Lunar New Year Festival returns to Spokane

Its last celebration was held in 1933, making this year’s festival the first in 89 years

February is Black History Month in the U.S. Follow BSU @gonzagabsu on Instagram to keep up with their events, and follow the Bulletin for our continued Black History Month coverage.

Professor Gow explores identity culture through sociological lens

By SYDNEY FLUKER

The life of Jamella Gow is one of passion and lifelong learning.

Inspired by her own identity and past, the Gonzaga sociology professor specializes in research on Afro-Caribbean diaspora and the intersectionality of being racially Black and from an immigrant family in the U.S. At GU, she teaches courses on race and ethnicity, culture, immigration, Black studies and globalization.

"Identity is always changing and it’s radical and political and personal — it’s all of those things at the same time, and I like to explore that," Gow said.

Born to a military family in Houston, Texas, Gow moved frequently throughout her childhood. From the time she was born, her family moved to California before moving again to north Florida. While both of her parents are immigrants from Jamaica, her childhood was spent driving from her home in north Florida to her family in south Florida.

Starting out as a physics and astronomy major at Texas Christian University (TCU), it was a science fiction course that sparked a new interest.

"The way the professor taught it, he was almost exploring the sociology of technology and how we respond to it," Gow said. "It made me think, ‘this is really cool, how do I do this.’ So I took a bunch of different social science classes and ended up in sociology."

As an English and sociology double major, many of her classes coincided with one other. One Irish literature class explored the history of Irish colonization alongside the literature being produced, a history of colonization Gow saw reflected in her own past.

"I love sociology, and I love that it’s critical," Gow said. "It’s looking at injustice and how we become the way we are, but literature is doing those kinds of explorations, too… we’re all just trying to figure out our existence."

It was TCU that introduced her to teaching, where she served as an English as a Second Language (ESL) instructor. Volunteering in an ESL classroom showed her the value of the connection that came from teaching and pushed her toward her current path.

As her education progressed, Gow found herself enjoying the tough questions asked in sociology, sparking a passion for exploration through research. Merging her love of diverse literature with sociology led her to a cultural studies program at the University of California, Santa Barbara for graduate school. From the cultural studies program, which she described as similar to communication studies at GU, she learned

SEE LUNAR NEW YEAR PAGE 3

SEE GOW PAGE 3

INDEX

News: 1-4
Opinion: 5
Arts & Entertainment: 6-9
Sports: 10-12

OPINION

Stockton protest is a marker of a bigger problem: the spread of misinformation

A&E

 Feast World Kitchen invites dining on diverse foods

SPORTS

Zags set to extend their winning streak in St. Mary’s game
James Torme, a pop-jazz singer will perform on March 25.

Gina Chavez, a bilingual Latin-folk singer will perform on March 4 at the Myrtle Woldson Performing Arts Center (MWPAC).

The lineup includes four music performances varying from Latin pop to a saxophone quartet and one dance performance. Each performance works to bring life to the MWPAC’s mission of promoting cultural and educational excellence through inclusive collaboration with diverse communities.

The first show takes place Feb. 10 and features the Nai-Ni Chen Dance Company. The company will perform its touring show to celebrate the Year of the Water Tiger. With combinations of Asian heritage and contemporary dance, the group brings a celebration of the Lunar New Year to the community.

The second performance will be Feb. 17. The group is from Munich, Germany and will perform a series of classical pieces that honor a few of the great composers of the 20th century, including German composer Felix Mendelssohn and Hungarian composer Béla Bartók.

The third performance takes place March 4, and features the 2020 Latin Grammy-nominee, Gina Chavez. Chavez is a bilingual Latin-folk singer whose set will take the audience on a journey through the history of Latin American music.

The fourth performance brings singer James Torme on March 25. As the son of pop-jazz singer Mel “Velvet Fog” Torme, James began a career combining old-school jazz with contemporary jazz.

In addition to programming, Logan House residents received a subsidized rent rate and must be involved with at least 1 CCE program throughout the year.

The Logan House Living Community is intended to provide a supportive living environment for full-time undergraduate students, including housing, meals, and community events.

