

THE MSU

exponent

MONTANA STATE'S STUDENT NEWSPAPER SINCE 1895

MAY 2, 2024

03 NEWS

FIRST STUDENT
LŪ'AU HELD AT
HYALITE HALL

07 SPORTS

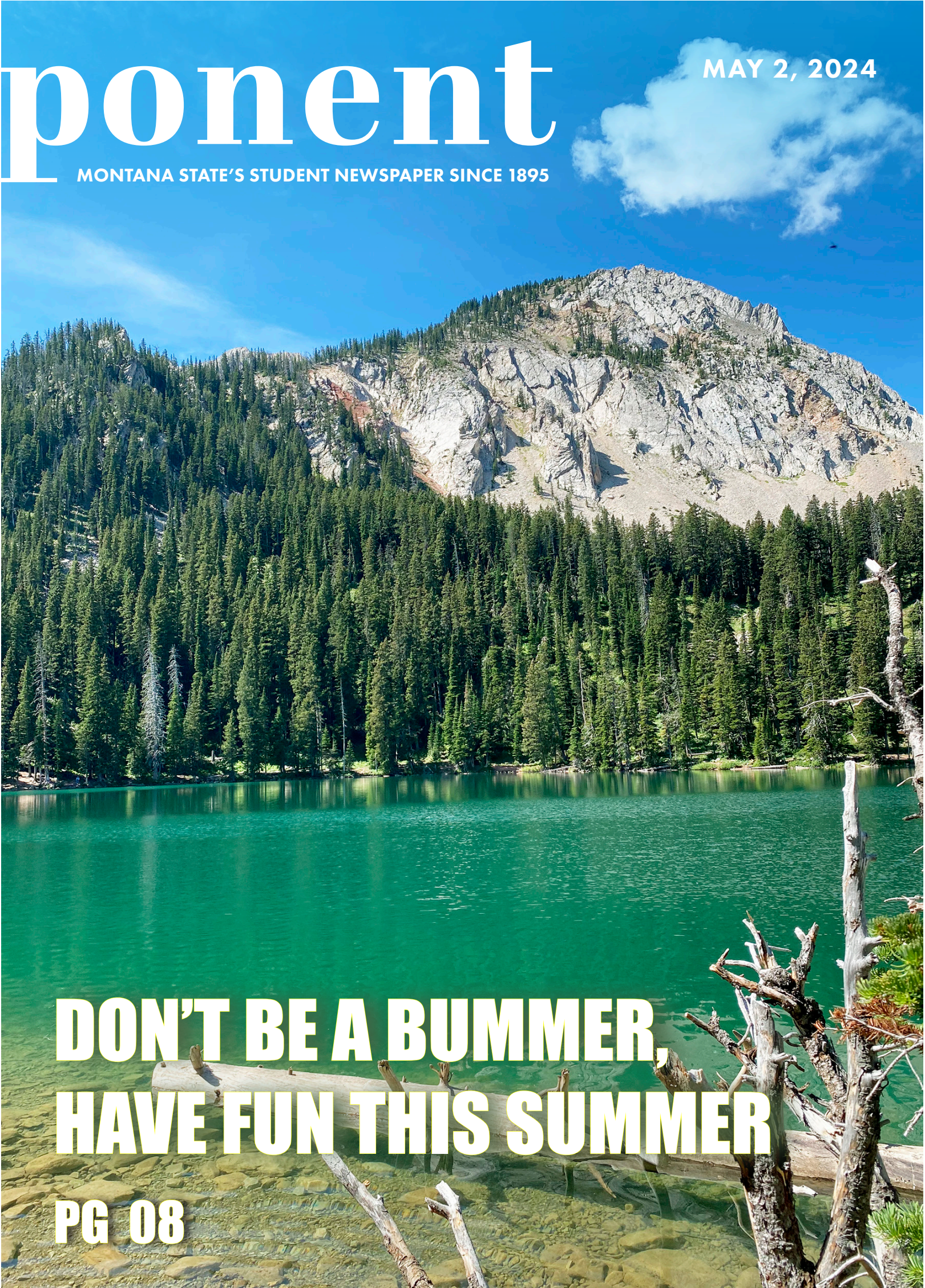
MOTORSPORTS
TEAM ON THE FAST
TRACK

11 CULTURE

MST ANNOUNCED
AS WINNER OF
THE "BATTLE OF
THE BANDS"

12 OPINION

WHY YOU SHOULD
DO A SUMMER
DETOX



**DON'T BE A BUMMER,
HAVE FUN THIS SUMMER**

PG 08

THE MSU
exponent
Volume 118, Issue 26

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The MSU School of Music hosts a jazz concert for International Jazz Day in Howard Hall on Tuesday, April 30.

PHOTO BY LOGAN ROSS
COVER DESIGN BY SAWYER WHITE

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MEME OF THE WEEK u/pleasebegneiss



if you're cold, they're cold. put them in your pockets



SIGNIFICANT FIGURES | COMPILED BY SAWYER WHITE
DESIGNED BY SAWYER WHITE

Shania Twain

1. Shania Twain was born **Aug. 28, 1965**, in Windsor, Ontario, Canada and was inducted into the **Canadian Music Hall of Fame in 2011**.
2. Twain raised her three younger siblings after her mother and stepfather died in a car accident in **1987**.
3. Twain signed on with Stetson Fragrances in **2005** to develop and market a fragrance line called Shania by Stetson.
4. Twain's net worth as of **2024** is **\$400 million**.
5. Shania Twain's album "Come On Over" sold over **40 million copies worldwide**, was in Guinness World Records as the biggest-selling studio album of all time by a solo female artist, and is still one of the best-selling country albums to date.



Pacific Islander Student Association hosts first-ever lū'au

BY LUKAS KOSEL

The Pacific Islander Student Association (PISA) held its first-ever lū'au on April 26 with the help of the Residence Hall Association (RHA). The lū'au featured traditional activities and foods from a range of Pacific Island cultures.

PISA was founded in mid-August of 2023, according to club president Ku'umakalehiwaonālani Ruidas. "We just wanted to bring a taste of Hawai'i and the Polynesian triangle over here. Also just to correct misunderstandings about the cultures and reeducate people," she said.

PISA had hoped to host a lū'au since they got started but were unsure where to begin according to Ruidas. "We haven't done too many events before 'cause I haven't ever done a student government-type position, organizing my own events."

Zachary Turner with the Hyalite RHA reached out to PISA, prompting the lū'au event. Hyalite was already planning on hosting a lū'au and decided to reach out to PISA in hopes of more accurately representing the culture. "From there, we've been working almost every day this past month to get this event up and running," Ruidas said.

PISA faculty advisor Mike Coble said, "They surprised me with how much work they were doing, so hopefully it continues to grow."

Despite the rain, the lū'au began at 4 p.m. with outdoor activities in the grass outside Hyalite Hall. As seen on the PISA MSU event page, the games were "Huki Huki" — tug of war, "Uma" — laying down arm wrestle, "Pā Uma" — standing arm wrestle, "Hākā Moa" — Hawaiian chicken fight and cornhole.

Dinner was served at 6

p.m., featuring traditional Hawaiian and Polynesian foods such as kalua pork, pani popo and sweet potato haupia pie. PISA thanked those who helped make the event possible with handmade leis, then held two Hula performances after the guests had settled into their seats. The performers danced to "Malama Mau Hawai'i" and "Ka Uluwehi O Ke Kai."

The rest of the night consisted of bracelet making, tea leaf Lei weaving taught by Ruidas, Hawaiian stamp art called 'Ohe Kapala and Kōnane. The PISA members all spent a night working together to make the Kōnane boards by hand, according to Ruidas.

Attendees were able to earn raffle tickets by participating in these activities. There were three individual gift basket raffles, then one final larger one sponsored by Bozeman Oil & Vinegar. "The owner's actually from Maui as well, and one of our

friends works there so that's how I found out about that," Ruidas said.

