boarders, and be sure to take the rest time that your brain deserves if you get injured this winter.



Photography major Alec Gougebas with the MIPS helmet he uses every day. MIPS, or Multi-directional Impact Protection System protects the brain from concussions and head trauma in activities like skiing and biking. Photo by Ariana Crockett O'Harra.

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.

Scan the QR code to learn more about being Care Aware with Bozeman Health today.

B2 Care
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Explore more at BozemanHealth.org

RIGHT CARE, RIGHT TIME, RIGHT PLACE.

Check please! Wait... who's picking up the bill?

BY EMMA FRY



We've all been there. The meal has ended, the drinks are gone, and the bill has arrived. You awkwardly stare at that leather bill holder in the middle of the table and wonder: Do I reach for it? Make a pathetic attempt? He had one of my croutons, so is that another two cents on his behalf? Is this even a date or an overly awkward hangout?

Undoubtedly, the dating scene has changed drastically over the years and with these changes come differing opinions on who should foot the bill on a date. The tradition of one person covering the entire expense is now being challenged and opinions tend to vary.

In the most traditional sense, the expectation of the person who initiated or planned the date is who should cover the cost of the meal or drink. This action could reflect a form of chivalry and a certain level of commitment to the other person. This seems to be the most popular opinion amongst MSU students as well.

In fact, it's not even a question for political science major Nicholas Schegolev.

"First dates these days are typically coffee. What is that, 12 bucks? What are you doing with your life if you're dating a guy who doesn't have 12 bucks?," he said. "Second of all, if I ask someone out, I'm paying. Now, as the relationship evolves, three months down the line, we can talk about it."

Junior Erin Robinson agreed. "I don't have enough money to pay for my dinner. I would love it if someone paid for it for me," she said.

The overall consensus is that a level of communication is expected from two individuals on a date. The topic of the bill, although an awkward one, is necessary to discuss as we are college students doing our best with our limited funds.

"The person who asked should be the one that pays unless the other person triples the cost of the other person in a full meal," Sam Geary, a sophomore studying statistics, said.

The idea of one person — the man, in the traditional sense — paying for a meal can come with its own sense of issues, with the possibility of the act being used as leverage.

"Unless your partner is using them to assert superiority in the relationship [or] situations, I think it would make any girl feel special to have a guy pay for her," Gabbriella Bracke, freshman studying anthropology, said.

"What are you doing with your life if you're dating a guy who doesn't have 12 bucks?"

- Nicholas Schegolev, political science major

A middle ground is emerging where couples may not split the bill on the first few dates but gradually transition into a more equitable arrangement as the relationship progresses.

Political science students Jackson Krause and Garrett Wright commented that a compromise can always be met with some communication.

"I always pay on the first date and typically after that. But I guess, in theory, subsequent dates [and] splitting the bill [is] totally fair. Like, on the third date," Krause said.

"Or just switch who pays for it. Like if you go to get coffee with someone you pay for the first time, and they're like, oh, hey, you got it last time," Wright said.

Senior Lydia French said it depends on the vives of the date. "If it's not a very good date and I don't have any interest in seeing them again, that's when I'll be very confident, and forceful about splitting the bill."

"But if it was like a good date and they want to see me again, then I'm more willing to be like, yeah, no problem. But I will always offer," French said

In the ever-evolving dating landscape, opinions on splitting the bill reflect broader shifts in societal norms and expectations. Whether adhering to tradition, advocating for financial equality, or finding a middle ground, the key is communication and mutual understanding with anything in a relationship.

PSA: It's Going to be Okay

BY CIAN CONNOR

The demands and pressures we face during our time in college are unfortunately inevitable. We dedicate our life to passing one exam just to find another one waiting around the corner to knock us down. We put so much energy into what we think will make or break our futures and as soon as it's over we're instantly consumed by the next item on our to-do list.

It's exhausting to feel there's always another hill to climb or fire to put out. This time of year, for many reasons, it can be easy to get lost in the pressures and doubts in our own mind. Despite these demands being a staple of the college experience, there are ways students can cope with these issues that often don't get enough attention.

It is vital that students know there are ways to deal with these feelings, and that no matter how it may feel right now, things will be okay.

Looking back over my years in college, I am shocked by how many times I felt totally and completely lost. I felt like I didn't know what I wanted to do, or what I was working towards. I had good times, but I didn't feel fulfilled by the things I did. I put so much pressure on myself to do things "the right way" and when things inevitably did not go according to plan I felt guilt and disappointment. I let anxiety trick me into thinking that I wasn't working hard enough or that everyone else had it figured out, except for me.

