



Until May 7, Jundt Art Museum will feature two new exhibits: "Revisited: A Grand Tour: Images of Italy from the Permanent Collection" and "From the Collection: The Bible in Art."

Jundt Art Museum reflects on humanity with two new exhibits

Taking a 'Grand Tour' through biblical and Italian art

By NOAH APPRILL-SOKOL

onzaga University's Jundt Art Museum is hosting two new exhibits for spring semester: "Revisited: A Grand Tour: Images of Italy from the Permanent Collection" and "From the Collection: The As you begin to Bible in Art."

walks through the door an invitation to take a step back in time and explore of art, you then get a biblical and Italian-themed art.

from GU's art collection, the two exhibits still showcase work from some of the bignamed artists of art history, including sketches by Rembrandt Harmenszoon van Rijn, the bright hues of Salvador Dali, and an oil painting by Andy Warhol.

These artistic masterpieces, in addition to the 60-plus pieces that make up both exhibits, will take viewers on both an educational and spiritual journey, that demands viewers to reflect on their own thoughts on human nature present within

"Art is a place where those other ideas — religion, identity, ethnicity, race, economic, understandings and meanings of landscape — all intersect," said Paul Manoguerra, curator and director of Jundt Art Museum. "As you begin to understand a work of art, you then get a larger understanding of what it means to be a human being."

"From the Collection: The Bible in Art," which has been in the planning stage for over two years, has all of these themes. The exhibit features artistic depiction of scenes from the Bible, and the art is arranged to match the chronology of this religious text.

The variety of artwork shown in the exhibit - from Rembrandt's sketches, such as "Christ Driving the Money Changers from the Temple," to Dali's colorful depiction of the resurrection of Jesus, to an abstract interpretation of "The Song of Solomon" by German artist Paul Wunderlich — all works of "From the Collection: The Bible in Art" depict important themes and ideas that are

These two exhibits offer anyone who understand a work While both exhibits are exclusively larger understanding of what it means to be a human being.

> Paul Manoguerra, curator and director for Jundt Art Museum

important to examine, Manoguerra said.

Even without the religion aspect, the Bible is the most published, most read book in English in the world, and so just from subject matter, being culturally literate, it would be the kind of exhibition that would be of interest with these themes," Manoguerra said. "These issues resonate even if you're not Christian."

"Revisited: The Grand Tour: Images of Italy from the Permanent Collection," also takes viewers on a spiritual and educational journey, by featuring depictions of the serene landscapes and classical architecture that are common throughout this boot-shaped peninsula.

The exhibit, which has art dating from 1575 to modern times, draws from art pieces produced by artists on what is called the Grand Tour. Through this tradition, artists would tour Italy after finishing their art schooling and paint the landscapes and buildings that they saw abroad.

With the many different places, the exhibit allows viewers to take a tour throughout the beautiful country and see the landscape through the eyes of these artists. A guidebook to the gallery, which



Italian-themed art fills Jundt Art Museum's Jundt Galleries.

Manoguerra designed, looks much like a tour guide book that one would use to explore Italy itself.

For Karen Kaiser, curator of education for the Jundt Art Museum, understanding a place, its rich history and beauty has been lost. She hopes that "Revisited: The Grand Tour: Images of Italy from the Permanent Collection," encourages people to be curious about places and explore them.

"I hope [the viewers] enjoy themselves and allow themselves enough time to actually read the text," Kaiser said. "Paul [has] worked really hard to create these little vignettes, so that the viewer has some background information about the artist, the place [and] the people who would be on this Grand Tour."

With these landscape depictions like Andy Warhol's modern painting of Mount Vesuvius, coupled with the images of Italian architecture like the engravings by Luigi Rossini or the abstract depiction of Pisa by Irving Amen, Kaiser believes that viewers will see a new side of Italy other

than the famous landmarks of the country. Kaiser and Manoguerra encourage all people to come to this museum and see the variety of artwork on display in these two exhibits. They said that walking

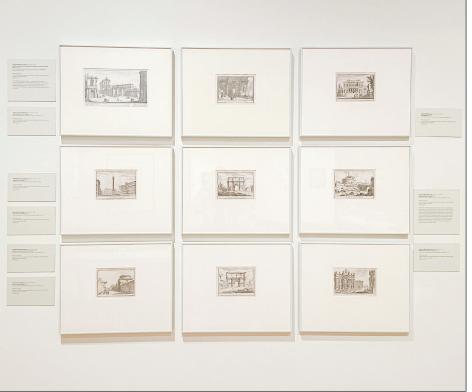
through the two exhibits will be enriching experience, one that allows people to connect with the artwork and their own

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humanity. '[I am excited for the viewers to be able to] connect with ideas, artists, their expressions and individual works of art and just the opportunity in particular for this [Italian] exhibition to be up again," Manoguerra said. "Every single object on display belongs to GU. This is the opportunity to experience the cultural heritage that the university is preserving through the art that's in the collection."

The two exhibits opened last Saturday and will remain on display until May 7.

Noah Apprill-Sokol is a staff writer.



Jundt Art Museum's two new exhibits exclusively features the museum's art collection.



DJ Han is working on a couple new projects, the soonest of which drops on Feb. 2.

HAYATO TSUJII IG: @whoishayato

Watch out, DJ DeSmet: DJ Han is here

By LUKE MODUGNO

enior Johan Reyes' first few weeks at Gonzaga were painfully similar to all of ours.

From hearing DJ DeSmet blaring questionable tracks to traversers of Bulldog Alley to suffering through hearing "Mo Bamba" on repeat at sweaty social gatherings, Reyes had more of an entrepreneurial cognitive process than most when experiencing this sonic suffering.

"It kind of transformed from fulfilling this clear need for an easily accessible collection of good music to a pastime, something that felt natural and that I could do with passion," Reyes said.

Known affectionately by his friends and fans as "DJ Han," the senior can be found most nights of the weekend behind the boards, curating and mixing the proper sequence of head-bangers and music to let loose to. Dropping seven 40-minute-plus sets via Soundcloud in the past two years, Reyes has dialed up the intensity on his DJing career that he affectionately refers to as his project.

"I wanted there to be an outlet for people to just play music and not have to worry about it being the right type of song or energy," Reyes said. "But then it started taking on a life of its own. People started putting in their two cents of what they wanted to hear. Now it's a matter of taking that input and integrating it into my own creative direction."

With a mental road map to future DJ residency so vivid you can visualize it as he describes it to you, Reyes is comfortable with where his music career is sitting right now. That comfort has opened doors for Reyes creatively, apparent through his latest 56-minute mix released on Jan. 14. A comprehensive composite of feel-good Friday night fuel spanning the head-banging 808's of Playboi Carti, to the soulful silkiness of Drake's "Controlla," "Luv In The Club" is a miscellany of music with a simple goal: providing a soundtrack to unforgettable night out (or very forgettable depending on how you look at it).

"If I had residency at a club, what would a DJ Han set sound like? That's where this project took off from," Reyes said. "I EQ'd and mastered it myself which was a learning curve, it sounds a whole lot cleaner. Every project is a lesson to me, as creators we should always be pushing boundaries."

DJ Han isn't slowing up any time soon either. Reyes shared that he plans on releasing five more projects before the end of June, the next slated to arrive on Feb. 2.

Although Reyes' musical output has a distinct maturity in its structure, the idea of DJ Han is still relatively new to Reyes. Growing up on parental favorites Journey and Michael Bublé, Reyes didn't develop an ear for the genre which dominates his mixes, hip-hop, until later on in his musical journey.

"There's a ton of melodic stuff on ["Luv In The Club"], but growing up I wasn't even into rap," Reyes said.

Hailing from one of the most distinct geographical niches of the genre, Reyes frequently pays homage to the gritty, pounding rhythms that have been known to define Bay Area rap's soundscape.

"There's a lot of Bay influences in my music," Reyes said. "A ton of DJ's are from San Francisco and have really paved the way for people like me."

As a first generation Filipino American, Reyes' parents expect only the best from him, musically or otherwise. Referring to them as "tiger parents," Reyes developed a workhorse mentality from their clear investment in his success.

"I'm an insomniac," Reyes said. "Some of the best ideas I have musically come between 1 a.m. and 4 a.m. At first, my parents didn't really get [DJ Han], but they've started to accept that this is who I am. My whole family inspires me to follow my passion."

But he isn't the only Reyes family member actualizing dreams of a DJing gig. According to Reyes, two of his cousins DJ, one of them having already toured in multiple countries

Like many others at GU, Reyes found that college provided a space that allowed for an unmitigated level of creative freedom.

"It all formed together around college," Reyes said. "It's all about the environment for me, [GU] feels like a safe space to have ideas flowing without people shutting them down."

Reyes tracked the origins of DJ Han back to his first year at GU, although the concrete work began the subsequent year following the release of his first mix "Take(s) 2."

"Johan's mixes each have their own style, and that's what I find different about him and other DJs," said senior Andres Alonso. "He knows multiple different genres of music and how to mix them together to create his own style."

Confidence is key for Reyes. In a creative space where bravado and flamboyance are differentiators, DJ Han has taken on a life and personality of its own. However, like almost all other artists, DJ Han's work began without the desired audience it was being curated for.

"I wasn't confident from the jump," Reyes said. "I've had those performances where only five, 10 people show up. It's about being confident in expressing yourself even when no one cares or is there to listen."

Sure, Reyes could choose to see the small crowds and potent saturation of music in the digital age as roadblocks on his highly-detailed route to professional DJing. Instead, Reyes sees the beauty in the process.

"I sincerely appreciate every single person out there listening to my mixes because without them, there's no DJ Han," Reyes said. "This is my passion, it's something no one can ever take from me."

Luke Modugno is a digital editor. Follow him on Twitter: @lmodugno5.



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How Health & Counseling Services have adapted in recent years

By MADELINE REED

As the new semester begins and COVID-19 cases across the nation surge, questions and concerns surrounding student wellbeing on campus follow suit.