While the lū'au was hard work, PISA members agreed it wouldn't be the last of its kind. "I think we're gonna try and do another lū'au at the beginning of the year just so we can avoid finals week and everyone else's events, and we know for sure the weather's gonna be really nice," Ruidas said. The organization also plans on hosting more small events like "musubi nights" and "Hawai'ian crafting" in the future.

"Our main goal is to bring a little taste of Hawai'i to Bozeman," she said. "We just want to share the love with everybody."



Members of the PISA participate in ground arm wrestling or 'Uma' on Friday, April 26. Photo by Logan Ross.

Climate Week concludes with focus on sustainable technologies and arts

BY DOM LUCERO

The final days of MSU's Climate Week highlighted innovative sustainable technologies, the historical interplay of mountain environments and cultures and the role of arts in environmental advocacy. According to the MSU website the week ended with a celebratory concert. All of the week's events engaged the university and wider community in discussions about combating climate change and promoting sustainability.

On April 24, David Carlson, former Director of the World Climate Research Programme, shared his experiences with electric vehicle (EV) technology during a presentation entitled "Driving Against the Grain: Enjoying an EV in Montana." Carlson's talk focused on his journey across various continents in an EV, illustrating the experience of EV technology. Charging infrastructure for EVs remains under development and drivers will need better charging stations at more locations in the future, he added that charging systems need

stability, reliability and better data products. Carlson spoke about these facts in an article he published on Yale Climate Connections in December of 2023.

On April 25, Annie Coleman from the University of Notre Dame explored the nuances of outdoors access in her lecture as part of the Minds on Mountains Conference (MOMC). According to the MOMC webpage, they seek to promote interdisciplinary research and cooperation oriented towards vertical landscapes and ecosystems like the high alpine peaks of the Himalayan and the depths of the ocean.

The week concluded on April 26 with a Climate Concert at Reynolds Recital Hall, where the MSU School of Music performed a variety of pieces. According to Paul Lachapelle, a faculty advisor to the Campus Climate Coalition (CCC) and a key organizer of the event, the concert was designed to celebrate the intersection of art and environmental science,

showcasing how creative expressions can play a crucial role in advocating for the planet.

"We're trying to offer something for everybody, from music concerts to content that's more stem oriented," Lachapelle said.

Lachapelle added that these activities come as part of the CCC, Climate Solutions Group and the Gallatin Valley Earth Day group's united, broader efforts to educate and mobilize the community towards taking actionable steps in mitigating climate change.

"This is a central part of my work here at MSU. My goal with [campus climate activists] is to bring together all of the faculty and the students who have an interest in this. Whether it's directly related to their work, their teaching, their classes or something peripheral," he said.

For more information about climate action on campus or how you can get involved, contact Lachapelle at paul.lachapelle@montana.edu.

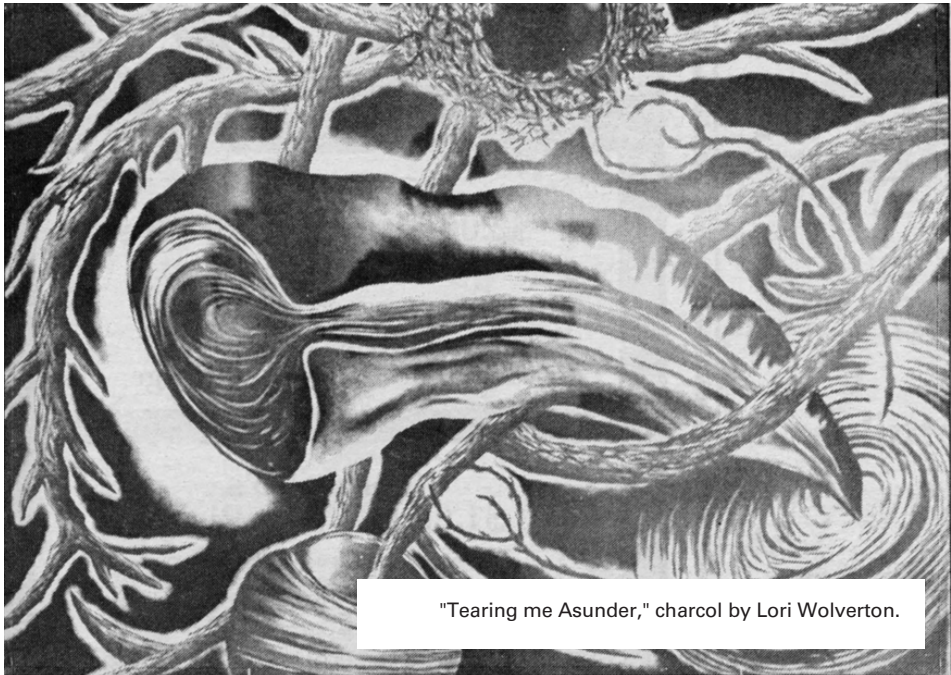


Professor Pico Alt hosts a talk during MSU Climate Week in Norm Asbjornson Hall on Tuesday, April 23. Photo by Logan Ross.

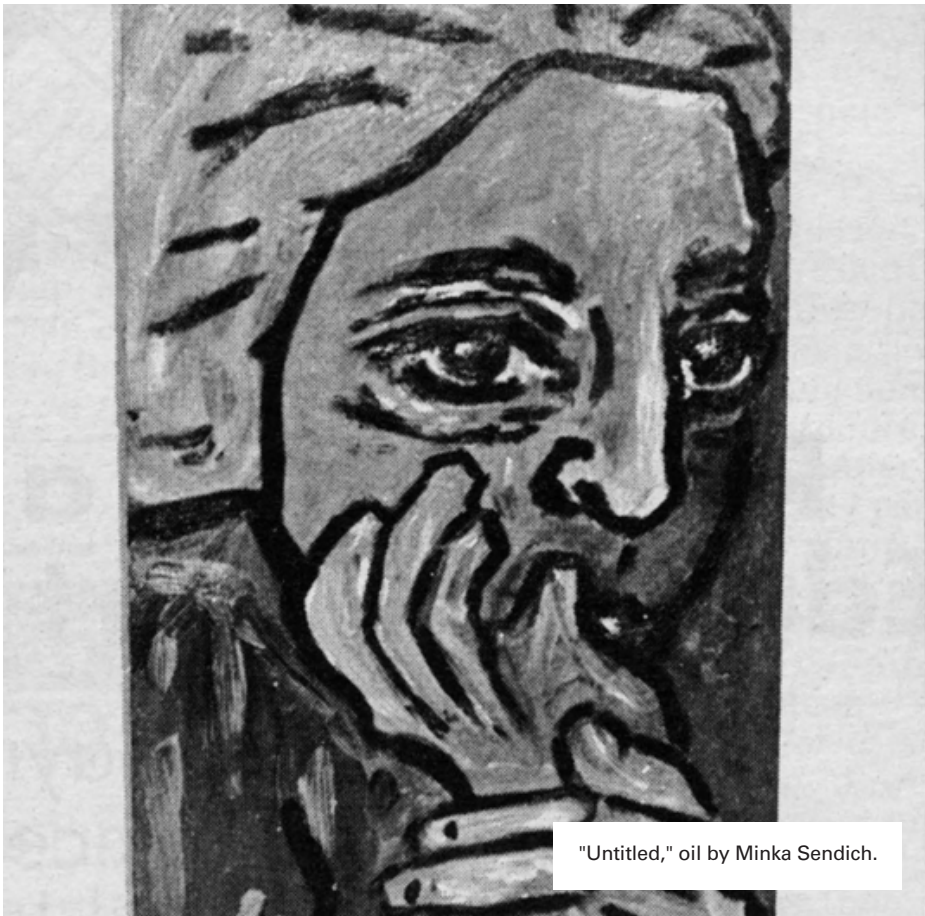
A small sampling of what's on display at Haynes

FROM THE EXPONENT ARCHIVES | ORIGINALLY PUBLISHED APRIL 24, 1990

These works are all on display at Haynes Fine Art Gallery as part of the Juried Undergraduate Exhibition, running through May 4, 1990.