Only through the passing of time was I able to look back and appreciate all the things I had done. Reflecting on past years I wished that I had been more present while I was there, wishing that the younger me knew that things would be okay.

Speaking to MSU students, I wanted to know what they would want other students to know and how they dealt with this challenging time.

Hayden Yates, an earth science graduate student in his fifth year at MSU told me what helped him through college. "Exercise, meditate, get outside, play music, try to keep every part of your brain active," Shaw said. He reflected on the difficulty of being a young student. "Take a step no matter how small," he said. We all know what it feels like to have too much to do, take it one small step at a time and you will get through it.

Junior film and geology major Sam Stalnaker said, "It's important to remember that sure, college is a big deal, sure, what you're doing is a big deal, but there are bigger things to come." Right now college feels like everything, but don't forget that in the scale of your life this is only a small piece. Try not to lose yourself in the uncertainty of one difficult period because there are better days to come.

Uncertainty is an uncomfortable feeling. It is scary to look forward and not know what is going to come. It may be failing a class for the first time, deciding a major or thinking about what to do after graduation. We are all faced with questions we've never had to answer, and situations we've never seen. For many of us, this is the first time we have complete autonomy over our lives, and this can make us feel even more responsible if we're not feeling great.

Think about the times in your life when you were utterly overwhelmed by school, family, work, a relationship or anything. It can feel impossible, yet here you are right now, alive and breathing, having gotten through that moment. Anything you may be going through now is no different. Nothing is permanent, good or bad. It may feel different because you've never had this exact experience, but you will get through this just as you have gotten through everything before and will look back wondering why you ever doubted yourself.

Trust in yourself as you would in someone you love. Look at yourself as another person and give credit to all the things that person has done in the face of adversity. Look at the way that person has faced self-doubt before and always kept moving forward. Sure they may have stumbled, and gotten hurt, but they kept moving and learned from it. Recognize that you are that person. It may not feel that way because you're in the experience, but you really are that person who keeps making it through no matter what. It is innate to the human being you are that you make it through this.

The next two weeks may be difficult for some of us. Perhaps the whole semester has been a struggle or it's next semester you're dreading. Maybe you're like me and the last four years have challenged you. Trust that even though it's hard there are ways to help get through this time.

Trust in yourself. Lean on your fellow students and ask how they got through. Understand that if it weren't for all the hard times you would not be the person you are today and the hard times you face now or in the future are necessary to help you become who you need to be.

Take a breath, remember that everything will be okay.



The DISC is MSU's Hidden Gem

BY MARQUART DOTY

When I'm feeling down and need to see some friendly faces, if I have schoolwork I want to complain about or when my favorite spot at the library is taken, there's one place I always turn to: the Diversity and Inclusion Student Commons (DISC). It's the most underrated spot on campus.

The atmosphere is relaxed and bright. The students who hang out there are affable. There's always a great conversation brewing, but it never gets so loud that it is distracting. There's free snacks, ramen and a SodaStream. How could it get any better than that?

The DISC is in the basement of Strand Union Building in Room 185. Walking in, one will see posters of heroes like Claudette Colvin and Martin Luther King Junior. Notes of hope and wishes for the future handwritten by students are proudly displayed above a snug gray couch with a mountain of throw pillows. There is a giant beanbag chair plopped next to the couch and a snack nook with a few seating areas to the left.

In the back, there's a study area and a meeting space. Clubs are welcome to use the space — it's available to be booked by club leaders. Plenty of clubs already enjoy the space for everything from trivia night, movie night and karaoke to formal meetings. There are also plenty of events held by the DISC staff. I love to go to a particular event called DISCourse and Nuggets. It's a lively roundtable discussion of any and everything, paired with snacks — often chicken nuggets or sandwiches, held every other Thursday at 4:30 p.m.. There's also a 70s-themed disco event to be held on Dec. 1st from 6 to 7:30 p.m. There are many other exciting upcoming events to keep an eye open for, such as a special speaker for Black History Month. Information about events can be found on their website.

Fifth-year sociology major Anja Lincke can often be found in the DISC playing Monopoly, chess or making art with friends. They love how the space gears itself to students' needs. "It is such a flexible space, but always oriented around, how is this a community-oriented thing? [and] how is this serving what we need? It can fill different versions of that at different times, whether you need a safe space to come to and do homework, or you need somebody to eat lunch with or play a game with or you wanna have a meeting," Lincke said.