The staff at Gonzaga's Health & Counseling Services (HCS) provides a wide array of both physical and mental health services and they are working to make sure that each student's needs are met.

At HCS, COVID-19 has been at the forefront of concern since the beginning of the pandemic. Kristiana Holmes has served as director of HCS at GU since 2020. She described the level of priority the pandemic holds in the department.

"Right now, the main focus continues to be COVID-19 care," Holmes said via email. "Until we get through another semester, our health services is likely to be 'on deck' for supporting this process while maintaining our other regular visits."

COVID-19 resources can be found on the HCS website and the department has made a continual effort to minimize on-campus cases through daily testing and working with contact-tracing and quarantine services on

Physical care is provided through HCS as well. Appointments can be made both in person and through telehealth visits, which are accessed through the HCS website.
"Students should be aware that we have

registered nurses who see students at HCS and help determine what level of care the student might need," Holmes said.

These nurses are also equipped with

ample education and resources and are able to refer students to further help if necessary. On-staff care provides a multitude of services, including testing for sexually transmitted infections.

HCS also offers the Health Ride service, through which students can be provided with transportation to other health facilities for further care when needed. Additionally, the department's Self-Care store supplies

SEE COUNSELING PAGE 3



The recently completed John and Joan Bollier Family Center for Integrated Science & Engineering is located near Herak Center.

Bollier Center receives \$1.6 million grant

By OLIVIA GALBRAITH

onzaga University received a \$1.6 million grant from the Murdock Charitable Trust to aid the \$1.6 million grant from the M.J. construction of the John and Joan Bollier Family Center for Integrated Science & Engineering, which opened on campus in the fall.

The Murdock Trust, based in Vancouver, Washington, has supported learning at GU dating back to the '80s. The majority of GU's relationship with Murdock is related to faculty research, though it has given a few capital grants over the years according to Jeff Geldien, assistant vice president of academic advancement.

The Murdock Trust is fortunate to partner with a variety of institutions providing excellence in higher education for students of all backgrounds across the Pacific Northwest," said Steve Moore, executive director of the Murdock Trust. "No college or university exemplifies this more than Gonzaga University, and we have been grateful to support the university's work and mission for nearly 40 years?

The Murdock Trust has provided more than \$6 million in grants to GU

over the course of their relationship. The grant toward the Bollier Center, however, is the largest amount that GU has received from the trust since the first

"We cultivate this relationship quite a bit," Geldien said. "They believe in our brand. They believe in what Gonzaga stands for."

Staff and leaders at GU have contributed to the partnership by attending events for the trust, providing insight on the university's goal to serve the common good, Moore said

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Spokane residents at a 2019 march for Martin Luther King Jr. day.

UMEC hosts conversation honoring Martin Luther King Jr.

By ALEXANDER PREVOST

Gonzaga University's Unity Multicultural Education Center (UMEC) presented a Zoom conversation titled "A Dream Remembered: The Past, Present, and Future of Black Excellence," in honor of the Rev. Martin Luther King Jr. on Monday afternoon.

In light of the rise in cases of the omicron variant of COVID-19, communities across Spokane opted to host celebrations of Martin Luther King Jr. virtually. GU was no

The conversation was moderated by UMEC's Program Manager for Social Justice Programming, Tere Graham. It featured various presentations from different organizations across the greater Spokane community, from the Martin Luther King Community Center to the Christian Dance Academy.

Opening the dialogue, GU's Senior Coordinator of Liturgical Life Daniel Dangca led a reflection by song, performing

traditional African American spiritual and psalm, "There Is a Balm in Gilead." Though requested to be muted for the presentation, participants were provided lyrics to sing along to in their own spaces.

Following this, GU's Black Student Union President Jackie Lee presented her poem, "Soldier," which articulated her battles, her resistance and her frustrations as a Black woman. Local high school student Janice Howard performed an A cappella rendition of jazz musician Louis Armstrong's "What a Wonderful World," afterward.

GU's Chief Diversity Officer Robin Kelley went on to deliver the university welcome. In her address, she touched on the importance of nonviolent protest and its pertinence to King's influence.

Martin Luther King Jr. is one of the most renowned proponents of civil disobedience through nonviolent means," Kelley said during her speech. "And he argued that

SEE KING PAGE 2

Mental health response training comes to campus

Office of Student Affairs hosts clinic to equip students with tools to engage in interpersonal care

By ALEXANDER PREVOST

In collaboration with the Office of Health Promotion, the Office of Student Affairs hosted a Mental Health First Aid (MHFA) training clinic in the Hemmingson Cardoner Ballroom on Wednesday. The in-person training was accessible to all students, staff and faculty.

Sponsored by the National Council of Mental Wellbeing, this event is designed

to equip students with tools to engage in interpersonal care surrounding mental health issues.

"It's an opportunity to learn how to help others and really in that whole, 'Zags Help Zags' fashion," said Director of New Student Programs, Nicola Mannetter.

Mannetter, who has been working with Gonzaga University since 2009, was scheduled to lead the MFHA course. Registered individuals had to complete a two-hour long, asynchronous pre-work course prior to the in-person training which took place on Wednesday from 9 a.m. to 3:30 p.m.

The training itself focused on interaction. Participants were taught about identifying and understanding different symptoms of mental illness, substance use disorders and how they can effectively respond to them in real-time. Some of the varying conditions mentioned in the training include anxiety, schizophrenia, depression, bipolar disorder and more.

Mental Health First Aid uses what's called the A.L.G.A.E action plan," Mannetter said. "And that stands for assess, listen non-judgmentally, give reassurance and information, encourage professional help and encourage self-care strategies. Folks learn that acronym, and they learn

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Gurian Awards showcase student literature

By OLIVIA SANDVIK

he Gurian Awards is an upcoming annual writing contest for undergraduate students enrolled at Gonzaga University.

Michael and Gail Gurian began the Gurian Awards in 2008 to replace the discontinued Castello Poetry Award. Both are GU alumni and wish for students to gain confidence in their writing.

"...Gail and I said, 'we'll fund an award because we want to encourage young writers," said Michael Gurian, writer and writing consultant.

The Gurian Awards feature three types of literature submissions: poetry, fiction and creative nonfiction. Participants may enter once per genre.

The committee members, who are appointed by Tod Marshall, English professor and director of the writing concentration, read all submissions. The committee decides who will win or who will be an honorable mention

On Zagtivities' official submission page, Colleen McLean, program assistant for English and women's and gender studies, requests that the title page only contain the title and genre.

All submissions are anonymous. The department will assign a random identity to each entry. McLean will reveal the names of winners after the selection process.

The winners may get the chance to read their submissions publicly in the Gonzaga Visiting Writers Series. Depending on COVID-19 protocols and schedule concerns, the event could be in-person, virtual or canceled.

"My favorite part is... the awards ceremony where [the winners] read their poems and prose," Gurian said. "It's so great to see their art."

The ceremony is an opportunity for the winners to share their compositions and for onlookers to witness literary excellence. In addition to the ceremony, there is a lunch for the recipients and attendees.

When we have lunch... with the awards recipients, that's when we can really chat," Gurian said. "They share the stories of what they want to do with their lives. It's neat to interact with them and see what their career path is," Gurian said.



BULLETIN FILE PHOTO In years past, winners of the Gurian Awards have read their poems and prose at the awards ceremony.

All writers who submit their work also have a chance at being published in the literary and art journal "Reflection." Garrick Bateman, the editor-in-chief of "Reflection," will take the winners and honorable mentions from the judging committee and decide which ones to publish.

Gail and I get to read the honorable mentions and the winners when they all come out in 'Reflection,'" Gurian

Gurian has no expectations except that students will submit their best works, and the poems and prose are worthy compositions.

In addition to recognition, the winners receive a monetary reward.

"There is \$250 for each category, so it's a nice little financial award for students," Marshall said.

Winners receive a letter of congratulation and acceptance via email two to four weeks after the deadline. "My favorite part is when the students get notified,"

Marshall said. "I know that they're thrilled about winning the awards.'

The Gurian Awards can act as a stepping stone to greater opportunities.

"Many of the Gurian award winners have gone on to publish books, to win awards for their writing, to get into graduate school for writing," Marshall said.

The contest is open to all undergraduate students. Marshall encourages submissions from all departments, not just English.

We've had winners from other disciplines than English, so we have lots of talented writers in many disciplines throughout the campus," Marshall said.

The deadline for the Michael and Gail Gurian Writing Awards is approaching fast. The last day to submit is Jan. 28 at 5 p.m. Late submissions will not be accepted.

The official submission portal is https://gonzaga. campuslabs.com/engage/news/242927.

For further inquiries contact McLean (mcleanc@ gonzaga.edu) or Marshall (marshall@gonzaga.edu).

Olivia Sandvik is a staff writer.

BOLLIER

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"Gonzaga University has distinguished itself as an outstanding institution of higher learning," Moore said. "University leaders continue to strive to provide students with cutting edge learning opportunities, while ensuring that growth and development are done in a thoughtful, sustainable manner."

For Geldien, GU's commitment to STEM contributes to the overall goal of providing a liberal arts Jesuit education, but facilities are a necessary part of that.

By gifting that large of an amount, they're helping us make an impact," Geldien said. "Often we focus on the dollar amount, how many zeroes, but it's really the impact students... and faculty will see."

The grant is a top-off grant, meaning that it was given after the facility was already completed. Receiving the grant, however, can take anywhere from three to six months because of review and approval processes.

Geldien said that news of the grant came around a year ago, but because it is a top-off grant, the announcement to the community came in early January on GU's website. Part of this was due to the earlier conversations with the Bollier family and other donors, as well as a strategy to generate excitement for the new addition to campus.

The building houses labs, offices and study and collaboration spaces for students and faculty. Though it provides space for STEM work, the building supports students from all disciplines, Geldien said.

"The whole point is to bring interdisciplinaries together," Geldien said. "You don't have to just be a science or engineering student, you can be an English student or a master's degree student and come and use that space. So that's the whole goal, is just to bring people in together."