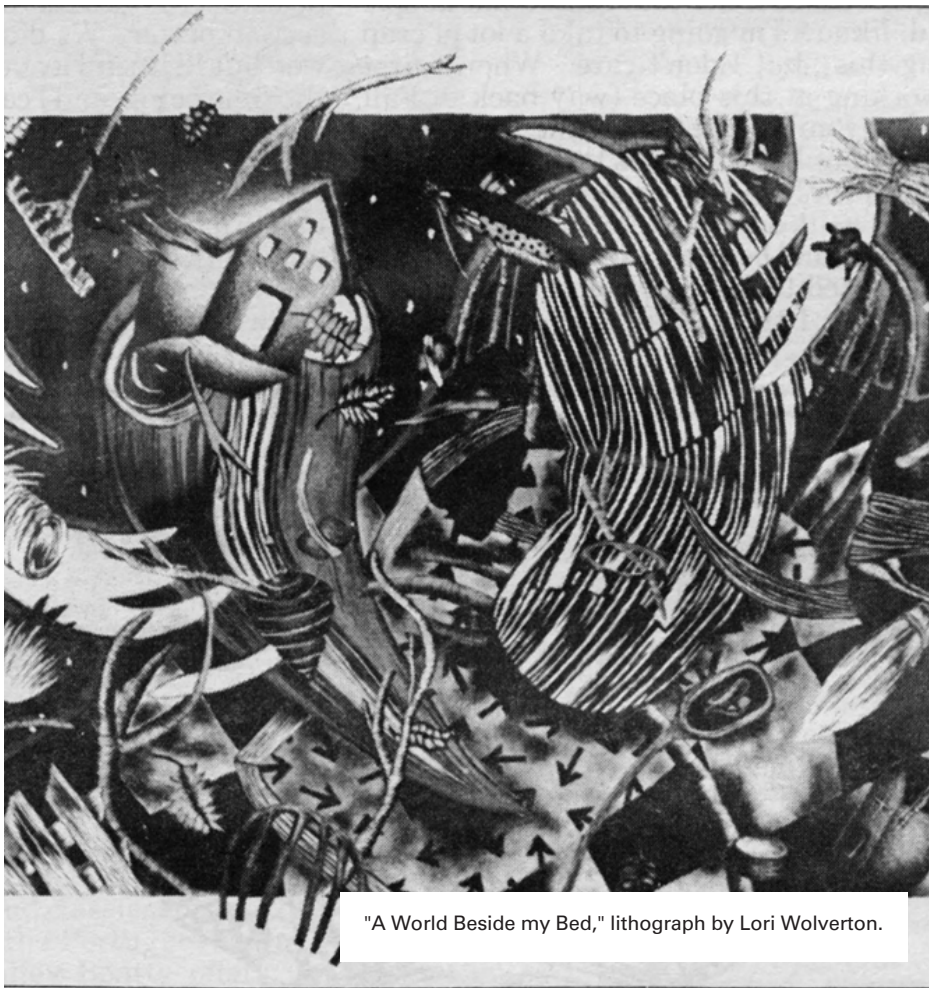
"Tearing me Asunder," charcoal by Lori Wolverton.



"Untitled," oil by Minka Sendich.



"Mid-life Crisis," intaglio by Alice Rimkos.



"A World Beside my Bed," lithograph by Lori Wolverton.

Ultimate heading to Washington for regionals

BY JACKSON DESCOMBAZ



Noah Dean-Erlander navigates around an opponent in a recent match. Photo courtesy of Zack Danielson.

The MSU Men's Ultimate Frisbee Club is heading to Burlington, Washington this weekend to compete in the Northwest Regional Tournament.

"Currently, we are seeded tenth and [we] have two tough matchups in pool play against Oregon and Utah State which we played two hard games against in Salt Lake. The whole team is looking forward to redemption against Utah State as well as playing against some matchups we haven't seen yet this season," senior Zack Danielson said.

The team has played in a few tournaments leading up to this big tournament which they see as preparation for regionals.

"Our competitive season has gone well so far this year with a kickoff tournament in Colorado.

This gave us a lot of opportunities to build a lot of new players into our lines as well as help pick our starting players for our sectionals tournament in Salt Lake," Danielson said. "This year has been a building year for the team, we had a relatively small roster last year and lost a few of our key players so the name of the game this year has been building a large freshman class into the team."

With a large freshman influence on the team, they have had to look towards the seniors on the team for a helping hand.

"My MVP is Will Jordan," Danielson said, "He's a senior handler on our D-line and is not only one of the most consistent players on the team, but [he] is a great leader on the field

making crazy plays both to generate blocks and errors as well as patient offense to help generate breaks. Sean McAneney and Noah Dean-Erlander have also been making huge plays on our O and D-lines all season and consistently make an impact on the field."

With the seniors on the team graduating in just a week's time there will be spots opening.

If you are interested in learning more about the Rum Runners or playing with the team, reach out to them on Instagram [@rumrunnersmt](#) or email them at rummyultimate@gmail.com.

Take a drive with Bobcat Motorsports

BY ALEXIS JACOBSON

In Bobcat Motorsports — one of MSU's many education-based clubs — students can clock in some speed on the race track while applying their mechanical knowledge to real-world scenarios.

With automotive education at the forefront, this club facilitates collaboration, ingenuity and craftsmanship by allowing engineering students to build and race vehicles in Society of Automotive Engineers (SAE) competitions throughout the U.S. In coordination with Mechanical and Industrial Engineering Professor Robb Larson and the organization's eight company sponsors, Bobcat Motorsports sprung into action in the fall of 2005 and has since become the longest-continuously running SAE chapter at MSU, according to their official webpage.

This organization has a clear mission in mind when taking to the tracks. "We provide a safe way to let gearheads express themselves on and off the track. Our students come from a wide variety of backgrounds, majors and levels of knowledge of racing. As long as you are interested in the nitty-gritty of the automotive world, this is the place for you. We come together to design and build high-performance vehicles through adherence to sound engineering philosophies, ethical business practices and disciplined creative input," according to Bobcat Motorsport's mission statement.

These projects combine the world of racing and the mechanics behind it. Their complex designs require months to complete. Students must collaborate to design lightweight, well-handling and fast formula prototypes that are budget-conscious and race-ready.

Vice President Zach Shepard, who has been an active member since his freshman year, broke down some of the club linguistics.

"Engineering students, at the start of their last year, are given a wide array of projects to choose from for their capstone. The Motorsports Club funds two to three capstone projects through the College of Engineering each year to have seniors build. These capstones build different subsystems of the car, such as a team for drivetrain and a team for suspension, like this year. Capstone [teams] are then assigned by instructors," Shepard said.

However, President Grant Smith, who gained

a love for racing through off-roading, shared that everyone is welcome to join, regardless of their major or degree. Smith said that the capstone teams tackle the main subsystems of the car while the club and non-capstone members take on smaller projects.

The first car MSU students raced was Formula #20 in 2005. A Formula car is a single-seat, open-cockpit, open-wheel racing car with substantial or elongated front and rear wings and an engine behind the driver. Each team selects an engine suitable to their design's capacities and capabilities.

"Watching our cars cross the finish line after a four hour endurance race is the ultimate reward."

— President Grant Smith

In 2005, Formula #20 placed 46 out of 70 competitors in its first SAE competition at the Auto Speedway in California. The SAE International Formula program is an engineering design competition for undergraduate and graduate students. These competitions allow teams to race cars non-professionally at varying venues throughout the West. According to the SAE, teams are judged on their design, construction, performance and cost package.

The cost of building the car is only half the battle, according to Shepard. "We compete each June, which requires moving 10+ people to wherever the competition is [that year]. This year, 14 [members] are traveling to

Williamsport, Pennsylvania," Shepard said.

Smith and Shepard estimated their annual budget to be between \$15,000 and \$20,000. "The car build normally accounts for 40-50% of our spending, and the rest is competition expenses. Competition registration is nearly \$2,000. Running the club is similar to running a small business," Smith said.

The team combats competition and production costs through student fundraising efforts, sponsorships, donations and school funding.