Residents receive a subsidized rent rate and must be involved with at least 1 CCE program throughout the year. In addition to programming, residents coordinate a community event each semester.

By EMMALEE APPEL

By EMMALEE APPEL

The CCE Fellowship opportunities are as follows:

- Civic Wolff Fellowship: 22-23 Academic year Paid Position Visit tinyurl.com/ccfeellowships22 for details and to apply.

For anyone not part of GU’s young program and building. For anyone not part of GU’s student body or faculty and staff, proof of vaccination status or a negative COVID-19 test within 72 hours prior to the event they attend must be provided. Attendees must also present their GU ID card, since vaccination statuses are recorded in GU’s health systems. Ticket prices and more information about shows and times or COVID-19 protocols can be found at the Myrtle Woldson Performing Arts Center’s ticketing website.

This intentional Gonzaga University living community of students is focused on ethical community engagement in and with the Logan neighborhood. Residents received a subsidized rent rate and must be involved with at least 1 CCE program throughout the year. In addition to programming, residents coordinate a community event each semester.

Live in an intentional community next year

This intentional Gonzaga University living community of students is focused on ethical community engagement in and with the Logan neighborhood. Residents received a subsidized rent rate and must be involved with at least 1 CCE program throughout the year. In addition to programming, residents coordinate a community event each semester.

By EMMALEE APPEL

CCE Fellowship

opportunities

Orchestrating different types of theater and music and dance that people can come and experience,” Sims said.

Afternoon will also include academic events and student group performances, so that she can build a schedule that complements these things rather than take attention away from them.

“Whether I’m reading magazines or going to showcases, I’m always thinking about what would be a great fit with what we’re doing at Gonzaga,” Sims said.

The fourth performance brings singer James Torme on March 25. As the son of pop-jazz singer Mel “Velvet Fog” Torme, James began a career combining old-school jazz with contemporary and modern pop music.

By EMMALEE APPEL

This intentional Gonzaga University living community of students is focused on ethical community engagement in and with the Logan neighborhood. Residents received a subsidized rent rate and must be involved with at least 1 CCE program throughout the year. In addition to programming, residents coordinate a community event each semester.

Live in an intentional community next year

This intentional Gonzaga University living community of students is focused on ethical community engagement in and with the Logan neighborhood. Residents received a subsidized rent rate and must be involved with at least 1 CCE program throughout the year. In addition to programming, residents coordinate a community event each semester.

Live in an intentional community next year

This intentional Gonzaga University living community of students is focused on ethical community engagement in and with the Logan neighborhood. Residents received a subsidized rent rate and must be involved with at least 1 CCE program throughout the year. In addition to programming, residents coordinate a community event each semester.

Live in an intentional community next year

This intentional Gonzaga University living community of students is focused on ethical community engagement in and with the Logan neighborhood. Residents received a subsidized rent rate and must be involved with at least 1 CCE program throughout the year. In addition to programming, residents coordinate a community event each semester.
Murdock grant awarded to biology department

By SOPHIA MCKINSTRY

A $75,400 grant from the M.J. Murdock Charitable Trust has allowed the Biology Department at Gonzaga University to purchase capital equipment for the laboratories and classrooms.

The Murdock Grant, the new faculty member will be able to set up their research lab at GU as soon as possible.

David Boose, the chair of the Biology Department, said the grant was the first of its kind at GU.

The funds from the Murdock Grant will be available for Slagel to spend on setting up his lab, while there are some bigger items that might cost $10,000.

The grant will be used to set up the purchase of professional and community conveniences.

Gow earned her doctorate in sociology with an emphasis in Black studies from UC Santa Barbara.

The grant will help to purchase research equipment that will be used in the laboratory and to conduct hands-on research out in the field.

The professor who was hired for the new position is Jone Hegg, who will be stepping into a field ecology position.

The goal is for Hegg to be out in the field and study things that are really getting the new faculty member's research program that is viable.

The Start-Up Grant directly benefits both faculty and students in the Department of Biology since the money will be used to set up the purchase of professional materials.

The funds from the Murdock Grant will be available for Slagel to spend on setting up his lab, while there are some bigger items that might cost $10,000.