Another goal, he said, is to increase the capacity for ŠTEM on campus.

Adding lab spaces on campus allows for better equipment, providing opportunity to increase the size of STEM programs on campus over time, which Geldien said was part of the building's

"This is what we think will help bring in... high achieving students who want to make a difference, who want to get a Gonzaga education," Geldien said. "Now they can do it in a really contemporary

Supporting scientific research is something that the benefactor of the Murdock Trust, Jack Murdock, believed deeply as a way to benefit and change lives.

By investing in the scientific programs of institutions like Gonzaga, we hope to help engage and inspire the next generation of scientists who will pursue life-changing work," Moore said.

The Bollier Center connects to Hughes Hall and the PACCAR Center for Applied Sciences, which also connects to the Herak Center by sky bridge. The connection of these buildings creates a sort of "STEM campus," Geldien said, and over time, modifications to these other buildings can further support STEM on campus.

Though the Murdock Trust has supported GU in various ways over the past 30 years, Geldien said much of its impact has been through science programs at GU. Financial support has allowed the university to improve student-faculty research opportunities, as well as prepare students for future careers in STEM fields.

In addition to financial support, the Murdock Trust supports enrichment, leadership and faith based initiatives, he



HAYATO TSUJII IG: @whoishayato

The John and Joan Bollier Family Center for Integrated Science & Engineering opened last fall.

"...I think we have an opportunity to continue to work with them on some of those things... we can really have a broad relationship with them because they want

to see GU succeed," Geldien said. Olivia Galbraith is a staff writer.

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civil disobedience is not lawlessness, but instead a higher form of lawfulness and designed to bring positive human laws into conformity with higher or natural laws which he believed were divine law."

Graham moved the conversation into its first message presentation. Program Director and Professor of Africana Studies at Eastern Washington University Dr. Scott Finnie spoke on the civil rights era. His retrospective speech examined the history of Jim Crow as a fictitious character performed in minstrel shows before it became enshrined in the U.S. as the name that referenced segregatory laws following the Civil War.

Finnie examined King's philosophy of nonviolence, highlighting his influence to prominent Black figures today such as former U.S. President Barack Obama. Closing out his speech, Finnie called folks to action, emphasizing the importance of introspection in one's

The event took an emotional turn following Finnie's speech, as well as a spoken word presentation from one of the co-founders of the California-based Juneteenth Coalition.

Executive Director of the Martin Luther King Community Center Freda Gandy presented a short story, detailing her journey from single-motherhood to a prominent leader of philanthropy and community in Spokane. Her speech resonated with participants, bringing tears to the eyes of many.

"I know what it's like, juggling so many things in this community, trying to hold down a job, trying to be a parent," Gandy said. "I've been there. Lending my story to them helps a lot in their success and how they care for their own children.

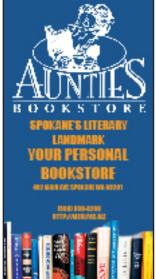
The conversation ended with a dance performance from Christian Dance Academy owner and instructor Mona Martin, who danced along to an abstract tune that employed spoken words from King. Finally, Whitworth

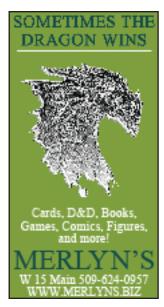
University Chaplain and motivational speaker Stephy Nobles-Beans brought it home with the second message presentation centered on the excellence of Black youth.

For more information on how students can get involved in university racial justice initiatives, students can check out UMEC's website for upcoming events. Students can also find additional opportunities to participate in King's commemoration at the King Center's website.

'Never forget the past," Nobles-Beans said. "Never forget the present. I dare you to dream. I dare you to remember who you are. You come from kings and queens, a dynasty. You are the future stakeholder. We need you to dream like never before. We need you to use your brilliant minds to make this world a better place. You are the Black culture."

Alexander Prevost is the online editor. Follow him on Twitter: @alexanderprvst.







Students Reflect on Martin Luther King Jr.

By ANDREA MORENO

anuary 17 marks the 39th nationwide observance of Martin Luther King Jr. Day in Uthe U.S. since the late civil rights leader was assassinated in Memphis in 1968.

Throughout the tumult of the pandemic, civil rights issues have remained at the forefront in the U.S. as Black Lives Matter rallies sparked by the killings of various young, Black individuals across the country were a major topic of conversation.

"[King] speaks to the fight for justice being an unconditional endeavor that goes beyond just race to include class and gender," said GU senior Molly Martin. "The holiday from a federal standpoint feels super hypocritical. The FBI and CIA viewed him as a threat his whole

The Monday off gave GU students and faculty a chance to reflect on the civil rights leader and what our current society can learn from one of the most prominent leaders of the 20th century.

"He is someone to look up to for the large strides he made for the country," said freshman Maddy Hale. "It's time to educate myself on the civil rights movement, voting rights and equality in our country. My voice is my most powerful tool for demanding change."

Although many people think of what King means to them, some continue to remember what his focus was and try to emulate that in their everyday life.

"Unity was Martin Luther King's main objective and goal", said an anonymous GU student. "Bringing people together and specifically people of color and white people. Unity is something that we should all aim for. To close this division is the impact that Martin Luther has left."

King lives on in memory in the U.S. and continues to inspire U.S. citizens to carry out his unfinished mission in the face of continued adversity.

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"[MLK was a] figurehead of civil disobedience and the fight for racial equality," said freshman Angelo Celletti. "His difficult life and death represent the brutal fight against the racist system he and his ancestors lived under and furthers the notion that the United States is threatened by any challenge to said system."

Martin Luther King Jr. Day has not only become a day to celebrate the civil rights leader, but to uplift the voices of other lesserknown leaders.

"I used to think he was the sole advocate for civil rights and while he is still one of the greatest advocates, he is massively overtaught over others like Malcolm X, Angela Davis, Fred Hampton and many other Black Panthers," Ĉelletti said. "There is a constant misrepresentation of [King's] legacy by those on the right, painting him as an Americaloving, peaceful, why-can't-we-all-just-befriends capitalist."

Gonzaga's Unity Multicultural Education Center (UMEC) hosted a Zoom conversation titled "A Dream Remembered: The Past, Present, and Future of Black Excellence," to honor the late civil rights leader on Monday afternoon to supplement the day off.

Andrea Moreno is a staff writer.

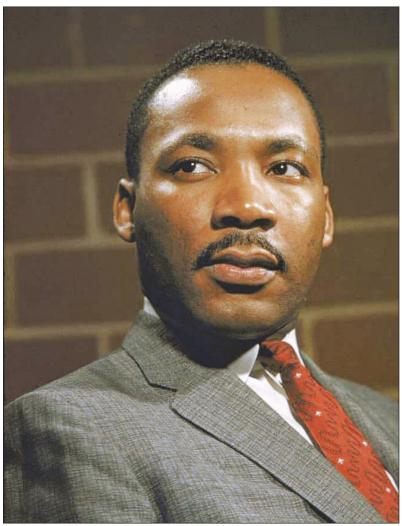


PHOTO COURTESY OF THE MARTIN LUTHER KING JR. FACEBOOK PAGE

Martin Luther King Jr. Day was on Monday Jan. 17

MENTAL HEALTH

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how to apply it to various situations." MHFA training has been hosted on campus for the past five years, inspired by ongoing mental health crises within the student population. Faculty involved in the origination of these clinics wished to help students become better responders to their

community's mental health issues. "We want to meet students where they're at," said Director of the Office of Health Promotion Jenna Parisi. "We also want to have a role in crafting an environment that makes it easier as opposed to harder for students to be

well and to make choices in support of their own wellbeing." The course puts emphasis on situations of crisis, with participants learning about circumstances of increasing severity as they go. However, the course is not designed to create on-call professionals. Rather, it is about focusing on how individuals

can be effective arbiters of stability and

immediate care before helping folks in crisis get the assistance they need. "The training really gives you that moment to stop and pause and practice some of those skills," Parisi said. "Asking the question which is really helpful for people because it's uncomfortable sometimes if you haven't done it and getting the opportunity to practice on-the-spot and then recognize, 'OK, I'm just the

person that can try to stay with them until we can get that help that they

Upon completion of the eighthour course, participants will receive a certification, vetting them as first responders to mental health crises.

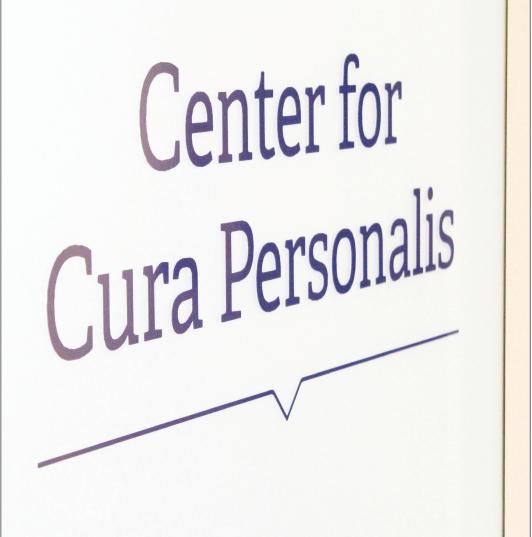
Sign-ups for the event have since closed. However, another MFHA training is scheduled for Saturday, February 12th, and the time is still to be determined.

For more information about future sign-ups or the clinic, students, faculty and staff can check out resources such as morning mail, which will provide announcements and sign-up information. The GU population can also reference the Office of Mental Health Promotion's social media pages, namely its TikTok and Instagram page, for more information.

Individuals can also find more information about the courses at mentalhealthfirstaid.org.

"There's been a lot of research that shows that when you help others, your own mental health increases," Mannetter said. "There's all kinds of benefits to doing this kind of work, and if you are mentally and emotionally well, you're going to do much better in the classroom... everything is connected, and [mental health] is a vital piece to that."