"The College of Engineering gives us some funding since we sponsor capstone projects, and some other club funding comes from the Open Source Ecology Club (OSE). Most of our budget comes from sponsorships from local businesses. We have been lucky to gain the support of a few local names, such as Pacific Steel and Recycling, Dark Horse Customs, Rising Sun Automotive and others who have been with us for years. Without this outside funding, there is no way we could make it to competition," Shepard said.

The club raises 75% of its annual budget through sponsorship trips to local and even national and international businesses to help fund their projects. "Donations are not always monetary as we also rely heavily on some sponsors for the donation of building materials or services like special manufacturing methods to make parts for the car," Smith shared.

This organization is an excellent way for students to pursue their mechanical and automotive interests, gain technical in-field knowledge and get their hands a little dirty.

"This club gave me the opportunity to work with a team of like-minded people. The experiences I've gained in the club have been paramount to gaining an internship and job. Plus, when else will I be able to build a racecar and go race it completely funded by an organization?" Shepard said.

"Watching our cars cross the finish line after a four hour endurance race is the ultimate reward," Smith said.

Garfield St. extends into the sunset on the evening of Sept. 14, 2023.
Photo by Cady Allen.

THE EXPONENT EDITORIAL TEAM PRESENTS

LOCAL FUN DOESN'T END WHEN THE SEMESTER IS OVER

Congratulations dear readers, you've (almost) made it through the spring semester! As we come to the end of yet another school year, the Exponent is ready to give you all the best tips and tricks for having an awesome summer here in Bozeman.

Contrary to popular belief, our editorial team actually lead separate lives outside of the office (who would've thought?) and therefore are just as entitled to dispensing free advice that nobody asked for about the best things to do in Bozeman as anyone else. Just kidding— we're only sharing what we love.

So without further introduction, here are some things we've loved during our summers as students at MSU — and we think there's a chance you might enjoy them, too.

WALKING WITH THE ARTS

By Cady Allen

Connecting with the community can be a very rewarding experience and Bozeman has no lack of community to connect with. One part of this community is the local art scene. On the second Friday of each month, starting in June and ending in Sept., Downtown Bozeman will be hosting summer art walks.

The art walks will feature participating businesses that will display the work of local artists. The artists will also have the chance to be there in person and exhibit their work. Based on years past, hors d'oeuvres and refreshments will be provided. Physical art won't be the only thing on display, local musicians will also be playing downtown during these days — which is sure to add a unique and inviting ambiance to the event.

These art walks will be a great chance for Bozemanites to not only support local artists but also engage with other members of the community. According to the Downtown Bozeman website the current dates for the art walks are: June 14, July 12, Aug. 9 and Sept. 13.

PAINTING THE PAIN AWAY

By Sawyer White

During the pandemic, many of us started to adopt hobbies for the sake of surviving isolation and enriching a lot of suddenly acquired free time. As an art student, it's no surprise that I chose painting to fill those ill-begotten hours. Since then, summer has been the best time to get back into it.

If you need a new hobby, I'll share some tips to make painting enjoyable and fiscally responsible. First, you'll want to pick a medium and then go from there. Oil painting is an expensive one to jump into, and the techniques can be intense for a newbie. Digital painting (ie: Procreate \$12.99) is a good choice since so many of us have an iPad or tablet. If you want to use acrylics, watercolor, etcetera, I'd recommend asking your artsy-fartsy friends if they have extra materials to share with you. Artists usually hoard materials from past projects, and are happy to share and teach our friends with a Bob Ross-esque party. Most importantly, remember you don't have to be a master artist to create something meaningful. Sit outside in the sun and create a lil' sumpin sumpin. Happy painting!

BREAKFAST ON THE TOWN

By Evan Hansen

Summer in Bozeman can get hectic trying to balance work and taking time for all of the amazing activities. But, one of the simple joys in life is enjoying a meal with those you care about. Taking the time to get up early in the morning to visit one of Bozeman's spectacular breakfast joints is a must.

Storm Castle Cafe sits just south of campus near its equally infamous counterparts, Grannys Doughnuts and Spectators Bar and Grill. The cafe's unique style of home-cooking, comfort food and classic American breakfast makes it one of the top spots. They make a fantastic omelet and the savory Monte Cristo deserves its own article.

Taking a trip downtown, both Jam! and Stuffed Crepes are Bozeman favorites. While they tend to stay on the pricier side, both provide fantastic breakfast options. Jam! serves a variety of fantastic benedict options and the samoa crepe from Stuffed is mouthwatering.

Finally, it's hard to beat the American classic that is IHOP. Personally, I am still waiting for a Waffle House in Bozeman but IHOP offers some fantastic classic options. The famous pancakes pair nicely with any of their other options.

**"IF YOU ASK ME, SUMMER IS
ALL ABOUT LOOKING GOOD
AND READING OUTSIDE."**

-Marquart Doty

BOZEMAN'S BEST COMEDY: TOURISTS

By Emma Fry

Step aside, Lewis and Clark — a new expedition is in town. Bozeman is packed with fantastic hiking, cows, coffee shops and, best of all, tourists. So grab a little drinky poo and a front-row seat on Main Street.

No tourist-watching experience would be complete without a healthy dose of cultural confusion. Watch as visitors attempt to order “a venti, half-caff, soy almond latte with extra foam” at The Western, only to be met with a raised eyebrow and an annoyed shake of the head.

Personally, I find the outfit choices to be my favorite part. Seemingly, many individuals come to town believing that Rip Wheeler will sweep them off to the ranch. I don’t know about you, but I think sparkling new boots, backward cowboy hats and pressed jeans scream, “Ready to pick up horse poop”.

Yellowstone National Park is another perfect venue to gaze upon tourists in their natural habitat. Be ready to answer questions about when the rangers let the animals out and where the nearest Starbucks is.

READ AROUND TOWN

By Marquart Doty

If you ask me, summer is all about looking good and reading outside. Pick up a book at Vargo’s, Country Bookshelf or the library, put your favorite outfit on and challenge yourself to a full day of reading in public. For a truly ideal reading day — and to ensure the maximum amount of people see you looking cute and intellectual — grab breakfast at Wild Crumb or Vienne and sit outside.

Then, walk up Peet’s Hill and read at the top. Maybe head back down to Main Street for a coffee when you get bored. When it’s time for happy hour, grab a drink or a cheese board at Plonk and, of course, sit outside. Close out the day with a cozy read at Bozeman Beach. And if you haven’t finished your book by then, or you still haven’t been seen by enough people, pack a quick picnic and go read by the community garden at Story Mill Park or grab some dinner from the food trucks on North Seventh.

By the end of the day, everyone in town is guaranteed to know you’re a certified literature snob — and you’ll feel great having spent the day reading.

CATCH A BASEBALL GAME IN BILLINGS

By Gus Yeager

While this might not be in Bozeman, trust me, it’s a gem. Head over to Billings to catch a Mustangs game this summer. The Mustangs are a member of the Pioneer League, an independent baseball league operating in the western U.S. Despite not being affiliated with Major League Baseball — i.e. this is not a minor league team — the talent on display is still impressive, and the atmosphere at the ballpark is subdued and relaxing. Taking in a game in Billings is a fantastic way to spend a summer evening.

DAY TRIP TO BUTTE, AMERICA

By Emma Field

This may not be directly in the Gallatin Valley, but the city of Butte is definitely worth a visit. About an hour and a half drive from Bozeman, Butte is the largest historic district

in the U.S. that offers a wide variety of attractions, especially during the summer seasons. Book a historic trolley-ride tour to experience an exciting, comprehensive history of the “copper” city.

Aside from the trolley tour, you can discover a rich sense of Butte history at the Berkeley Pit, The Copper King Mansion, The Lady of the Rockies and the World Museum of Mining. All four of these attractions offer a unique and interesting perspective of the largest historic district in the nation.

Along with the historical landmarks and attractions in Butte, the one-of-a-kind dining options of Butte also put the city on the map. For breakfast, you can never go wrong with the Hanging 5 Diner, Hummingbird café or the Oasis. For lunch or dinner, I would recommend the Uptown Café, Lydia’s Supper Club or Cassagrande’s Steakhouse.