The goal is for Hegg to be out in the field and study things that are really getting the new faculty member's research program that is viable.

The Start-Up Grant directly benefits both faculty and students in the Department of Biology since the money will be used to set up the purchase of professional materials.

This email contained informational boosts to learn about the Chinese New Year culture. Groups and individuals ranging from elementary school to the elderly were involved in the performances showcasing their cultures.
By LILIANA PIEL

Are your friends a good match?

BY ALEXANDER PREVOST
Campion Hall.

GSBA survey asks: Are your friends a good match?

By BAILEY WHITE

Zags help Zags... even after graduation

BY BAILEY WHITE

GSBA survey prompts discord about compatibility and what goes into a successful friendship.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to be considered for this survey, you must be a student of Gonzaga University and have been on campus for at least six months.

In order to sign up for the first year, students must be in their junior or senior year of school, and if they are interested, they must be in their second year as well.

In order for the survey to be considered valid, at least 100 students must complete it by the end of March.

In order to participate in this program, students must be enrolled at Gonzaga University and have completed at least one year of college.

In order to qualify, students must have completed at least one year of college and have a minimum GPA of 2.5.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.

In order to take these classes, students must be either friends, sibling, or commit complete both degrees in as little as five years.
Stockton protest fuels misinformation

In the wake of Gonzaga revoking John Stockton’s season basketball tickets, several individuals chose to protest outside of the McCarthey Athletic Center on January 20 before the GU basketball game against University of Portland. The protest was organized by Students for Stockton, a group formed by individuals who were either former Gonzaga basketball players or friends of Stockton.

One of the protestors, who refused to give his full name out of protection of his job, said, “I am just tired of seeing the Good Samaritan effect in our society. I’m tired of seeing that no matter what someone’s medical emergency is, that everyone has to go in and cover it.”

Another protestor, who also refused to give his name, said, “It’s about the woman saying to the editor as they strode away. Other protestors said that they were either “pro-union” or “pro-Stockton” but could not give their names. When this was asked, the person exclaimed, “It was GU administration.” The protestor also stated that they were even uncomfortable giving their name due to the ramifications that could result.

“I would like to stop being a person who has to go back and forth—something to me is nagging at me about this,” the person said. “But just in case, I need to explain the history of this. First it was a guarantee of speech and assembly. I think I feel strongly about this area, I am not going to be passive.”

Furthers, our two-party system is the main problem. But just in case, I need to explain the history of this. First it was a guarantee of speech and assembly. I think I feel strongly about this area, I am not going to be passive.”

Not or Notter: The two-party system

By BALEN NEW

Follow people of color, queer people, conservative people, or radical-left people on social media. What do you see? Is there a binary in which we can only choose to fit into one of them, or can we be comfortable coming out as a person who is both?

For the first time ever, a non-binary athlete will be competing in the Olympic Games. Figure skaters Ashley Cain-Gribble and Timothy LeDuc will be competing for the U.S. in the team event.

LeDuc said in an interview with Team USA, “It was one of the things way I am, " Cain-Gribble said in the same interview. “I feel fully like a woman, this is the way I am, this is the way I was born, this is me.”

For the first time ever, a non-binary athlete will be competing in the Olympic Games. Figure skaters Ashley Cain-Gribble and Timothy LeDuc will be competing for the U.S. in the team event.

LeDuc said in an interview with Team USA, “It was one of the things way I am, " Cain-Gribble said in the same interview. “I feel fully like a woman, this is the way I am, this is the way I was born, this is me.”

Timothy LeDuc is the first non-binary person to compete in the Olympics, a groundbreaking moment for gender identity and acceptance in sports. LeDuc began their journey as a female skater, competing in events such as the U.S. Grand Prix and the World Championships. LeDuc began their journey as a female skater, competing in events such as the U.S. Grand Prix and the World Championships.

Togetherness, Cain-Gribble and LeDuc have lived a life of highlights and lows, both on and off the ice. For the duo, their experiences have been a roller coaster, but the team’s commitment to each other has remained constant. Cain-Gribble and LeDuc have overcome a lot of systemic issues in the figure skating world.