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ANDREW LOF IG: @andrewlof_photograp

The Center for Cura Personalis is located on the second floor of the Crosby Center.

HEALTH AND COUNSELING

Continued from Page 1

need."

cold & over-the-counter medications, first aid care, oral care and more to students.

Online, students can also access the Wellness Toolbox for more information on a broad variety of wellness topics, keeping the door open for health education on campus.

'Our students are the reason we are here," Holmes said. "Our goal is to help them navigate their health care and mental health care needs in a safe and confidential setting no matter what this semester brings."

Students' mental health is also at the forefront of this department. Fernando Ortiz, the head of the Counseling Services, described a trend over last semester of an increase in students accessing HCS for depression and anxiety, which he attributes largely to the pandemic.

"Last semester we were so concerned [about student's feelings of hopelessness] that we contacted our Vice Provost, Dr. Kent Porterfield, and asked him to send a general message to the entire student population offering guidance and mentioning our support services," Ortiz said via email.

In light of this increasing concern, HCS has added a new counselor to the team.

The department continues to work with a psychiatric nurse who can meet students virtually and evaluate them for medications and medication management. Students also have access to the walk-in crisis service, through which students can meet with a counselor on weekdays during business hours.

'Students should not feel alone," Ortiz said. "There is always someone who can [empathetically] listen to them during moments of emotional crisis."

Additionally, GU has partnered with Frontier Behavioral Health, which offers crisis management services past walk-in crisis hours.

In light of the Omicron variant, Counseling Services may move some of their services to a virtual setting. Nevertheless, HCS aims to keep them easily accessible to

the student body. Ortiz described a proactive approach to wellness this semester, describing how many students wait until sessions are booked too far out or until their academics have already suffered to receive help. Instead, he urged students to seek the help that HCS can provide as soon

as possible. "Being proactive and not waiting until [students] have a crisis or until their functioning has significantly deteriorated is very important," Ortiz said. "Please come

and talk to us now—we are here for you." Online resources can be accessed at https://www. gonzaga.edu/student-life/health-well-being/healthcounseling-services

Madeleine Reed is a staff writer.



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artin Luther King Jr. Day is a day of service, meant to connect individuals with communities. It may seem like an odd goal for a holiday, but Dr. King's life's work revolved around that very connection and it is why he was so successful at changing the minds of Americans across the country.

For Dr. King, it was about getting people to see that others around them are oriented by many of the same goals, but that given the social duality of America, attaining these goals come with a different set of challenges for everyone. In order to demonstrate that our differing experiences as humans still reflect common interests, Dr. King was always astute to juxtapose two different social themes that people commonly grapple

It made his speeches relatable to all listeners who all at the least had their own notions of what these ideas already meant. Concepts that Dr. King spoke at length about, like justice vs. injustice, science and religion and the true meaning of peace were all accessible concepts for people to think about because they were topics people already struggled with. Dr. King provided listeners with logical and resolute answers to these questions that inspired hope, instead of fear, because it brought listeners under a common goal to work toward.

That goal was freedom, and perhaps no one understood better than Dr. King that sometimes serving others is the best way to break one's own self free.

But who does one serve? Dr. King found it paramount that the only way to liberate everyone underneath the umbrella of oppression was by serving those who could fight for their own freedom. Dr. King believed that peace was the key component in the fight for freedom, and once that freedom would be obtained, that it be protected with an ardent passion.

Dr. King's message showed us that every individual has a duty to uphold the freedoms they have already been granted while continually fighting for more freedom for the greater good. In today's world, that could look like



By ASHER ALI

volunteering at places that serve the less fortunate or perhaps work with the vulnerable to get them aid and assistance. It could look like donating books and learning materials to places that distribute it to underfunded schools. It could even be fundraising for any cause anywhere that serves to improve the status of others.

The options are limitless because the bounds of freedom are truly limitless themselves, which is a thought that pushed Dr. King to be an advocate for such a wide number of issues around the world. It should be the same thought that compels us in modern times to pursue work that improves the lives of others, not just our own.

Dr. King said before that, "Life's most persistent and urgent question is, 'what are you doing for others?' because the fight for justice he subscribed to is one that has lasted far beyond his own life and continues to matter

The matter of voting rights for instance, which Dr. King sought to amend with multiple movements including the famous Selma March in Alabama, is still an issue today. Housing, another topic that Dr. King was so pivotal in advancing that his death actually prompted the signing of the Fair Housing Act in 1968, is an ongoing issues especially in segregated housing communities where economic discrimination has become an issue.

Some people think that the fact these problems persist means that Dr. King was negligent to try peaceful methods in hopes of advancing them, but if one were to look at how far those issues have come under the direction of peace, they would realize that the solutions which have already been created to fix these problems would be unattainable had they been approached any other way. Dr. King used love in a way to compel his audience to see the value in building something together,

It's the goal for us now moving forward to reconnect with our communities and use our common love to develop the freedom we wish to attain. Dr. King said to use love and show peace to all men because that is inevitably what we all hope to achieve in this world. If we become violent or angry, then we become unable to help others in need, so we fail to liberate both them and ourselves in our efforts to construct a more equitable

'Love must be at the forefront of our movement if it is to be a successful movement. And when we speak of love, we speak of understanding, good will toward all men," Dr. King said during his speech following the bombing that happened at his house on Jan. 30, 1956. "We speak of a creative, a redemptive sort of love, so that as we look at the problem, we see that the real tension is not between the Negro citizens and the white citizens of Montgomery, but it is a conflict between justice and injustice, between the forces of light and the forces of darkness."

Asher Ali is the diversity editor. Follow him on Twitter: @asher_ali3.

Gonzaga's COVID-19 response falls short

Throughout the pandemic, schools across the globe have been forced to change policies surrounding health precautions. As spring semester began, many Gonzaga students wondered what our campus would look like as the Omicron variant rapidly spread across the

On Jan. 11, when classes resumed, President Thayne McCulloh sent an email to students encouraging face coverings, receiving booster shots and continuing to socially distance. Knowing that cases would increase, GU didn't implement any further safety protocols for students other then encouraging the booster.

Based on the most recent trend data, we anticipate that this surge will continue over the next four to six weeks," McCulloh said in the email.

Before students returned to school from winter break, GU required all vaccinated students to receive a vaccine booster once eligible. GU also asked unvaccinated students to get tested before returning to school. Although this was a requirement, no proof was needed for unvaccinated students to show their test results or upload them to GU's medical database. This led to unvaccinated students not getting tested and increasing the risk of omicron spreading across

Understandably, everyone has the right to their own body and choices. But,



By CATHERINE BROWN

the school is actively putting students and faculty at risk by not making a requirement that students are tested, and hopefully, fully vaccinated.

According to GU's website, all students are required to get vaccinated, vet somehow we still have a few hundred unvaccinated students? As a private university, it would be very easy to re all students and staff to get the vaccine and implement a mandate. Putting the health of students and faculty first always claims to be the NO. 1 priority, but why is this never actually shown with actions made by GU?

By not requiring vaccinations and testing, the school is putting everyone on campus at risk without holding anyone accountable, especially since there are no protocols for unvaccinated students to ensure the safety of everyone else.

One argument that can be made about requiring vaccines is that even vaccinated people can become positive, but the effects are so much worse for those who are unvaccinated, compared to those who have received both doses of the vaccine.

Vaccine required or not, GU isn't doing enough to keep students and faculty safe. Why are students still able to attend classes if they have been exposed to COVID-19? Why are we still allowing students to attend games at such a high capacity, even when GU is making additions to the school such as expanded Pick-3 to lower COVID-19 exposure? GU is acting like it's all just going to cancel out, even though it won't.

Soon enough, students and faculty will have to face the consequences of the irresponsible actions made by the school, and we're all probably going to be sent home as cases are going up again. GU could easily help slow the rise of cases in so many ways. Cases will continue to rise no matter what, but GU needs to implement more protocols for students and staff to follow.

If I were McCulloh, I would have had everyone return to school, and then

quarantine for 10 days in the dorms. Then have everyone, including faculty, take a COVID-19 test before returning to class. Students who get exposed throughout the semester should also be forced to quarantine before coming back to classes.

Currently, when a student is exposed to COVID-19, GU doesn't make the student do anything more than wear a mask. It's encouraged that students who are unvaccinated or not fully vaccinated quarantine for five days, but they are still allowed to go to classes. In fact, according to GU's approach, if you're fully vaccinated and exposed to COVID-19, you're still more than welcome to eat in the COG, as long as you put your mask on when you're done. But don't worry, no one's really tracking that.

Wearing masks clearly isn't doing enough to help slow the spread of COVID-19, and GU has made it the student body's job to ensure a safe campus environment. Instead of ignoring the problem the school should have just taken the necessary precautions before sending students back. It's irresponsible of GU not to create policies where students are held accountable for their exposures. It shouldn't be up to the students to make a safe campus— GU should be ensuring that already.

Catherine Brown is a staff writer.

The Gonzaga Bulletin

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In an world continually shifting, what will come of spring '22?

"Unprecedented" is a term used to describe things "never done or known before." Throughout the past couple of years, I've noticed this powerful word infiltrate our vocabulary in our description of current events. We've encountered "unprecedented numbers of cases," "unprecedented shortages" and a miscellany of "unprecedented circumstances" that have shaken our collective experience.

We've had nearly a year of "unprecedented" occurrences that have sprung up constantly, forcing us to reckon with who we are, what we do and why we're doing it. At times, these contexts have been bleak enough to change the answers to those questions radically. It seems to me Gonzaga University has gone through its own "unprecedented" period of tumult along with so many other affected institutions.