Personally, I use the space to study and chat. The first few times I studied in the DISC, I kept taking breaks to join in on conversations and chat about random topics. I was worried that I was getting too distracted, but I found that I actually got my work done quicker and with greater ease. I think that taking short breaks and being in a social environment helps me to stay engaged with my own work.

Other students who use the DISC to study feel the same. Belle Carnes is a sixth-year student studying sociology, psychology and Latin American studies. They are a Diversity and Inclusion Ambassador, meaning they help students and organizations find the resources they need and introduce people to the DISC space.

"I always struggled to find spots to study before I came to the DISC, so it was nice to find a spot that I could consistently come to and enjoy being in. Sometimes having other people around and being able to take a break and talk to them or engage in conversation actually stimulates your mind rather than distracting it," Carnes said. "The DISC is a space that sets the tone for you to be able to do that, even if it's like, oh, I'm working on this assignment, but you're sitting with me, so I want to talk to you about what my assignment is or what's bothering me about it."

Barbara do Amaral, the director of the space, said her favorite part of the DISC is seeing students from varying backgrounds connect.

"I nerd out on seeing undergraduate and graduate students talking together and international and domestic students engaging," do Amaral said. In the space, "you see differences, but you are so comfortable being able to speak across that difference or perspective that you find that commonality, that you love chess or that you love playing the same games or that you like to talk about a certain topic."

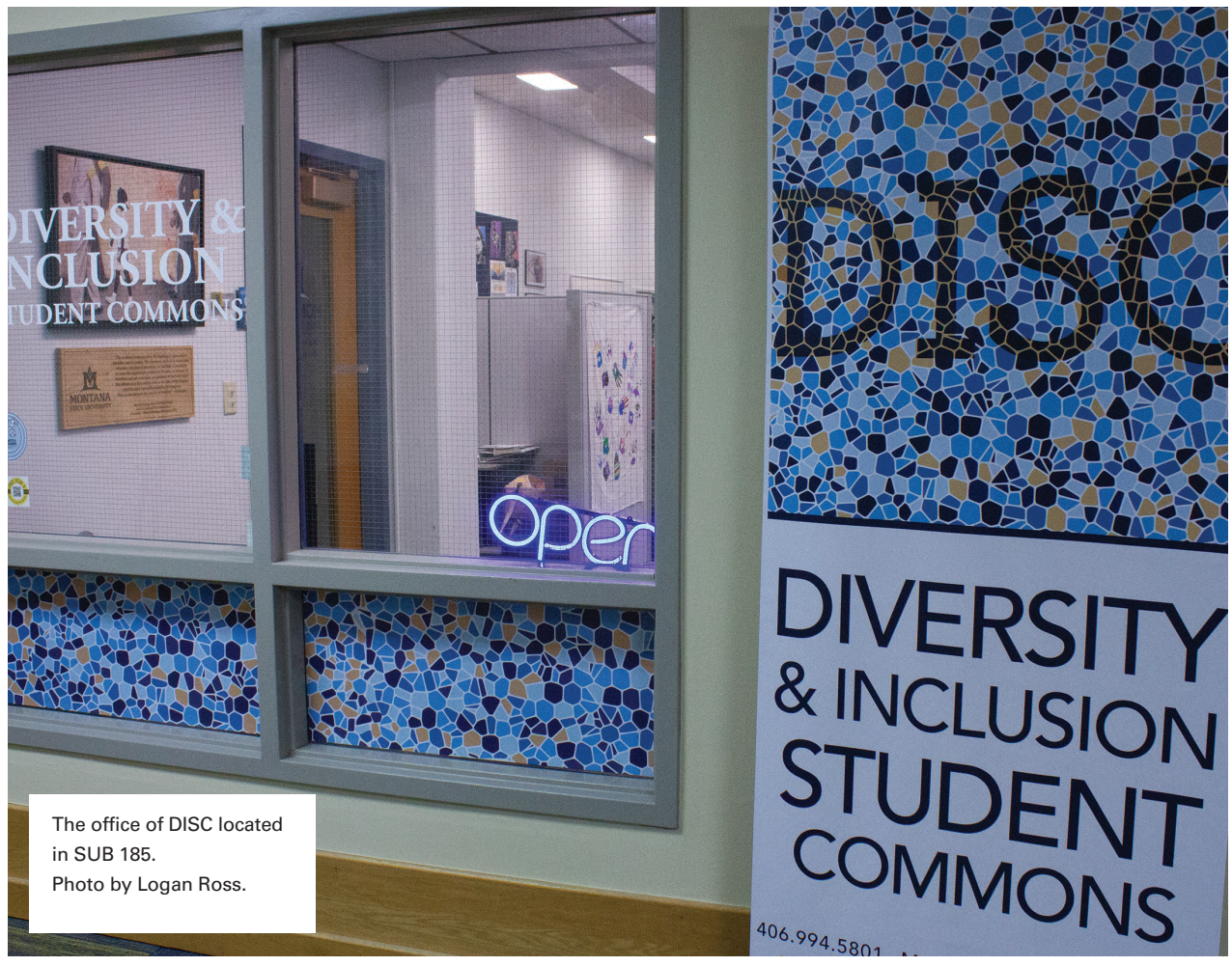
That's my favorite part about the DISC too. I've made friends with international students and Montana natives alike. I've bonded with freshman and graduate students about everything from feeling intensely lonely the first semester at college to listening to jazz.