Figure skaters Cain-Gribble and LeDuc will be competing for the U.S. in the team event at the Olympics. Their story is one of perseverance and overcoming systemic barriers. In a sport that has traditionally been male-oriented, LeDuc and Cain-Gribble have carved out a space for themselves, breaking down barriers and challenging stereotypes. Their journey serves as an inspiration for future athletes and advocates of inclusivity, showing that with hard work and dedication, anything is possible. Their story is a testament to the power of togetherness and resilience, and their achievements demonstrate the limitless possibilities of the athletic landscape. Cain-Gribble and LeDuc have proven that with determination and resilience, anything is possible, and their story serves as a reminder of the transformative power of sports and the importance of embracing diversity and inclusivity in all aspects of life.

SYDNEY FLUKER

Skating into progress

While traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too. Male skaters are expected to be gender neutral, while female skaters are expected to be gender neutral.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too. The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.

The role of masculinity is to be a person who is strong and dominant, while the role of femininity is to be a person who is weak and submissive. Traditional arrangements emphasize the gender roles, the roles emphasizing the gender differences, both of which are normal and expected. Men are expected to be gender neutral, and consequently, women are expected to be gender neutral too.
W
knows how integral opportunities, like those presented at came to the U.S. from Jordan with her family in 2013. She in the U.S. all too well, as she is an asylum-seeker who with the chefs, knows the struggle of being an immigrant so many places in between.

70 chefs enlisted by the kitchen, each day offers unique to bring home the bucks.

chefs, all of whom are either immigrants or refugees, get business model on its head. At Feast World Kitchen, the former refugees.” Carper said. “Often those people are immigrants and the least amount of money and doing really hard work,” the cooks and the dishwashers — are folks that are making and serve it to customers.

“A lot of times the people in the back of the house — the cooks and the dishwashers — are the folks that are making the least amount of money and doing really hard work,” Carper said. “Often those people are immigrants and former refugees.”

The kitchen strives to be an area of mutual respect and communications here. “A big part of why we started this was because of anti-immigrant and anti-refugee rhetoric in our society,” Carper said.

Abudayha says the chefs, herself included, are all grateful for the opportunities that the U.S. has provided them with and she hopes to return the favor by doing something good for humanity.” Abudayha said. “And in this building, I do not care what you believe, I care about your culture because I want to learn.”

In exchange, the founders of Feast World Kitchen ask customers to try and learn more about the immigrants and refugees in the community.

“Part of our motivation was to create a positive space where you might actually get to know some of these folks and understand more about them, so there’s less fear on both sides,” Carper said.

Abudayha says the chefs, herself included, are all grateful for the opportunities that the U.S. has provided them with and she hopes to return the favor by doing something good for humanity.” Abudayha said. “And in this building, I do not care what you believe, I care about your culture because I want to learn.”

To learn more about Feast World Kitchen or see the menu of the week, go to FeastWorldKitchen.org or visit their website.

By KAELYN NEW

Dine on diverse food and divulse in culture with Feast World Kitchen

Feast World Kitchen is a nonprofit restaurant that is located on 1321 W. 3rd Ave. in Downtown Spokane.

Feast World Kitchen features rotating menus and chefs. Feast World Kitchen, are. “It’s not just only helpful to me and for them (the chefs). It’s for our kids, for the next generation,” Abudayha said.

Although she is a fluent Arabic and English speaker, Abudayha says she thinks of food as a universal language.

“Food is a bridge, “ Abudayha said. “This is how I build relations and communications here.”

Food is a bridge, a bridge that both Abudayha and Carper hope will mend misconceptions about immigrants and refugees in the Spokane community.

Feast World Kitchen is striving to make the world more compassionate one meal at a time. This summer, the Spokane community will be able to dine on diverse food and divulse into different cultures.

The nonprofit restaurant was founded in 2019 by Maha Abudayha, Ross Carper, Dan Todd and other community leaders. The founders, with the help of the First Presbyterian Church, came up with the funds to rent the space downtown that would eventually become Feast World Kitchen.