Whether you visit for a weekend or a whole week, Butte never runs out of reasons to visit the small city in Montana that happens to boast the title of largest historic district in the country.

EXPLORING NEW (OLD) MUSIC

By Amanda Fulton

Summer is a great time to expand your musical horizons by listening to classic artists. For your convenience, I even divided my suggestions by specific vibe. You’re welcome.

For summer drives on old dirt roads, I recommend Bruce Springsteen. He helped establish the contemporary themes of heartland rock in the ‘80s, discussing small-town decline, disillusionment and rising above limited opportunities. From him, I have to suggest the songs “Badlands” and “Born to Run.”

For a chill hammocking session, I suggest James Taylor. He’s considered folk rock, and therefore merits a mention in the relaxing-vibes arena of auditory inclinations. His music is often sad and contemplative, but brought to life by his smooth instrumentals. I recommend his songs “Fire and Rain” and “Sweet Baby James.”

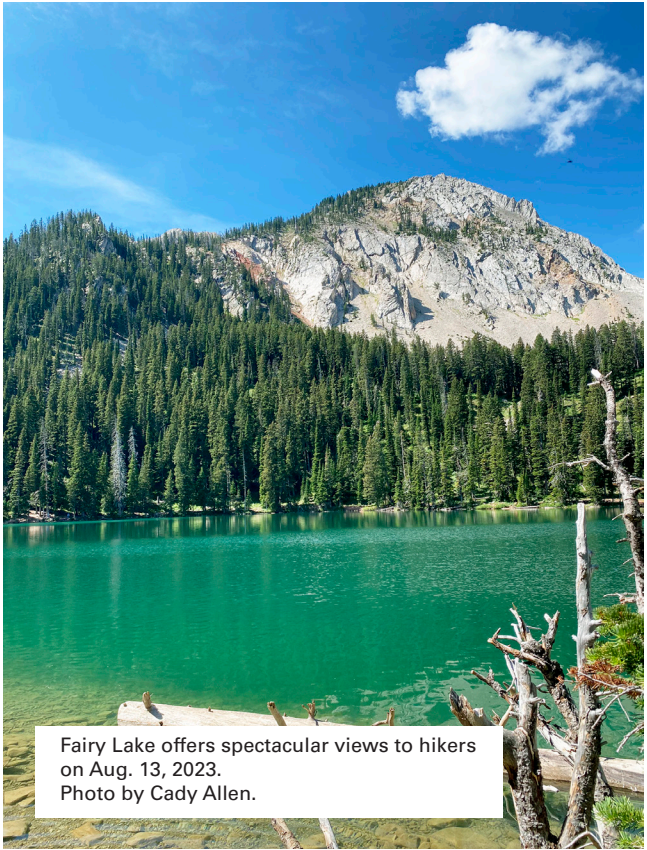
Finally, I couldn’t end this without talking about Tom Petty. Petty is perfect for any warm summer’s evening outside by a campfire. With his unique blend of Southern influence, heartland vibes, garage-rock twang and a glimmer of stoned folk-rock, Petty has an undeniable impact on the Americana genre of classic country. I’m suggesting three songs for him just because of how awesome he is: “Time to Move On,” “Learning to Fly” and “Call Me the Breeze.”

CATCHING A SUMMER MOVIE IN PERSON

By Ellie Ayers

Everyone seems to forget that fun can be had inside during the summer as well and no one does it better than the movie theaters. Movies have recently moved to streaming services and everyone has brought them into their homes. This makes it super easy to casually watch everything but also makes the experience less elevated. Taking a trip to the movie theater this summer is a fun and easy way to fill up your day with good snacks and good (or bad) films.

To further entice you, here are just a few of the upcoming movies that I am excited to see this summer: Inside Out 2 (June 14), The Bikeriders (June 21), Horizon: An American Saga (June 28), Twisters (July 19) and Trap (Aug. 9).



Fairy Lake offers spectacular views to hikers on Aug. 13, 2023.
Photo by Cady Allen.

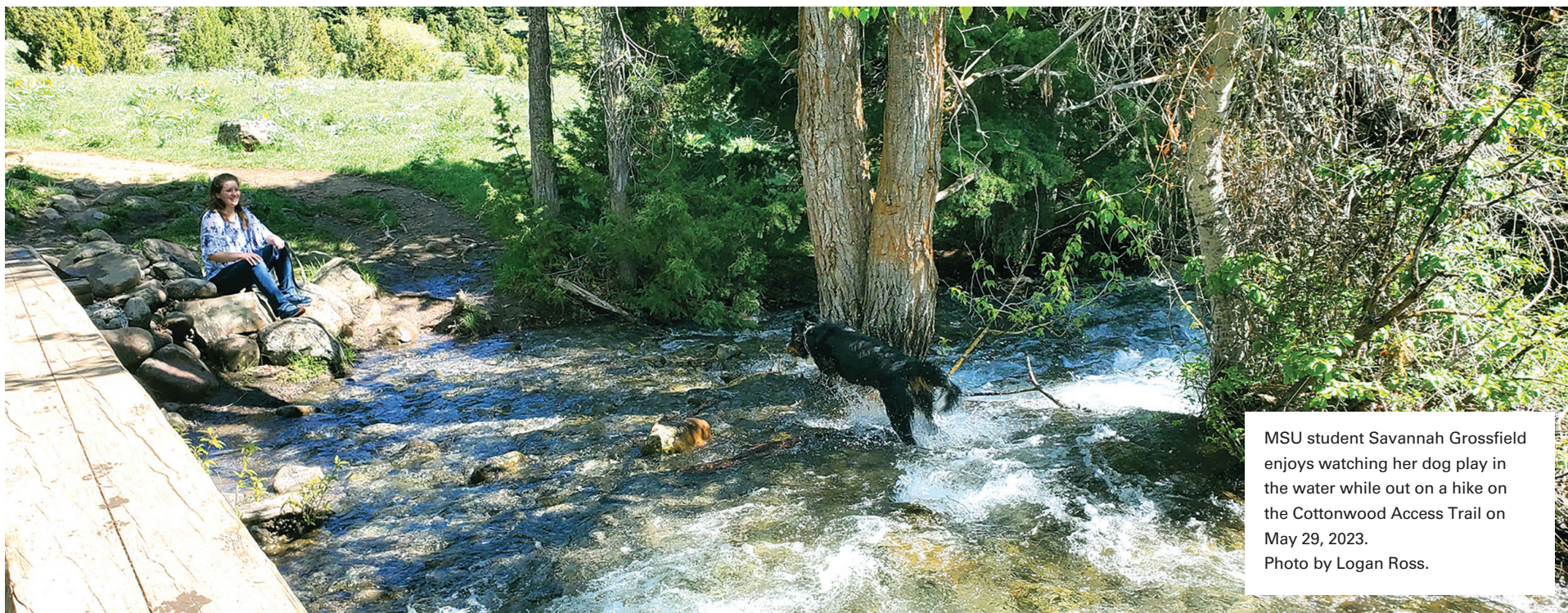


Fairy Lake reflects surrounding peaks on Aug. 13, 2023.
Photo by Cady Allen.

OUTDOORS

How to get outdoors this summer

BY AUSTIN SWARTZENBERGER



MSU student Savannah Grossfield enjoys watching her dog play in the water while out on a hike on the Cottonwood Access Trail on May 29, 2023.
Photo by Logan Ross.

With summer on the horizon, it's time to turn our attention to the variety of outdoor summer activities Bozeman has to offer. Whether you enjoy spending time in nature or just soaking up the sun downtown, there's something for everyone.

Hiking

The Gallatin Valley is hemmed in by four mountain ranges, each with unique hiking opportunities depending on what it is you are looking for. If a short hike after work or school sounds appealing, look no further than the College M trail in the Bridger Range. The Bridger Range also boasts access to the Drinking Horse trail, a 2.2 mile hike that can be completed in an afternoon.

For more experienced hikers, trails such as Storm Castle Peak and Sacagawea Peak can offer a great way to spend time outdoors while pushing yourself physically.