When I transferred to MSU from a community college in Maryland last semester, I felt like I would never make any friends. I lived off-campus, it was always snowing so everyone was always rushing straight home after class and I was beginning to get the distinct feeling that everyone in my classes thought I was downright strange. Then I got introduced to the DISC and started attending events like DISCourse and Nuggets.

Everyone was welcoming and I finally started feeling like there were people on campus I could connect to. It was a big confidence booster for me. Being around a community of people who made me feel like a member of the group right away encouraged me to put myself out there more and join clubs. Now, I'm in my second semester here and I'm starting to feel like a social butterfly.

The DISC is the best space because of its inviting nature and the friendly, interesting students who use it. It doesn't matter if you're new to campus and want to make your first friend or if you've been here awhile and want to branch out from your usual crowd — or, you don't care about making friends at all and just need a comfy space to do your own thing. There's no better spot to hang around on campus.

Check out DISC online at *montana.edu/studentdiversity*.



The office of DISC located in SUB 185.
Photo by Logan Ross.

CALENDAR

NOV. 30 - DEC. 05

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

THU 30

BOBCAT BROWSE WINTER BOOK GROUP
1ST FLOOR OF MSU LIBRARY @ 12:00 - 1:00 P.M.
Bobcat Browse will be hosting a winter/ holiday themed book group. Bring your winter or holiday- themed book of choice to discuss.

FRI 01

NOËL!
HOLY ROSARY CATHOLIC CHURCH @ 5:30 P.M. AND 7:30 P.M.
Three choirs and the Symphony Orchestra of the School of Music at Montana State University will perform the fifth annual Noël Concert. Admission is $25 and all tickets must be purchased in advance.

SAT 02

THE 59TH ANNUAL MADRIGAL DINNERS
STRAND UNION BUILDING @ 6:30 - 8:00 P.M.
For two nights the SUB Ballrooms are transformed into a great baronial hall where guests are transported to a Renaissance feast. With an on-theme dinner and court musicians perform traditional carols sung for centuries during the twelve days of Christmas. Tickets are $45 and can be purchased at the Bobcat ticket office.

SUN 03

TEAM GINGER BREAD HOUSE MAKING COMPETITION
HYALITE KITCHEN @ 6:30 - 8:00 P.M.
Bring your "A" team of three people to Hyalite Residence Hall to compete in building the most enchanting gingerbread house. From candy canes to gumdrops, let your imagination run wild and turn your gingerbread dreams into reality. The best two houses will win a gift basket!

MON 04

PAWS TO DE-STRESS
FIRST FLOOR OF THE LIBRARY @ 9:00 - 11:00 A.M.
As the semester comes to an end, take a moment for yourself to join the dogs of Intermountain Therapy Animals to help destress.

TUE 05

ARTISAN NIGHT AT MAP BREWERY
MAP BREWING @ 4:30 - 8:00 P.M.
Do some Christmas shopping with an excellent group of talented local artists that specialize in fine art to stocking stuffers.