“We never could have imagined the community support to create a space like this in Spokane,” Carper said.

Both Carper and Todd worked on their own food businesses — The Company Breakfast Wagon and Inland Curry respectively — before joining forces in 2019 to create Feast World Kitchen.

The founders, with the help of the community leaders. The founders, with the help of the community leaders.

Feast World Kitchen, are.

“Y ou can get really mad about that on social media or how much value, hard work and flavor people bring to our community,” Carper said.

Abudayha says the chefs, herself included, are all grateful for the opportunities that the U.S. has provided them with and she hopes to return the favor by doing something good for humanity.” Abudayha said. “And in this building, I do not care what you believe, I care about your culture because I want to learn.”

In exchange, the founders of Feast World Kitchen ask customers to try and learn more about the immigrants and refugees in the community.

“Part of our motivation was to create a positive space where you might actually get to know some of these folks and understand more about them, so there’s less fear on both sides,” Carper said.

Abudayha says the chefs, herself included, are all grateful for the opportunities that the U.S. has provided them with and she hopes to return the favor by doing something good for humanity.” Abudayha said. “And in this building, I do not care what you believe, I care about your culture because I want to learn.”

To learn more about Feast World Kitchen or see the menu of the week, go to FeastWorldKitchen.org or visit 1321 W. 3rd Ave. in Downtown Spokane to taste the flavor people bring to our community, ” Carper said.

“Part of our motivation was to create a positive space where you might actually get to know some of these folks and understand more about them, so there’s less fear on both sides,” Carper said.

Abudayha says the chefs, herself included, are all grateful for the opportunities that the U.S. has provided them with and she hopes to return the favor by doing something good for humanity.” Abudayha said. “And in this building, I do not care what you believe, I care about your culture because I want to learn.”

In exchange, the founders of Feast World Kitchen ask customers to try and learn more about the immigrants and refugees in the community.

“Part of our motivation was to create a positive space where you might actually get to know some of these folks and understand more about them, so there’s less fear on both sides,” Carper said.

Abudayha says the chefs, herself included, are all grateful for the opportunities that the U.S. has provided them with and she hopes to return the favor by doing something good for humanity.” Abudayha said. “And in this building, I do not care what you believe, I care about your culture because I want to learn.”

To learn more about Feast World Kitchen or see the menu of the week, go to FeastWorldKitchen.org or visit 1321 W. 3rd Ave. in Downtown Spokane to taste the cultural cuisine in person.
The art scene in Spokane has exploded in recent years.

With nonprofits like Terrain and Spokane Arts working to get small and local artists in the spotlight, the arts scene in Spokane has thrived.

The Myrtle Woldson Performing Arts Center presents

The Myrtle Woldson Performing Arts Center presents

For Cole, the murals are special because of the environment they were placed in and the people she did them with. According to Cole, they were in contact with many people living on the streets in a way that was beneficial to everyone. Those residents even stood up working with the group at times.

"Now it is 22 years later and more of [the murals] have been tagged, but I've talked to people living near the murals and they say the color adds something to their lives," Cole said.

The timeline of painting a mural depends on factors like size, weather, permits, extra conditions, etc. For several years, the majority of large murals on busy streets in the city are done through an application process posted by the city. After the interviews and proposals are finished and approved, the artist(s) can begin the process of bringing their vision to life.

The presence grows and they take over buildings.

Another muralist in Spokane is Melissa Cole, whose business, families and other public walls. Their most recent mural is a sea goddess at Zona Blanca on Howard Street, which is Alison's personal favorite.

"We had done some other art projects together, but this was large," Webber said. "We came into it together knowing our styles would complement each other and that we would fit together, so lacking something really didn't play a role.

Since then, they've done murals for private businesses, families and other public walls. Their most recent mural is a sea goddess at Zona Blanca on Howard Street, which is Alison's personal favorite.

"Once you get in the door, it's easier for people to be like, oh, I like this work, so we can start something up for us," Webber said.

The majority of large murals on busy streets in the area are done through an application process posted by the city. After the interviews and proposals are finished and approved, the artist(s) can begin the process of bringing their vision to life.