Music on Main

Each Thursday from July 11 to Aug. 15, downtown Bozeman will be closed to cars for "Music on Main." This popular local

event features musicians, both local bands and touring groups. It offers a new way to experience downtown and is a great way to support local businesses while enjoying good music.

The event is free to attend and those over the age of 21 can enjoy drinks from downtown bars and breweries as you wander Main Street and listen to the music.

The lineup of musicians hasn't been released yet this year, but keep an eye on downtownbozeman.org for updates and more information.

Bozeman Farmers Market

Lindley Park welcomes vendors from 5 to 8 p.m. each Tuesday for a farmers' market, beginning on June 18. With over 90 vendors set to attend this year, there will be something for everyone. Vendors range from local farms and ranches offering fresh food and produce to artisans and craftsmen presenting custom works of art.

If that's not enough, there are also vendors who will be selling food, candy and ice cream for you to enjoy while you see how talented the Bozeman community is.

Biking

Whether you want to ride downhill or just cruise around town, the Outdoor Recreation Program has you covered. Mountain bikes and commuter bikes are available for rental through the Outdoor Recreation Program's website, <https://www.montana.edu/outdoorrecreation>. Rentals can be done on a daily basis or for the whole season, so if you want to try something new without a long term commitment that is more than an option.

For mountain bikers, Sypes Canyon and the Triple Tree Trail are both great options. Sypes Canyon is the more challenging of the two, and comes in at just under nine miles in length. Triple Tree is a more moderate ride, and is 5.4 miles.

Hopefully one of these options sparked some interest for a summer plan, but if it didn't, don't think this is a comprehensive list. There are too many options for enjoying summer in Bozeman to list here, so feel free to find the way that best suits your interests and skill level.

Winning bands look ahead after “Battle of the Bands”

BY MOLLY HOUSER

Bozeman has earned a reputation for its thriving music scene through its local talent pool and its exceptional abilities of young musicians. On April 20, this was further proved as ASMSU and Logjam Presents showcased that talent at the third annual “Battle of the Bands.” In the SUB ballroom, six college bands competed for the title of “Bobcats’ Best Band” and a chance to play a headlining performance at the Rialto on May 3.

At the end of the competition, local band MST was announced the winner. In addition, local band Bottlecap was named runner up.

“We had just recently finished our [upcoming] album right before the Battle of the Bands,” drummer for MST Eliot DeFrancesco-Evans said. “We were super stoked. It was really cool to be able to perform live for the first time. Everybody did super well. We were not sure we were gonna win — we thought it could go either way. I think one thing we very intentionally thought of, and planned was [our] song choice. We have 10 or 11 originals that are gonna be on our album. Some are a little slower, and we [thought the songs we played] needed to be really high energy.”

For their set, MST played a mix of covers and songs from their unreleased album, tentatively titled “If I Learned Something Someday.”

“Recording that album was a really intensive process,” MST guitarist Gabby Rizzo said. “We had to listen to the songs over and over again. It really trained us to finetune our music. So going into Battle of the Bands, which was conveniently right after, [we] felt ready. It was a lot of fun music.”

The band members agreed that their success came from treating the competition like any other gig, emphasizing that the value lies in their strong friendship and having a good time.

“We had so much fun up there,” Rizzo said. “Alyssa ended the show smashing a plush guitar. We just have a lot of laughs, even on stage. There’s always something in a show that isn’t expected.”

MST began their journey in 2022 after meeting on campus. Since then, the group has been playing gigs around Bozeman. “Unfortunately we are all moving away [so the band] will be done in July,” singer for MST Alyssa Mandich said. “It’s bittersweet, but we are doing a lot within the last

two months. We are all going on tour. We’ve never played outside of Bozeman. All the dates are on our website.”

Kicking off the tour, MST’s album release party is scheduled for Friday, May 17 at the Rialto. Having already planned this event before “Battle of the Bands,” the bands and event coordinators decided to exchange prizes with the runner-up. Bottlecap will now be playing the winning showcase on Friday May 3, and MST will receive the second place prize of studio time to rehearse and use for general jamming.

“It’s a weird thing [to] compete in music,” guitarist for Bottlecap Jackson Twitty said. “But we’re really tight with [the other bands]. [Our] tech team did such an insane job. It made such a huge difference. Music is one thing, but it takes a lot of people working to make it happen.”

Similarly, Bottlecap began after the members crossed paths in the dorms of MSU.

“The progress I’ve seen in these guys from when I first met them freshman year in the dorms, to now has been insane,” manager for Bottlecap Henry Robinson said. “As soon as we got into a new house and actually had our own space, [we] started playing electric. The progression [from there] was just immense. It was crazy just how much they were able to do.”

During their set, Bottlecap performed an array of instrumental pieces influenced by psychedelic rock and classic rock genres.

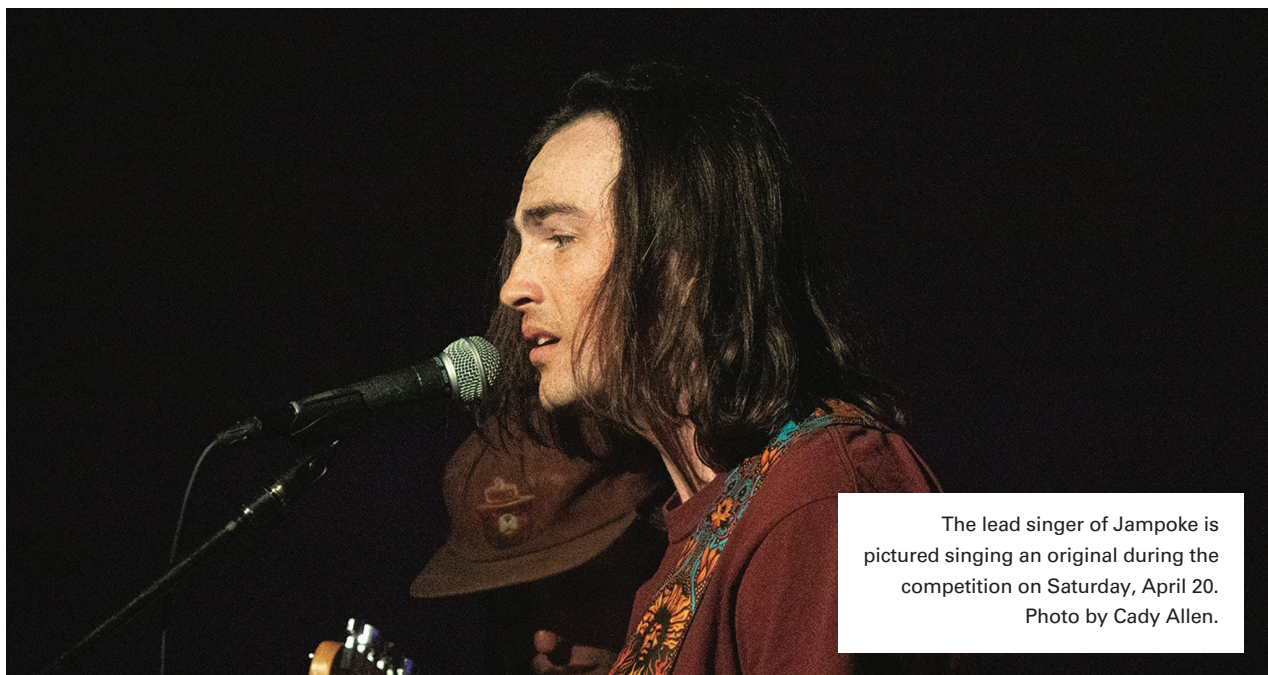
“[Our sound] has evolved over time,” Bottlecap rhythm guitarist Alex Von Barloewen said. “We love bands like Grateful Dead and [Creedence Clearwater Revival.] We like Goose a lot, and Pink Floyd. There’s influence from all the bands we listen to. We’ve been working on improving everytime we play. We try to come up with ideas on the spot and go from there. We’re always trying to expand.”

The members of Bottlecap, having taken part in last year’s “Battle of the Bands,” opted to minimize stress this time around, choosing to “keep it loose,” as bassist Ian Oehler put it.