WED 06

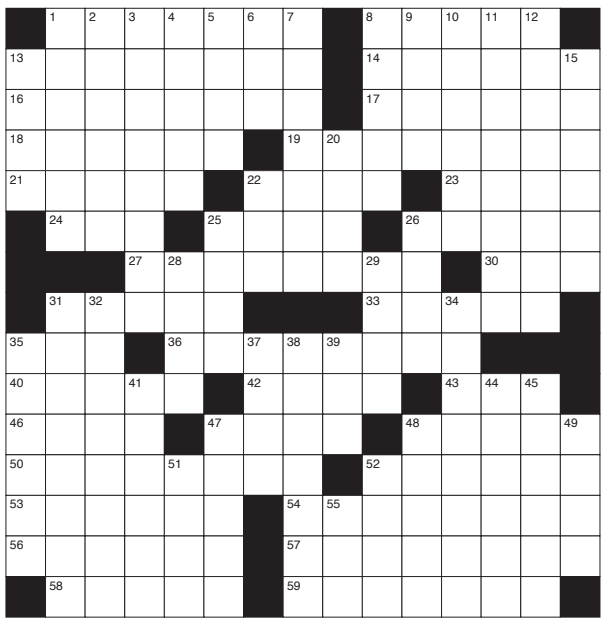
LIGHTS ON MONTANA HALL
CENTENNIAL MALL PLAZA @ 5:30 - 7:00 P.M.
Join President Waded Cruzado for the annual celebration of lighting up Montana Hall with Christmas lights.



PUZZLES

Brought to you by the MSU exponent

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



Across

1. Vespa vehicle
8. Swimming (in)
13. Tall, skinny guy
14. Palestine, in the Bible
16. Least full
17. Move to ___ (sway)
18. Giants
19. River's origin
21. Boutique
22. Algonquian
23. Exxon in Canada
24. Unit of work
25. Ilsa ____ ("Casablanca" character)
26. Kind of cheese or chard
27. Section of Manhattan
30. ___ Plaines, Illinois
31. News flash
33. Plant ___ of suspicion
35. Part of Myanmar, or Tiananmen
36. Exploited
40. 18th President
42. P.I.'s
43. Old Eur. realm
46. Pinkish wine
47. Former catcher Carlton
48. Largest city in Africa
50. Classic Chevrolet coupe
52. Array
53. Floating on air
54. Conceptual thinker
56. Lower the grade of
57. Crisis center connections
58. Ford flub
59. Billionaire who bought the Greek island Skorpios

Down

1. Mideast dweller
2. Hostage taker
3. Like a bull's-eye
4. Express a view
5. Parts of feet
6. Raised railroads
7. Post-Christmas chores, often
8. Make ___ for (argue in support of)
9. Crave
10. Composer Lloyd Webber
11. Cautious ones try to stay on it
12. Bedeviled
13. Takes a risk
15. What a rolling stone gathers
20. Treatment for toes
22. Edit out
25. Exam for attys.-to-be
26. Zaire's Mobutu ____ Seko
28. In ____ (bogged down)
29. Häagen-____ ice cream
31. Joiner
32. December mailer, for short
34. "Glengarry Glen Ross" actor
35. Concurred
37. "To put ____ a nutshell..."
38. Kingdom in South Africa
39. "That's awful!"
41. ___ a pin
44. Italian resort
45. Deletes
47. Cuban cohort of Che
48. Sits on the sill, maybe
49. Giant Mel and family
51. Dole out
52. Cheese in Greek salads
55. Luv

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CODE: #I244ST

Apprenticeship
Apricots
Ashcan
Atone
Blonds
Boiler
Brunched
Budge
Catchy
Chasm
Comas
Courts
Curry
Dives
Drifted
Eight
Fiercer
Heals
Investigations
Invited
Links
Mangier
Meant
Mists
Moats
Normal
Papas
Please
Preen
Renew
Rooms
Sirens
Snappy
Spottier
Spray
Subsidiary
Thistles
Tuner
Usual
Verse
Wafers
Walkers

the BOX

What was your favorite thing about this semester?

Constantly thinking about Charles Leclerc

Having to sit in classes and learn about things that I will end up teaching myself anyway

Being jobless

Exploding people who abuse the MSU ducks with my mind

Daydreaming about eating fresh reindeer sausage for breakfast on Dec. 26

Manifesting a mass die-off of reindeer so that there is no sausage on Dec. 26

Flying home on the Sunday before finals week

Acquiring slight brain damage because I tried to hike Hyalite and got oxygen-deprived

Getting every disease known to man

Being asked by my mother if I "like" anyone

Watching the ducks cross 11th and stopping traffic

Having to dodge enormous hordes of parents on MSU Fridays

Deleting Pure Gold emails as soon as they hit my inbox

Going to my anatomy lab taught by my paleontologist TA

Tall Tales & TIDBITS

Guest speaker on sales and the distribution of paper products on Nov. 32:
Michael G. Scott