The majority of large murals on busy streets in the area are done through an application process posted by the city. After the interviews and proposals are finished and approved, the artist(s) can begin the process of bringing their vision to life.

Despite some community pushback, Spokane has found ways to help graffiti thrive.

"I love graffiti art," Webber said. "I love the idea of doing art and getting super good at it, but it's always on a0 niche way.

Alongside train tracks and under bridges there is often colorful graffiti covering the walls. While some may sneer at the art form, it can bring a healthy dose of color and creativity to a city's aesthetic.

Unfortunately, random tagging often happens on the walls of small businesses. One way that cities combat this issue holistically is by offering more public walls for graffiti artists to cover. An open space can act as a beautification tool for the bare wall and would keep private walls more clean.

Public art does more than beautify a city — it creates common culture. The more opportunities we can get local artists to get their voice out, the better.

Sydney Fuller is an A&E editor. Follow them on Twitter @Sydneeosynderful.
Business Law professor ‘Law Dog’ approaches 50 years at GU

By TOMMY CONMY

When Donald Hackney first enrolled at Gonzaga University in 1970, he had no idea he was about to embark on a 50-year journey teaching Business Law. In fact, Hackney was an undergraduate student at the time, so he met Professor Fr. Bernard Coughlin S.J. and Fr. Robert Spitzer S.J. upon his arrival on campus. From that point on, Hackney’s career at GU was set in motion.

“Business Law professor ‘Law Dog’ approaches 50 years at GU”

Hackney has the unique distinction of being one of the few professors who have taught at GU for more than half a century. He joined the GU faculty in 1974 and has since become an integral part of the university community. Over the years, he has taught hundreds of students and has become a beloved figure on campus.

Hackney’s journey began in the Pacific Northwest, where he grew up in a family that values education. He attended one year at a junior college before transferring to GU as a sophomore.

From there, his academic journey continued, as he attended the University of Oregon and the University of Washington. After graduating, he joined the army and served two years in Vietnam, where he endured hardship and faced many challenges.

While Hackney shared the GU campus with other veterans, he remembers the war as a formative experience. “I’ve never had one ounce of hang back or fear in me,” he said. “I remember going up to some Jesuit that was visiting from Gonzaga back when I was in junior high. I went up and introduced myself to him and said, ‘I’m coming to Gonzaga.’”

As he approaches his 50th year, Hackney reflects on the impact he has had on students and the community. “Not one to backtrack, the ‘Law Dog’ vowed to indulge in a legendary as they realized around the campus that the ‘Law Dog’ was now one of its former industrial modality. Although Hackney didn’t divulge any sort of retirement plans, instead of retiring into the proverbial sunset, when he does eventually decide to hang up his hat, GU will lose over two generations of experience. A beloved scholar and as he approaches his 50th year, Hackney reflects on the impact he has had on students and the community. “Not one to backtrack, the ‘Law Dog’ vowed to indulge in a legendary as they realized around the campus that the ‘Law Dog’ was now one of its former industrial modality. Although Hackney didn’t divulge any sort of retirement plans, instead of retiring into the proverbial sunset, when he does eventually decide to hang up his hat, GU will lose over two generations of experience. A beloved scholar and professor, Hackney’s name remains synonymous with Gonzaga University, a school that he has dedicated his life to.

“Not one to backtrack, the ‘Law Dog’ vowed to indulge in a legendary as they realized around the campus that the ‘Law Dog’ was now one of its former industrial modality. Although Hackney didn’t divulge any sort of retirement plans, instead of retiring into the proverbial sunset, when he does eventually decide to hang up his hat, GU will lose over two generations of experience. A beloved scholar and professor, Hackney’s name remains synonymous with Gonzaga University, a school that he has dedicated his life to.

With a passion for teaching, Hackney has become known as the “Law Dog.” He is known for his unique style of teaching, which often involves storytelling and humor.

Hackney’s journey continued at the University of Oregon, where he earned his law degree. After law school, he practiced in Spokane as a lawyer for two years before returning to GU to teach.

Through the years, Hackney has made a lasting impact on the lives of his students. He is known for his ability to connect with his students and to make complex concepts accessible.