But this word, "unprecedented" has lost the gravity with which it first shocked me into awareness. Each new day, simply by the virtue of being a new day, is unprecedented-must we describe them as such? So, going into this semester at GU I'm endeavoring to find other adjectives to break out of the unprecedented rut we seem to

Remarkable is perhaps a possible alternative. Cases are going up; COVID-19 is running through communities with tremendous speed, but it's truly remarkable we're back on campus. Not only that, it's also remarkable we've been given the opportunity to pick



By ANDERS SVENNINGSEN

up where we left off. Relative to current circumstances with other schools completely closed, I'm counting my blessings

Outstanding could be another route taken. We're headed into another semester of more outstanding basketball. The Zags have set their sights on March; they're beginning to gather inconference experience through the winter portion of the season, and I'm extremely excited for a spring thaw ushering in the electric energy of basketball back

Athletics in general are primed for an outstanding semester. Tennis, track and field, golf and rowing are gearing up for sensational spring competition that will undoubtedly be outstanding for everyone involved, regardless of if it's on or off the field of play.

Extraordinary is a further synonym for consideration. This semester there's slated to be even more extraordinary in-person events, as GU's performing arts

groups carry forward exciting momentum built upon the first in-person offerings of last semester. Choir concerts, dance showcases, orchestra and band performances are all being prepared with the thrilling prospect of beautiful in-person

Revolutionary would even be a viable substitute. Last semester, student engagement with social justice jumped back into action with Fossil-free Gonzaga, Black Student Union and Gonzaga **Environmental Organization** hosting events and fighting for changes our world needs to see. This semester, I'm excited to see what revolutionary ideas and viewpoints continue to herald necessary dialogue that drives our community toward a brighter

As I reflect on the handful semesters that we've now had during these "unprecedented" times, I'm thankful for experiences that added positively to their truly unusual nature. Looking forward to this semester however, I cannot wait for the remarkable, outstanding, extraordinary and revolutionary times that lay ahead.

Anders Svenningsen is a staff

The '80s: Inspired by or stolen from?

Where should the line for "retrowaving" be drawn?

COMMENTARY

By ALEXANDER PREVOST

WWW.GONZAGABULLETIN.COM

od, it's brutal out here. Or at least, that's what Olivia Rodrigo once said. Following the release of her 2021 debut record "SOUR," the Disney star turned global pop phenomena was met with a tidal wave of outrage. Critics claimed that many of the tracks sounded too much like the classics of the 2000s and '80s. But rather than focus on backlash against the record's crown jewel, "good 4 u," I want to look at it's opening track, "brutal."

Many listeners were quick to point out that she had directly lifted a guitar riff from rock legend Elvis Costello's 1978 track, "Pump it Up." In spite of this, he defended the creative decision.

This is fine by me," Costello said in a tweet. "It's how rock and roll works. You take the broken pieces of another thrill and make a brand new toy."

Amid the numerous copyright infringement lawsuits facing other artists, Rodrigo's predicament asks an important question: When does wearing our influences on our sleeve cross into copying territory?

Let's pivot this lens to a more contemporary example. Ever heard of a record called, "After Hours?" The smash-hit album by pop and R&B singer-songwriter and producer Abel Tesfaye (aka The Weeknd), solidified a new music trend that had been years in the making: Retrowave.

After smaller artists such as Carly Rae Jepsen with her 2015 masterpiece "Emotion" and bigger names like Taylor Swift with "1989" had begun to kindle the flames, it was ultimately The Weeknd's 2020 album that caused the fire to erupt — courtesy of it's most iconic song, "Blinding Lights." It gave retrowave staying power.



COURTESY OF ELVI COSTELLO'S FACEBOOK PAGE

Rodrigo sampled the 1978 track "Pump it Up" in her intro

track "brutal."

Now, everyone and their grandma are doing '80s-influenced music. Pop music of the early 2020s will be remembered by this sound. Let's return to the original question and ask ourselves: what makes a good example of influenced music, what makes a bad example and what is plain stealing?

I think it's easier to draw the distinction between good and bad influenced music. We'll call this the "P.O.P." test, and it's defined by three criteria: presence, originality and performance.

If an artist is able to clearly present themselves through their lyrical style, singing, etc., their presence is distinct. Furthermore, if they perform the track with energy (notice I did not say volume) and verve, they successfully execute a performance. Last and most



Despite having received loads of praise, "SOUR" attracted negative reviews for her heavy use of sampling.

importantly, if an artist is able to take ideas and put their own spin on it — make it sound fresh — they have demonstrated originality.

This last category is most hard to define on its own. It relies on the success of presence and performance. Now, let's put the P.O.P. test into practice with two recent retrowave tracks. On the good end is Charli XCX's "New Shapes" The latest single off her upcoming record "CRASH," is an excellent example of using your influences well. The song features distinct, electric performances from Charli and featuring artists Caroline Polachek and Christine and The Queens.

Furthermore, its structure and lyrics very much sound like a Charli XCX song. Though it's not as groundbreaking as her more hyperpop-oriented tracks (see: "Click"), the sticky chorus and themes of heartache put the track right at home in her discography. Lastly, producers Lotus IV and Deaton Chris Anthony take care to make the neon production sound fresh rather than



COURTESY OF CHARLI XCX'S FACEBOOK PAGE

Charli XCX's "New Shapes" is an example of the P.O.P. test. derivative

In short, "New Shapes" passes the P.O.P. test. However, the same cannot be said for The Kid LAROI's "Stay." Often, I can't tell if this is a cover of an unreleased Weeknd track. LAROI's singing sounds atonal and hoarse, and Justin Bieber is straight-up phoning it in. I am no closer to understanding who The Kid LAORI is as an artist by listening to this track.

Ultimately, when musical trends come to life, it seems that the artists that capitalize on the trend best are the ones that keep it original and fresh. When influences of past art or sounds come into play, it becomes easy to coast rather than actively innovate and pay homage.

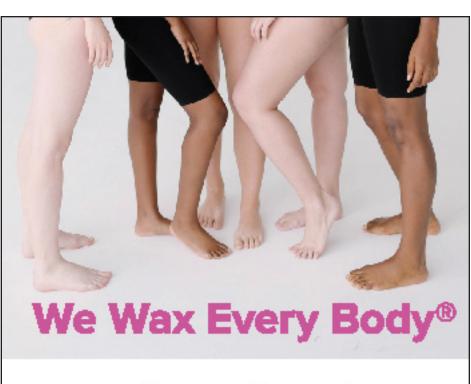
So now it comes to copying, and we can look no further than the recent Tory Lanez and Madonna influence. On their recent song "Pluto's Last Comet," Lanez's flow directly lifts melodies from Madonna's hit from the '80s, "Get Into the Groove." The Queen of Pop herself called Lanez out for such offenses.

The conversation around copyright infringement and it's blurred lines with influence is complicated. Too complicated to sum up in an op-ed piece, so let's bring it back to Costello. To perpetuate art is to wear your influences on your sleeve. It is to take what you love and put your own spin on it. Sometimes, we see it in trend, other times we see it manifest in entirely different genres. In cases of direct copyright, where there is clear interpolation of sounds and lyrics without credit, that's obviously grounds for critique.

However, when homage gets blurry, that's when things can get dangerous, especially when a new artist is still finding their sound.

Alexander Prevost is the online editor. Follow him on Twitter: @alexanderprvst.





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Kitty Cantina partners with SpokAnimal to promote cat adoptions.

Cats and coffee with Kitty Cantina

Local cat café raises adoption awareness while providing drinks and eats

By CATHERINE BROWN

alling all cat lovers: Spokane's own Kitty Cantina is now offering 50 minute sessions jam-packed with snuggles from cats in need of a home. Located at 6704 N. Nevada St., the Kitty Cantina offers a full menu including a wide variety of food and hand-crafted drinks.

Partnering with SpokAnimal shelter, adoption rates are better than ever. During recent sessions, the cats are not up for adoption due to scarce demand. The Cantina's slogan, "Save the Cats" seems to be taking hold in the hearts and minds of Spokane locals.

Macie Mobley, a veterinarian assistant who works at the Cantina part time, said she is thrilled to see Gonzaga students supporting the business.

This is a great space to bring your laptop and de-stress while you play with kitties and drink chai tea," Mobley said. "Students need to come in during finals stress this year. These loving babies will be here waiting.'

After opening their doors in May of 2020, the environment of the pandemic is all people know. For the first few months, it was tough to figure out a COVID-19 safe strategy to get customers in the door.

After testing out a unique business model for a while, Kitty Cantina was able to nail down the perfect formula for business.

"All we know is this COVID-19 world," Mobley said. "We are used to making adjustments and being flexible. After doing limited capacity, masking up, doing only drive-thru orders and entirely adjusting the adoption process, we were able to perform wonderfully while a lot of people were struggling.

Kitty Cantina was able to break adoption records alongside SpokAnimal and give people a reason to smile,

Since COVID-19 is currently manageable, the Kitty Cantina is experiencing success. Sessions last 50 minutes and there are group and solo options. People ages 17 and under must be accompanied by an adult to participate and experiences require a signed waiver and prepaid fee upon online registration. Signing up is an easy process, but bookings fill up quickly so it is important to pay attention to the Cantina's website when sessions open up.

When it comes to the kitchen and coffee counter,



PHOTO COURTESY OF KITTY CANTINA'S FACEBOOK Kitty Cantina opened in May of 2020, during the pandemic.

employees have been whipping up a fun menu. Just last week, a "Mean Girls" themed menu was launched. A "Burn Book" matcha, a "Beware the Plastics" latte and a "You Can't Sit With Us" lotus drink are just three examples of a new drink menu that launched.

Owner Justyn Cozza knows he did not invent the idea of a cat café, he is always looking for new ways to shake things up and be creative.

We are looking forward to expanding the menu after the craziness of making it through the first wave of the pandemic," Cozza said. "I'm a food guy and a pet guy, and I was excited at the prospect of making what become the Kitty Cantina my own.

As the owner, Cozza wears multiple hats in this family-owned and run business. He is the creative mind in the kitchen, but he also manages communicating with SpokAnimal concerning adoption policies.

Employees do crossover between the room with the kittens and make drinks behind the counter. Resumes are always being accepted, but this is a versatile job that requires barista-style training and the ability to work with animals.