“It is so rewarding doing all the prep for the shows, and seeing it come to fruition in front of my eyes,” Robinson said. “Seeing all the people pour into the venues, and experience what we’ve been preparing for. It’s very rewarding to see your hard work pay off.”

Both bands invite students to come out and show their support for local music scenes. Information about both events can be found on Logjam Presents website, under the events tab.

“Live music,” Twitty said. “Nothing beats it.”



The lead singer of Jampoke is pictured singing an original during the competition on Saturday, April 20. Photo by Cady Allen.

Detox Summer: Take a Substance Break

BY CIAN CONNOR

For those who aren't familiar with terms like "Dry January" or "Sober October," they refer to taking a month off from all consumption of alcohol, marijuana or any other controlled substances. The reasons for this differ from person to person, but there are undoubtedly many benefits that come from doing so.

I understand that we're in college, and therefore, some of us want to spend our time in "fun" ways. However, I think this is a time of year in which we could really benefit from a little distance from our vices. So call me crazy, but I think that everyone should take a break from substance use as we finish the school year and head into summer.

Actually taking that time off can be pretty difficult. I'll be the first to admit that there have been a lot of times I've wanted to take a break from smoking or drinking, but I always ended up making excuses. Examples can include things like life is short, it helps me sleep, I don't want to miss out, this is college, etcetera. These are all things that I've used to justify my substance use — and I know that I'm not the only one. It can be really hard to take a break when you're surrounded by people doing it, or you've built a habit. As hard as it can be, being able to take a break from substances, whether it be weed, alcohol or otherwise, is so important and comes with many benefits.

When you take a break from substance use, you have more energy and a greater sense of clarity when you're sober. Waking up in the morning, you never have to worry about a hangover or grogginess that eats into your day, and going to bed you know that your body is getting the

best rest it possibly can. You can be more present in the moment and enjoy a clearer perspective. I know some people feel like they enjoy a moment more when they're smoking or drinking, but in reality, while you may be more relaxed, you're only taking yourself further away from what's in front of you.

Henrik Ernst, a senior business major,

any outside forces influencing you. Any desire to use a substance can then reveal to you more about why you want it in that moment, and what you might really need instead.

Committing to a substance break also forces you to be more creative with how you spend your time. Rather than taking the easy route by having a drink or getting high, you will have to come up with other ways of filling your weekends and nights. Going into summer, many of us will have more free time. Start it with your best foot forward and use that free time to fully engage in something you love without anything holding you back. Pick up an instrument you've been trying to learn, read that book you've been putting off or start a new activity that has always interested you. Without a substance to lean on, you can focus on what really matters to you.

Taking a break will require the practice of discipline. Whether it's two weeks, a month or even a year, your commitment will be tested by yourself and likely those around you. With each successful

day, you will build confidence and feel a sense of achievement simply by living your life. Think about the benefits of living a life with greater clarity and confidence. If you do falter, rather than beat yourself up, use it as an opportunity to learn more about yourself and your habits. I know we're only human, and most of us will continue to use substances throughout our lives. However, do yourself a favor and at least take a break. Nothing worth doing is easy, but trust me when I tell you, it will be worth it.



Photo courtesy of Andrea Piacquadio on Pexels.

talked to me about the break that he recently began. "I've reflected on times I wasn't smoking, and noticed that I just have more life force, energy, motivation and with graduation coming up I want to feel crystal clear," he said. With finals around the corner, taking a break can make it easier to lock in and finish your year strong.

"If you're doing something all the time you become numb to it, and it's good to reset and get back to your most pure state, so to speak," he said. Taking a break allows you to check back in with yourself and see where you're at without

Detox Summer: Knock Your Social Media Habit

BY MARQUART DOTY

Are you tired of snapping out of a foggy, dissociative haze, only to realize you’ve been scrolling on TikTok for the last 45 minutes? Do you repost memes on your Instagram close friends story like it’s your job? Do you set app limits on your iPhone, only to ignore them every time? As ashamed as I am to admit it, I know I do.

Three years ago, I permanently deleted all of my social media. It took a lot of self-discipline not to add it back, and, as a certified chronically online girl who’s practiced unmonitored social media use since the age of nine, I often felt like I was missing a limb. But for two glorious years, I was blissfully free of social media.

I cultivated simple strategies to kick the addiction: If I took a good picture of myself, I sent it to my boyfriend and my friends. My best friend and I’s iMessages became the new Twitter. If the urge to endlessly scroll hit, I’d go outside and touch some grass.

One year ago, though, I decided that I’d probably been away from social media long enough to come back and use it in a healthy way. I could not have been more wrong.

This summer, I’m making a pledge to myself: knock the social media addiction for good and learn how to use it in a healthy way. And if you relate to my experiences at all or find yourself feeling guilty for the amount you find yourself scrolling online, you should too.

Of course, this isn’t going to be an easy challenge. Social media — and our phones in general — deliver large amounts of dopamine into our brain’s reward pathways, according to The Stanford Scope. Not to mention that the content never really runs out, which makes it infinitely harder to disengage ourselves.

However, it is possible, and there are changes you can implement in your life to kick the habit, even if you don’t want to permanently delete social media.

One great method is to delete all

the apps for at least 30 days and have someone install parental controls on your phone that you do not know the password to. If you think you don’t have enough self-control to not break the 30-day-cleanse, you can always use your own website-blocking app instead... But I wouldn’t. At the end of the 30 days, it should be much easier to actually follow the app limits you set for yourself.

Another method that worked well for me is to ask friends to help keep you in check. Simply say “Hey, I’m deleting all my social media for a while. If you see that I’m active or posting, can you shame me a little?” This makes it so that you’ll be genuinely embarrassed if you break your promise to yourself. Of course, shame is not a great motivator for change long term, but short term, a little embarrassment can help to break a habit.

If none of this sounds good to you and you’d like to keep the apps, there are certainly some small, incremental changes you can try instead. My favorite method is to put my phone away right after I turn my alarm off — sometimes I’ll straight up throw it across the room — and write myself a list of things I’d like to accomplish in the day before I allow myself to touch social media.

For a little while, you might find you only

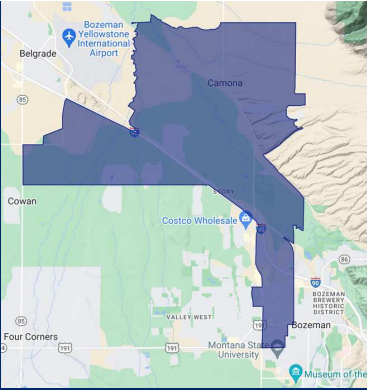
accomplish a few of your goals before you break. The better you get at it, though, the better it feels. Pretty soon, you’ll realize that the longer you stay away from the internet throughout the day, the more you don’t want to use it at all.

If you struggle to implement these changes or find yourself falling back on old habits, don’t beat yourself up. Try to remember that change takes time, and be excited and confident about the change you’re trying to make. Most importantly, never tell yourself you can’t do it. You can, you will and it will feel really great.

Once you successfully knock the habit, you’ll realize that your mother was right and it was that darn phone the whole time. I can’t wait to see how much I change as I break free of the chronically online shackles this summer — and I’m so excited for you, too.

If you live here





Vote for her



Anja Wookey-Huffman for HD65

Vote June 4, 2024

Paid for by Anja Wookey-Huffman for Montana
P.O. Box 1083, Bozeman, MT 59771
Democrat



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Derek Conder
Robin Cormier
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Lynn DiGennaro
Dana Doney
Dawn Douglas
Taci Etherington
Roger Fischer
Jeffrey Heys
Laura Hillier
Deidre Hodgson
Kerri Jones
Louis Johnston
Jen Joyce
Jared Kerr

Christine Lux
Rob Massee
Amanda Mauws
Wendy McCarty
Elizabeth Mery
David Miller
Victor Miller
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you need care.



PRIMARY CARE

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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.