“I’ve never had one ounce of hang back or fear in me,” he said. “I mean, [Coughlin] kept the heat on, but I mean, he wanted people to act... he wanted people to do this great thing.”

As he approaches his 50th year, Hackney reflects on the impact he has had on students and the community. “Not one to backtrack, the ‘Law Dog’ vowed to indulge in a legendary as they realized around the campus that the ‘Law Dog’ was now one of its former industrial modality. Although Hackney didn’t divulge any sort of retirement plans, instead of retiring into the proverbial sunset, when he does eventually decide to hang up his hat, GU will lose over two generations of experience. A beloved scholar and professor, Hackney’s name remains synonymous with Gonzaga University, a school that he has dedicated his life to.

“Not one to backtrack, the ‘Law Dog’ vowed to indulge in a legendary as they realized around the campus that the ‘Law Dog’ was now one of its former industrial modality. Although Hackney didn’t divulge any sort of retirement plans, instead of retiring into the proverbial sunset, when he does eventually decide to hang up his hat, GU will lose over two generations of experience. A beloved scholar and professor, Hackney’s name remains synonymous with Gonzaga University, a school that he has dedicated his life to.

With a passion for teaching, Hackney has become known as the “Law Dog.” He is known for his unique style of teaching, which often involves storytelling and humor.

Hackney’s journey continued at the University of Oregon, where he earned his law degree. After law school, he practiced in Spokane as a lawyer for two years before returning to GU to teach.

Through the years, Hackney has made a lasting impact on the lives of his students. He is known for his ability to connect with his students and to make complex concepts accessible.

“I’ve never had one ounce of hang back or fear in me,” he said. “I mean, [Coughlin] kept the heat on, but I mean, he wanted people to act... he wanted people to do this great thing.”

As he approaches his 50th year, Hackney reflects on the impact he has had on students and the community. “Not one to backtrack, the ‘Law Dog’ vowed to indulge in a legendary as they realized around the campus that the ‘Law Dog’ was now one of its former industrial modality. Although Hackney didn’t divulge any sort of retirement plans, instead of retiring into the proverbial sunset, when he does eventually decide to hang up his hat, GU will lose over two generations of experience. A beloved scholar and professor, Hackney’s name remains synonymous with Gonzaga University, a school that he has dedicated his life to.
“We wanted to create living rooms for our city,” said Rivkin. “We didn’t mean to start a coffee shop in Gonzaga.”

Late 2018 saw the launch of Ladder’s first sit-down location, at 1510 W. Riverside Ave. in downtown Spokane. After opening, this location won second place in 2019 at the Independent Coffee Ladder of the Year (ICL) Awards. To this day, the shop has not lost its charm, and the coffee and service Rivkin and his team have been providing is well-liked by the local community.

“I needed to do this again for myself and help create something special for Spokane,” Rivkin said.

Ladder began in 2017 on Rivkin’s front porch in the Five Mile Prairie neighborhood of Spokane. Initially only a drive-thru service with one stall, the shop grew over the years to a full team of about 15 people and a permanent location in the North Monroe Business District, about 10 minutes from GU, featuring many local businesses, breweries, and restaurants.

“North Monroe’s charm permeates not only the retail scene, but the people,” Rivkin said. “It’s not just that the neighborhood manages to hold onto some simple charm, which is a service drive in a growing city like Spokane. North Monroe Street provides low-cost alternatives to other popular Spokane essentials. Sure, downtown is filled with local coffee shops, thrift stores, and restaurants, but Monroe’s local businesses are less traveled by GU students. Alternatively, Monroe businesses are hoping to reach out to a younger clientele—especially students.

This first stop is an apt trip to North Monroe. At the Ladder Coffee Roasters at 2823 N. Monroe St., a shop with locations across Spokane, the team aims to serve their coffee with unique atmospheres that we’ve come to expect from the city.

“Ladder is also interested in GU students offering shop experiences and opportunities for business school students to work on small business development. Ladder also hopes to see its employees ‘plant seeds from which to grow in whatever craft they choose. Rivkin believes you can’t learn something from the short term, and that you learn more about yourself and your craft through long-term application. “We put in the work, and that work will return in the long term, while being a hub of influence in every city that we are planted in, by serving the people and making coffee,” it reads.