As a GU graduate himself, Cozza is happy to have as many GU students as possible to pack the Cantina. Winter is a tough season adoption-wise and the university students are a great group that could benefit from the comfort of a cat.

"I graduated from Gonzaga's education program myself, and Zags are always welcome," Cozza said.

Going to the Kitty Cantina with friends is the perfect weekend activity. During finals week, or whenever stress and homework are taking over, head over to Spokane's very own Kitty Cantina and support a local business that provides the love of kittens and yummy snacks.

Zags can follow Kitty Cantina on its Instagram @spokane-kitty-cantina to spread the word about coffee

Catherine Brown is a staff writer.

What's in a recipe: Crumbly pumpkin cheesecake

A fall-inspired recipe that features a graham cracker crust from a family recipe stash

By MARISSA CONTER

Calling all Zags with a sugar craving. You must try this tried and true family

recipe for pumpkin cheesecake.

My dad has been making this cheesecake for my family ever since I was little. He is an excellent cook and baker and this dessert is one of his staples. He usually makes it around the holidays, creating the design to fit the time of year.

Everyone in my family has a sweet tooth, and this pumpkin cheesecake is definitely why. The creaminess of the filling with the flavor from the pumpkin makes it stand out from original cheesecake. My personal favorite part is the graham cracker crust, which crumbles in your mouth in the most satisfying way.

My dad's love for cooking comes from his family, who all believe in showing your affection for loved ones through food. When he makes this dessert, as corny as it may sound, it definitely helps bring my family together, as a good meal does.

I'll admit — I am not as skilled in the kitchen, but getting to cook and make desserts like this with my dad's help is something I can always look forward to. If you have a group of friends with a similar desire for creamy cheesecake, I definitely recommend giving this recipe a shot.

Ingredients

Crust:

1 cup graham cracker crumbs ¼ cup sugar ¼ cup melted butter

Filling:

8 ounces of cream cheese at room temperature

6 tbsp sour cream

½ cup sugar

2 large eggs 1 cup canned pumpkin

1 tsp cinnamon ¼ tsp ground ginger

Directions

1. Position rack in center of oven and preheat to 375 F.

2. Crust: Mix graham cracker crumbs, sugar and butter. Line this in an eight or

nine inch spring form pan. 3. Filling: Beat cream cheese and sour cream in a large bowl until smooth. Gradually add sugar and beat until blended. Add eggs one at a time, beating

just to blend after each addition. 4. Transfer 1/3 cup of the cheese mixture to a small bowl. Add pumpkin, cinnamon and ginger to cheese mixture to the large bowl and beat until blended. Spread

pumpkin filling in the crust. 5. Drop the reserved ½ cup of cheese mixture by teaspoonfuls over pumpkin filling. Using the tip of a small, sharp knife, gently swirl cheese mixture into the pumpkin mixture in a decorative pattern.

6. Bake cheesecake until the filling is firm in the center, or for about 30 minutes. Cool cheesecake on the rack. Cover and chill (can be made a day ahead, but keep refrigerated).

Marissa Conter is a staff writer.



Pumpkin cheesecake is an easy recipe for new bakers that have a sweet tooth.

@GonzagaBulletin

Trends, releases and predictions: What to expect from music in 2022

COMMENTARY By SYDNEY FLUKER

le are two weeks into 2022 and this year of music is looking promising.

Two weeks in, we have already been blessed with killer new releases. FKA Twigs, Earl Sweatshirt, Cordae, The Lumineers, The Weeknd and Gunna have all dropped albums, while a range of artists from rap to country have released singles.

There are some big releases to expect this year. Mitski's "Laurel Hell" is set to be released on Feb. 4, while Freddie Gibbs's "SSS" has been confirmed but the release date is to be announced.

For better or for worse, it seems like TikTok's power and influence over the music industry will only continue to expand. TikTok is responsible for bringing artists like PinkPantheress and Ashnikko to limem, which leads me to my next prediction.

It's looking to be a big year for hyperpop. As hyperpop's popularity continues to grow and attract attention, it's genre-bending style is constantly evolving. Charli XCX is set to release "Crash" on March 18, while Kim Petras is rumored to have a more pop-influenced album coming out.

2022 will also bring some highly anticipated hip hop albums to light. Megan Thee Stallion told her fans to be ready for her second LP sometime this year, but has yet to provide further details. I'm sure Drake will have some hit single or album, as he somehow does every year.

Even with big name releases, more and more up-and-coming artists are being recognized for their talent. Monaleo, a Houston rapper, is rumored to have her EP coming this spring after blowing up in early 2021. Che Noir, another talented female rapper to check out, has "Food For Thought" set to release on

Earthgang will have "Ghetto Gods" out on Jan. 28, while Saba is dropping "Few Good Things" on Feb. 4. Griselda's Benny the Butcher and Conway the Machine have albums scheduled for the year, while Conway's is confirmed for Feb. 25. Meanwhile, Ye, Lil Uzi Vert and Playboi Carti are rumored to drop this year, but nothing has been officially stated.

Hopefully, 2022 will be the year some artists end their mini-hiatuses.

SZA is rumored to be putting an album out this year. In the five years since her last album, "Ctrl," she has only released three of her own singles, two of which were released in 2020 and one in 2021. "Good Days," "I Hate U" and "Hit Different" have received loads of attention and praise, and before the flurry of singles she tweeted about how Top Dawg Entertainment had delayed the release of her music.

SZA isn't the only artist fans are hoping for an album from. Kendrick Lamar and BTS both have albums rumored to be dropping this year. For Lamar, that means returning from a three year release since the "Black Panther" soundtrack dropped. A statement from BTS's label Big Hit Music announced that "BTS will be focusing on preparing for [a] concert and release of the new album that will mark the beginning of a 'new chapter," but no further information has been

For the indie fans, Hippo Campus, Lady Bird and ALT-j have albums coming in February, with Peach Pit scheduled to drop in early March. A movement of rock bands from Australia and New Zealand are starting to blow up in the U.S., and I expect their popularity will only continue to grow.

Overall, 2022 is going to bring the bangers. After all, who knows what micro-celebrities will be discovered from TikTok and what they'll bring to the

Sydney Fluker is an A&E editor. Follow them on Twitter: @sydneymfluker.

'Nightmare Alley' portrays tragedy through beauty

REVIEW By KATE SULLIVAN

Guillermo del Toro's latest film, "Nightmare Alley," adapted from William Lindsay Gresham's similarly named 1946 novel, is an ode to old Hollywood married with impactful modern cinematography.

The film begins with leading man Bradley Cooper as Stan Carlile stuffing a body into a burlap sack and under the floorboards of a small country home, lighting the house on fire and fleeing. He rides the rails until eventually finding respite at a traveling sideshow on the edge of town. There, he is offered a job and falls into a makeshift apprenticeship in fortune telling, tarot readings and the likes.

Stan quickly begins to be woven into the tapestry of outcasts who work the sideshow. Particularly jarring to him, however, is the so-called "half-man, half-beast," a strung-out alcoholic whose hauntingly primal behavior is enough to draw spectators from far and wide.

Early in the film, we see Stan observing the caged and unkempt "halfman, half-beast" and eventually offering him refuge and dignity, only to later leave his decrepit body on a rainy stoop in the alley behind the Salvation Army.

It is this sharp self-interest and disassociation from humanity which not only opens and closes the film but also leads to Stan's inevitable downfall. In this way, "Nightmare Alley" is eerily circular in nature, and although this concept may have been more captivating in novel form, del Toro and his team did a good job of enriching the plot to grip a 21st century

The subject matter of the film is quintessentially noir, but the goal was to embody greater breadth and depth with stylistic decisions. Tamara Deverell, the film's production designer, recalls a conversation with del Toro about producing the movie in black-and-white, according to Forbes Entertainment. The prospect was quickly disregarded as del Toro wanted to take as many liberties as possible to confidently wander from the

Back at the sideshow, Stan's fortune-

telling act becomes increasingly charismatic and effectively catches the eye of the carnival's sweetheart Molly, played by Rooney Mara. The two run away together to Buffalo, refining their act in upscale nightclubs and rubbing elbows with members of high society.

The couple's act relies on vocal cues and intuition, but it is convincing enough to turn the heads of aristocratic professionals with demons, and elementary and manipulative enough to anger prominent psychiatrist Dr. Lilith Ritter, played by Cate Blanchett.

Stan and Lillith develop a business proposition, leveraging Stan's psychic performance with tangible information Lillith gains during psychoanalysis with her patients.

Blanchett's electric performance breaths new life into the femme fatale trope, relying less so on her feminine wiles than her chokehold on Stan's personal trauma and addictive tendencies. She becomes increasingly bold and derives pleasure from watching Stan and his bride slip deeper into a tunnel from which they

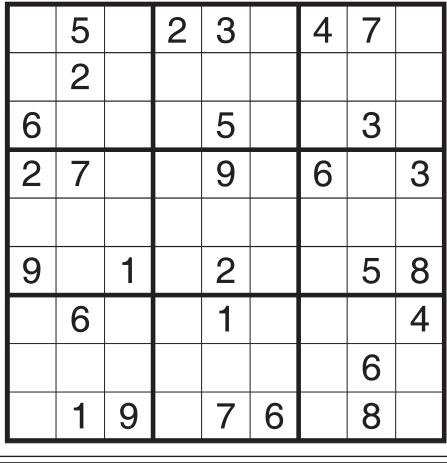
will never come out of. In the end, Stan's downfall, brought about by addiction and emptiness, drags him back to the roadside carnival that was only supposed to be a temporary stop on the way to better

Tragic in storyline but beautiful in visual storytelling, "Nightmare Alley" is a successful adaptation of the original novel. However, the film exhausts and over-emphasizes its larger societal themes which is not helped by a two-hour and 20-minute run time.

The New Yorker calls the film "bloated in length," and unfortunately, I have to agree. Regardless, I fell in love with the deliciously glamorous art deco style contrasted with del Toro's unique interpretation of the macabre.