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MAY. 02 -
MAY. 08

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

THU 02

**ENGINEERING CAPSTONE DESIGN
FAIR
INSPIRATION HALL @ 9:00 A.M. - 4:00
P.M.**

Engineering seniors display the products
of their capstone projects at the Design
Fair held in Norm Asbjornson Inspiration
Hall. This event is free and open to the
public.

**FIRST-GENERATION GRADUATION
CELEBRATION
SUB 233, 235 @ 4:00 - 6:00 P.M.**

The First-Generation Committee is
holding a first-generation graduation
celebration ceremony at MSU
to recognize achievements and
contributions of graduating first-
generation students.

FRI 03

**NATIONAL DAY OF AWARENESS
FOR MISSING AND MURDERED
INDIGENOUS PEOPLES
AMERICAN INDIAN HALL @ 9:00 A.M. -
2:00 P.M.**

MSU commemorates and observes the
National Day of Awareness for Missing
and Murdered Indigenous Peoples with
a number of events including: a prayer
walk, healing dance and community feed.

**AIRMEN OF NOTE
WILSON AUDITORIUM @ 7:30 P.M.**

Don't miss this chance to see the premier
jazz ensemble of The U.S. Air Force live
in concert! The band will be performing
an eclectic program, including big
band hits from the 1940's to brand new
compositions written for this tour!

SAT 04

**SERVICE SATURDAY
SUB @ 8:45 A.M. - 1:00 P.M.**

Volunteer some time to the community
by participating in this month's Service
Saturday at the Sacks Thrift store and
Shakespeare in the Park. Check in starts
at 8:45 a.m.

**BOZEMAN WINTER FARMERS' MARKET
GALLATIN COUNTY FAIRGROUNDS @
9:00 A.M. - 12:00 P.M.**

Support local farmers and artists by
purchasing your fresh vegetables and
pastries directly from the hands that gave
them life.

SUN 05

**CARS & COFFEE BELGRADE
DUKE'S CAFE & BAKERY @ 8:00 - 10:00
A.M.**

Early bird Cars and Coffee meet at
Dukes Cafe in Belgrade, every Sunday,
in any weather, all year long. Anyone
is welcome, just bring your passion for
Engines.

**OPEN MANSION
THE STORY MANSION @ 12:00 - 2:00
P.M.**

A Friends of the Story Mansion board
member will be on-site and available to
answer questions about the mansion and
those who lived there; visitors can walk
around the renovated space.

MON 06

**ACADEMICS DOING GOOD IN THE
WORLD
MSU LIBRARY 324 TEACHING SPACE @
12:00 - 1:00 P.M.**

This presentation will explore some
recent literature on academic identity;
present some unpublished data on how,
why and at what cost some academics
choose to 'do the right thing.'

**CLARISSA KOOS THESIS DEFENCE: THE
CREATION OF DIN
HAGER AUDITORIUM, MOR @ 3:30 - 4:30
P.M.**

Watch graduating Directed
Interdisciplinary Studies student Clarissa
Koos defend her thesis project Monday
afternoon. Her project involved creating
scientific illustrations of many extinct
species for the Museum of the Rockies.

TUE 07

**BITTERROOT LAUNCH PARTY
SUB, 233 & 235 @ 5:30 - 7:30 P.M.**

Launch of 3rd edition of student-run
magazine. Pizza and light refreshments
will be provided.

**ILLUMINATING THE SHADOWED
WORLD OF BOZEMAN'S RED-LIGHT
DISTRICT
THE EXTREME HISTORY PROJECT @
11:00 A.M. - 12:00 P.M.**

The Extreme History Project will be
unveiling a new exhibit which examines
the hidden layers of the city's "restricted
district" that thrived from the 1870s until
1918.

WED 08

**SPRING 2024 PINT GLASS PICKUP
THE ALUMNI FOUNDATION PARKING
LOT @ 1:00 - 4:00 P.M.**

Are you graduating this spring? The
Alumni Foundation has a pint glass and
drink ticket for you!

**"WICKED LITTLE LIES" BRS FILM
THE ELLEN THEATRE @ 7:00 - 9:00 P.M.**

Based on an outrageous true story,
residents of an English seaside town--
including conservative local Edith--
begin to receive letters full of hilarious
profanities. Rowdy Irish migrant Rose is
charged with the crime, with hilarious
results. Rated R.

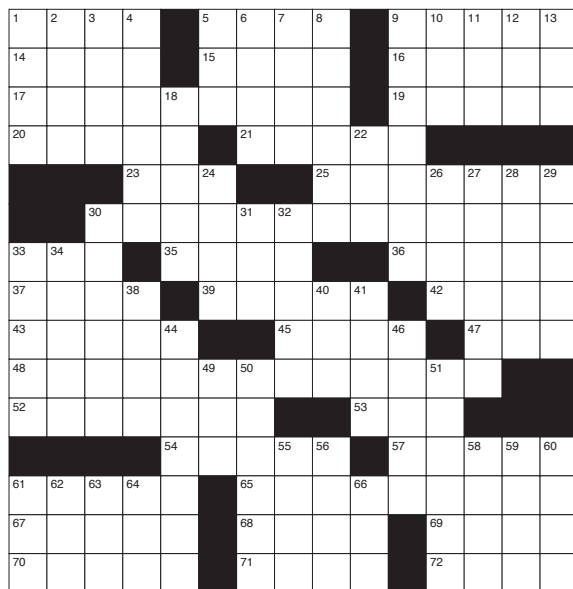
CALENDAR

PUZZLES

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

CODE: #25YG7K7D



Across

1. Creator of Willy Wonka
5. Peel, as a pear
9. Top-notch unit
14. Prefix with lateral and distant
15. Ont., e.g.
16. Less valid, as an excuse
17. It's just for laughs
19. Susan of soaps
20. Succinct and meaningful
21. Slight impressions
23. Polish off
25. Place in a place
30. Police procedure
33. Gallivant
35. Record
36. Overhauled
37. Take ____ (go swimming)
39. Hitchhiker's important digit
42. Rural storage site
43. Dough
45. Indian spinach-based dish

Down

47. Research-funding org.
48. Suspicious
52. Having a will
53. New Deal inits.
54. Cager's game
57. Irish barony
61. Short putt, in a friendly game
65. Handles
67. Subside
68. Eight (prefix)
69. Woodshop tool
70. Egotist's claim
71. Curds' partner
72. Pb, in chemistry

Adapt
Amidst
Astounds
Ballet
Bluntest
Boulder
Brats
Burning
Chord
Chuck
Clots
Comprehensions

Conspirator
Corals
Cough
Covenant
Cries
Detour
Dills
Dwellings
Ensure
Gibed
Gores
Holly

Hymns
Jailer
Keens
Leaks
Longitudinal
Manager
Motel
Ounce
Overdose
Pesky
Rares
Sheet

Tents
Towel
Wakes
Wicker
Wipes
Woodsmen

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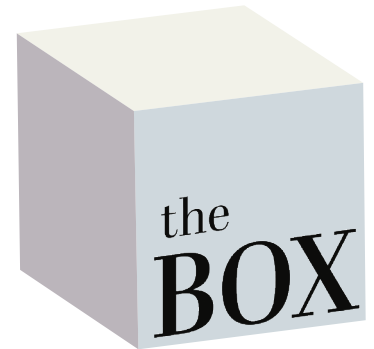
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U L D E T O U R E G A N A M
G Y S S O E E W I P E S K Y
H S T A R B L U N T E S T H

CODE: #Y525RA



How are you going to
spend your summer?

With polar bears

In crippling debt

Hunting down Rudolph
and killing the bastard

Re-watching the
beginning of "Up" until I
feel something

Trying to forget this
semester

Chasing the ducks in the
duck pond

Dismantling the system

Pretending im a real
adult by having a 9-5

Laying on the couch
with my dogs

Writing my manifesto

Slinging bean water

Climbing up the Eiffel
Tower

Discovering something
that doesn't exist

Giving a monkey a
shower

Surfing tidal waves

Creating nanobots

Locating Frankenstein's
brain It's over here!

Tall Tales & TIDBITS

When you feel the tug on
the blankets tonight,
it's me.