Rating: 8.5/10

Katie Sullivan is a copy editor. Follow her on Twitter: @ksullivan2023.





Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

SOLUTION:

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NUTS! By Michael Schlossberg

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 39 Fiver
 40 "Curious George"
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 41 City on the Skunk
 42 Audrey of "The Da
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 45 Flavorful
 47 It's almost always
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- fishy 50 Date nut?
- 52 Brewers' gadgets 54 "Sorry, can't do it"
- 58 Mischievous glance
- 59 Bit 62 "Sorry not sorry" 64 Old Bruins
- nickname
- 65 Wing nut? 71 Butternut?
- Folksy Guthrie Abdominal scar,
- Earth goddess

- 78 One in the alley's back row

- 81 Pueblo building

- 84 Breakfast cereal magnate 89 Zigzagged, in a
- sport 91 Doughnut?
- 94 Drink with a painful
- homophone
 95 Packed (with)
 97 "Phooey!"
 98 Family figure?
 99 Kind of blanket or
- paint 100 Bubbly prefix 102 New Haven
- collegian 103 FDR had three of
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 110 Card game cry
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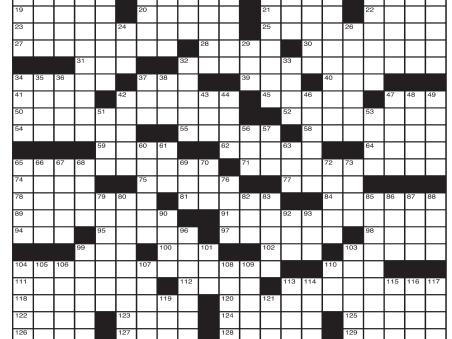
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- possible 107 Capital near Casablanca 108 Empaths pick them up _ Gay

106 As much as

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 110 Serengeti bovine
 113 London's __Park
 114 Help in a risky way
 115 Passport fig.
 116 It may include several courses 117 One in a wet
- 119 __ trip 121 Exposed, with "up"

Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis



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From Dame D.O.L.L.A to Stak5: Ranking the best athlete-rappers

By HENRY KRUEGER

hether it's rapper J. Cole playing three games in the African Basketball League or NBA All-Star Damian Lillard grinding in the studio, the crossover between hip-hop music and athletics is well documented.

Although the track record of success is limited for those who've crossed between the two industries, it hasn't stopped people from debating who the best athlete-

rappers and rapper-athletes are.
In this piece, I'll be doing exactly that: giving my list of the top-10 best athlete-rappers, ranked from best to worst.

Here is my list:

1. Shaquille O'Neal

A basketball Hall of Famer, sports analyst, entrepreneur and so much more, Shaquille O'Neal has found success in almost every way imaginable. With some of O'Neal's endeavors being more well-known than others, his rap career is often overlooked.

O'Neal was a pioneer of sorts, trying out rapping before it was popular for athletes to pursue careers in music. His repertoire consists of four studio albums, two compilation albums, two soundtracks, one unreleased album and nine

The former NBA center's rap career stretches across multiple decades. His first album "Shaq Diesel" was released in 1993 and his latest single "Bang," in 2019.

Many of O'Neal's songs focus on personal issues instead of more typical rap subjects like money and women. An example of this is when O'Neal discusses his relationship with his father and stepfather on his 1994 track "Biological Didn't Bother."

2. Damian Lillard

Going by the rap name, "Dame D.O.L.L.A," Damian Lillard is probably the most accomplished rapper among

The Portland Trail Blazers point guard has four albums: "The Letter O," "Confirmed," "Big D.O.L.L.A" and "Different On Levels The Lord Allowed." These albums include features from notable artists such as Lil' Wayne, Snoop Dogg, G-Eazy and 2 Chainz.

Aside from the music he's released, Lillard also earned praise for his freestyle on "Sway in the Morning" which has more than 11 million views on YouTube. In his freestyle, Lillard talks about his upbringing in Oakland and how that shaped who he is today.

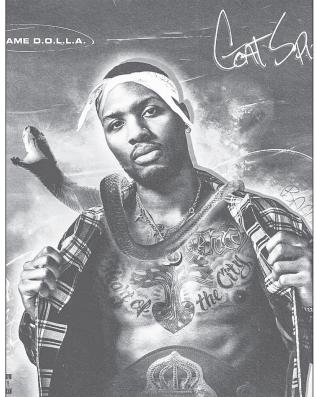
3. Miles Bridges

In the midst of a breakout season with the Charlotte Hornets, Miles Bridges' future on the basketball court looks bright. While the 23-year-old has been celebrated for his on-the-court play, his rap career also has real

He's the youngest name on this list, but Bridges has been rapping for years, drawing inspiration from wellknown hip-hop artists.

"When I was 16, I was tryna make music like Drake," Bridges told The Ringer. "My flows changed tremendously. I started listening to Detroit music when I was 13 or 14. Doughboyz Cashout, Team Eastside, all those guys.

Using his rap name "RTB MB," Bridges has racked up



Dame D.O.L.L.A's "GOAT Spirit" released in June has over 1 million views on YouTube.

hundreds of thousands of views with his music videos on

4. Iman Shumpert

Continuing the trend of basketball players becoming rappers, Iman Shumpert isn't one of the more well-known athletes on this list; however, the former NBA player has some serious rhyming skills.

Although Shumpert has released music, none of his songs gained as much attention as his freestyle on WQHT (97.1 FM, Hot 97) on Nov. 13, 2017. Shumpert freestyled for roughly four minutes and the video has almost 600,000 views on YouTube.

5. Roy Jones Jr.

The first non-basketball player to be mentioned, Roy Jones Jr. has arguably the biggest hit on this list with his song "Can't Be Touched."

With 66 career wins, 47 by knockout, Jones considers himself untouchable, an opinion he expresses at the beginning of the track's chorus:

Can't be touched, can't be stopped

Can't be moved, can't be rocked Can't be shook, we hot

"Can't Be Touched" is part of the 2004 album, "Body Head Bangerz, Vol. 1," Jones' most popular album by a wide margin.

6. Lonzo Ball

Dealing with injuries and an obnoxious father, Lonzo

Ball took longer than some expected to adjust to the NBA. However, long before the point guard found his place in the league, he experienced success as a rapper.

The 24-year-old's songs and freestyles have reached millions of views across several platforms. With the stage name "ZO," Ball raps about several subjects but often incorporates his famous family and their brand into his music.

7. Adrien Broner

For as long as rap music has been around, feuds have existed inside the industry with rappers launching epic diss tracks on each other.

In 2016, Boxer Adrien Broner released "Slammer (Panda Freestyle)," which addresses his beef with fellow fighter Floyd Mayweather and The Money Team. The music video for the song has accumulated over 2.4 million views on YouTube.

Since then, Broner has released multiple other tracks, including "The Race Freestyle," "Horses Wanted" and "Static," all of which have music videos on YouTube.

8. Le'veon Bell

There was a point in time when Le'veon Bell was one of the best running backs in the NFL. While most fans hope Bell can eventually perform like his old self, his football decline has led him to a new passion: rapping.

Bell has rapped about his contract dispute with the Pittsburgh Steelers, his unfair treatment by the media and the regular topics seen in hip-hop music like money and women.

One of his most notable songs is "G Code," featuring rapper Lil Durk. Although the song gained some attention, many were quick to point out that Bell rapped for less than a minute and Lil Durk had a larger role on the track despite it not being his song.

9. Stephen Jackson

Stephen Jackson probably wouldn't make this list if not for his 2014 track, "America Da Beautiful."

The song was released after former Los Angeles Clippers owner Donald Sterling was recorded making offensive and racist comments toward his personal

The scandal rocked the NBA and Sterling would eventually receive a lifetime ban from the league and a \$2.5 million fine.

Jackson's song covered the scandal but also touched on other national issues pertaining to racism.

10. Delonte West

With room for one more athlete-rapper on this list, I'm going with one of the most notorious players in NBA history: Delonte West.

Because much of his fame is overshadowed by his alleged affair with former teammate Lebron James' mom, many forget that West enjoyed rapping in his free time.

While West doesn't have much of a resume, a hilarious video exists on YouTube of him rapping about food, utensils and sauce while waiting in a KFC drive-thru line.

Henry Krueger is a sports editor. Follow him on Twitter: @henrykrveger.

Women's soccer hires new director of operations

By COLE FORSMAN

Former Bulldog Madeline Gotta has been hired as the director of operations for the Gonzaga University women's soccer program, head coach Chris Watkins announced on Tuesday.

"The Gonzaga Athletics family is really special, and I couldn't be more excited to rejoin the family in a new role," Gotta said in a news release. "I'm looking forward to helping create the same great experience that I had for current and future studentathletes at Gonzaga.'

Gotta was a standout for the Zags from 2016 to 2019. As a senior, she was selected to the All-WCC first team while pacing GU with seven goals that season. She was also a first team All-West region member and became the first player in program history to be recognized as a scholar All-American by the United Soccer Coaches organization.

Gotta ranks in the top 10 in program history for total points (37), goals (13), assists (11) and shots (135).

After graduating, Gotta professionally in Spain, Iceland and Sweden. She played primarily as a midfielder throughout her career, both defensive and attacking, as well as outside forward for her team in Iceland.

"We are so excited to have Madeline rejoin our Gonzaga program," Watkins said. "As a former captain, academic

All-American and incredibly dedicated athlete, her future is bright."

Forsman is him Follow editor. *Twitter:* @CGForsman.

With new additions to the team, GU men's tennis hopes to find identity

By SYDNEY FLUKER

After completing its first season together this fall, the Gonzaga University men's tennis team is ready to hit the

"We're just looking forward to getting some matches going," said sophomore Sasha Trkulja. "We haven't played a match in two or three months, so I think we're just excited to get back and compete." The team this year has some new faces, with three

new players and a new head coach. Coach D.J. Gurule switched from the GU women's tennis team last summer after 17 seasons as head coach for the program. His impressive record with the women's team, leading the Zags to three straight second-place finishes in the West Coast Conference (WCC) and ensuring the team thrives athletically and mentally, promises to push the men's tennis team's recent growth even further.

'Our challenge is trying to find our identity," Gurule said. "This is a group that's going to be together for a couple years here, so it's really critical for us to trust each other and work together and push each other where we can."

New this season are first-years Martin Bats and Arthus de la Bassetière, as well as graduate student Tom Hann. Despite joining this fall and with almost all players coming from different countries, the cohesion and camaraderie within the team is strong.

'[Tennis] being an individual sport made us so selfish for most of our lives... but our cohesion boosts the morale of the team to a point where we can achieve things a lot higher than what people might think," Hann said. "We're all so supportive of one another and we want each other to succeed as much as ourselves, and in tennis that's really hard to come by — where nine guys want that for one another."

The results of their fall season is evidence of that energy.

The team ended its fall season with the Gonzaga Invitational over Halloween weekend. Seven universities traveled to Spokane for the invitational, and GU finished the matchup with three bracket wins.

Individually, Matthew Hollingworth and Sasha Trkulja concluded their season at the ITA Fall Championships



Sophomore Pablo Gomez Galvan played to a 13-5 record in singles and a 5-3 record in doubles last season.

after a loss to the University of Arkansas, placing them at No. 25 in the ITA Collegiate Rankings.

Overall, the team hopes to go far in the WCC tournament which runs from April 28-30. This year, the conference features some standout opponents.

The No. 1 ranked ITA player, August Holmgren, plays for the University of San Diego, as well as No. 84 Marvin Schaber, but the university has no ranked doubles. The Zags will face down USD in San Diego on Feb. 27.

Pepperdine University's men's tennis team is entirely ranked in singles, making it a tough group to face. The Zags won't play the Waves until April 10 in Malibu, California, giving them the season to prepare for the match.

'There are going to be some challenges, but we are capable of doing anything," Gurule said. "We'll take it one match at a time, but our biggest goals are, through conferences and tournaments, to put together a resume that can get us to the postseason."

The Zags start their season at home on Friday against

Seattle University and later that day against the University of Nevada at Reno. GU has an impressive record against SU and will carry its winning streak against the Redhawks to 14 if they win this upcoming match. The first match will help Gurule determine where the Zags are at with

The first conference matchup is against the University of San Diego on Feb. 27, followed by BYU on March 25.

"It's a really quality group of people, which I think is the most important thing there is," Gurule said. "It's going to be a joy to compete and I think we have the talent and the mentality to compete at a high level and to do something really special."

Sydney Fluker is an A&E editor. Follow them on Twitter: @sydneymfluker.

RFC gets creative with spring intramurals

@GonzagaBulletin



For the first time, the Rudolf Fitness Center (RFC) will have intramural softball in the fall and spring semesters for students.

By CLAIRE TOLLAN

Spring intramurals are here at the Rudolf Fitness Center (RFC). With popular sports such as softball and basketball getting a second season and other unique options such as innertube basketball and a golf tournament, there are plenty of opportunities for students to take a break from their studies and have some fun.

This semester, the RFC is offering popular sports such as softball, basketball, soccer and volleyball. There will also be innertube basketball, a ping pong tournament, a dodgeball tournament and a double and singles pickleball tournament. Rounding out the spring slate is a double and singles tennis tournament, a Super Smash Bros. tournament and a golf tournament.

"We're offering all the major sports twice for the first time ever which is really cool," said Tyler Seth, associate director of the RFC. "We've never had two basketball seasons; we have that for the first time. Softball, we have two seasons for the first time, which is awesome."

This is also the first year that the golf tournament will be on the schedule and promoted, Seth said. The location is still to be determined, but Seth said the RFC is working with local courses and is hoping to host the tournament on a Saturday. According to IMLeagues, registration for

the tournament will open in April.

The other unique addition to spring intramurals is the Super Smash Bros. tournament, a video game competition. While it was offered during the beginning of the pandemic, this will be the first time it is offered with students on campus.

With a full schedule of spring intramurals, COVID-19 protocols are still in place. Masks will be required and there will be staff enforcing masks in all participation, according to Seth.

"What's nice kind of being in this round of COVID-19 [is] we have a lot of steps in place for social distancing," Seth said. "We know what's allowed outside versus inside. So, there's not a whole lot of new changes for this semester that we haven't been doing the last couple of years."

For senior Madeline Garcia, a supervisor at the RFC, intramurals offer an opportunity to connect with classmates, especially after the pandemic put social gatherings on pause.

"I like obviously the competitive aspect, but I also enjoy the emotional aspect of people on your team and people that you're facing, just like people playing games before you, after you," Garcia said. "With social distancing and whatnot, and not seeing a lot of our classmates last year, I think that has been a big motivator for me to do as much as I can."

For the major sports, students can choose from three different levels of competition for each sport. Boone

leagues are for teams who have little to no experience in the sport and simply want to play for the social and recreational aspect. Sharp leagues are for teams at the intermediate level. Sinto leagues are for teams wanting the highest level of competition.

Team sports have women's, men's and coed leagues for each level of competition. Each league will have its own regular season followed by playoffs. Winners will

receive the famed championship shirts.

According to Garcia, who has worked in the RFC for three years, basketball, volleyball and softball seem to be the most popular intramural sports. However, she recommends also trying out a unique sport like innertube basketball.

While volleyball is already underway this month, registration for the ping pong tournament began Wednesday. Basketball sign-ups start on Jan. 31. Registration for other intramural sports will open between February and April.

Whether students are looking for a competitive outlet or an opportunity to socialize with fellow Zags, intramurals offer something for everyone.

To register for intramurals, visit IMLeagues.com and use GU credentials to create an account. From there, students can create or join teams. Reach out to the RFC with any questions.

Claire Tollan is a staff writer.

GU SPORTS CALENDAR

Thursday, Jan. 20

- ➤ Women's basketball vs. Portland, 6 p.m.
- ➤ Men's basketball vs.
 San Francisco, 8 p.m.

Friday, Jan. 21

- Track and Field at Larry
 Wieczorek Invitational
 (women), Iowa City, Iowa,
 all day
- Men's tennis vs. Seattle, 11 a.m.
- ➤ Men's Tennis vs. Nevada, 4 p.m.

Saturday, Jan. 22

- Track and Field at Larry
 Wieczorek Invitational
 (women), Iowa City, Iowa,
 all day
- Men's tennis vs. Montana State, 10 a.m.
- → Women's tennis at Cal Poly, Eugene, OR., Noon
- ➤ Women's basketball at Saint Mary's, Moraga, CA., 1 p.m.

Sunday, Jan. 23

→ Women's tennis at Oregon, Eugene, OR.,11 a.m.

Home games in bold

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JANUARY 20, 2022 FB.COM/GONZAGABULLETIN

Zags gear up for rescheduled game with Dons

By HENRY KRUEGER

hen COVID-19 related protocols postponed Gonzaga University's game with the University of San Francisco (USF) on Jan. 6, it was a huge blow.

With USF being one of a few West Coast Conference (WCC) teams who can provide a competitive matchup for GU, the Zags knew their strength of schedule would take a hit if the game wasn't rescheduled.

It would take a couple of weeks for a new date to emerge, but last Sunday, it was announced the No. 1 Zags (14-2, 3-0) would host the Dons (15-3, 2-1) on Thursday. The game is replacing GU's road matchup against the University of Pacific, which was postponed due to COVID-19 related protocols within the Tigers' program.

While postponements and rescheduled games have been an obstacle for GU this season, senior guard Rasir Bolton is just going with the flow.

"Take it one day at a time, focus on what we can and control what we can," Bolton said. "Play when they tell us we can play or if the game's canceled, we'll go in and

A regular vote-getter in the AP Top 25 College Basketball Poll, USF is coming off a 71-69 loss to BYU on

The Dons are led by guard Jamaree Bouyea, who leads the team with 17.9 points and 3.8 assists per game. Bouyea is also top-3 on the team in rebounds, steals and blocks

In USF's last game against GU, a 100-61 loss for the Dons on Feb. 13, 2021, Bouyea tied as his team's leading scorer, finishing with 14 points and dishing out three

While players like Bouyea have carried the Dons during their hot start, USF has several talented players on its bench, including sophomore guard Julian Rishwain. A lights out shooter, Rishwain leads the WCC in 3-point percentage at 48.4% on almost five attempts per game.

Rishwain isn't USF's only elite 3-point shooter. Sophomore forward Josh Kunen and Bouyea are shooting 43.6% and 40.6% from 3-point range, respectively. With a surplus of deep-range snipers, USF receives 36.3% of its total points from 3-pointers, much higher than GU's 28%.

The Zags are fresh off a 115-83 win over Santa Clara University on Saturday. It marked the team's third consecutive 100-point game, a tribute to their highly efficient offense.

While some college teams have embraced the 3-point revolution, GU has found success inside the arc. The Zags are shooting 63.7% on 2-pointers, the best mark of any team this season.

Another contributor to GU's efficient offense is the team's ability to find the open man. The Zags average 19.3 assists per game, placing them at No. 2 in the country.

"I would just say our high assists is kind of showing," Bolton said after the Santa Clara game. "We're learning how to play with each other. Coming into this season, we were young and a new team with me being a transfer and stuff. I think we're just starting to figure each other out and things are starting to run smooth.



@GONZAGABULLETIN

Amid college basketball's 3-point surge, GU has found success inside the arc. The Zags are shooting 63.7% on 2-pointers, the best mark in the country.

GU Head Coach Mark Few is also pleased with his team's ability to distribute the basketball.

"What I like is we're sharing it and making the right reads," Few said. "There's a lot of reads that need to be made with the pace that we play and the guys are doing a

Although ESPN has GU favored at 94.2%, Thursday

night's showdown between two high-powered offenses is sure to have fans entertained.

The game will be broadcast on CBS and tipoff is set for 8 p.m.

Henry Krueger is a sports editor.