Rivkin hopes that the practices that ladder uses will have a global impact to better the industry and train and equip people to further their leadership capabilities. As he advises aspiring business owners and coffee drinkers alike, Rivkin only has this to say. “Take what you do seriously, but don’t take yourself too seriously. It’s all expanded to the effort that you put in.”

Sam Fider is a staff writer.
Artificial intelligence and the future of art

COMMENTARY BY LUKE MODUGNO

The use of artificial intelligence in various industries is on the rise. In the arts, particularly in music, AI is revolutionizing the way we experience art, offering new possibilities and challenges. One of the most accessible forms of AI artwork is Wombo, an AI art generator that allows users to create art by inputting keywords or phrases. Wombo’s AI will analyze the input and generate art, often surprising users with its accuracy and creativity.

Within seconds, Wombo’s AI can create art that is comparable to that of human artists, even in terms of intricacy. This is particularly evident in the fields of music and art, where AI is becoming a viable alternative to human artists.

No, the robots from “Ex Machina” haven’t started taking over, but AI is changing the way we consume and create art. From music composition to art creation, AI is making a significant impact on the industry, blurring the lines between human and artificial creativity.

As technology advances, so too does our understanding of AI’s capabilities. AI is not just about creating music and art; it’s about how we interact with these mediums. In the future, AI will continue to shape the way we experience the arts, offering new opportunities for both creators and consumers.

Mitski’s ‘Laurel Hell’ is a melancholic goodbye

By KALEYN NEW

Mitski has released her fourth studio album, “Laurel Hell.” The album, with its melancholic lyrics and complex melodies, offers a unique perspective on the music industry. In this review, we explore the album’s themes, Mitski’s songwriting, and her musical style.

The opening track, “Valentine, Texas,” sets the tone for the album, introducing listeners to Mitski’s unique vocal style and her ability to convey emotions through her music. The album’s title track, “Laurel Hell,” serves as a foil to the upbeat and energetic music of the lead single, “Working for the Knife.”

In the lead single, “Working for the Knife,” Mitski tells her mental toll on her relationships. “Everyone directly connects the popular “Shi” to “Be Your Own Cowboy.” The latter is a danceable, complex tune about self-awareness. “Enigmatic” is quite the opposite; it’s driven on with little vocal or instrumental variation.

“Heat Lightning” is arguably one of the best singles from the new album. The song is built on a slow, haunting melody that builds to a climactic peak. “Heat Lightning” is a testament to Mitski’s songwriting ability, offering listeners a glimpse into her intricate and emotional compositions.

Overall, “Laurel Hell” is a captivating listen, offering a unique perspective on the music industry. From the complex melodies to the introspective lyrics, Mitski’s music is both compelling and thought-provoking. This album deserves to be on your playlist, as it offers a unique and refreshing listening experience.
Madeline Gotta was a standout on the Bulldogs roster from 2016-19, including a senior season that saw her take home All-WCC first-team honors.

---

**By CAMERON QUINTON**

Making it the professional world of any sport is a challenging task. Madeline Gotta, a former Gonzaga soccer player, proved just how possible it is.

Gotta was a standout during her four years playing for the Bulldogs. During her freshman year she earned All-West Coast Conference (WSCC) honorable mention and was named to the All-WCC third team. In her second year she was named All-WCC first team.

Gotta had her best season at GU with 7 goals and 9 assists. She was named All-WCC first team.

In August 2019, Gotta signed with Zaragoza CFF soccer team in Spain, which was the beginning of her professional career.

Gotta's experience in Spain has broadened her understanding of the game as a whole. She described that each country has a style of play that is very unique to them, and getting to learn these styles has been invaluable.

Gotta also felt that playing professionally in different countries greatly contributed to her growth as a player. She described that every country has a style of play that is very unique to them, and getting to learn these styles has been invaluable.

Gotta seems to be the perfect person to step-up into this director of operations position at GU, it seemed like the perfect fit for her. As a senior, Braun played with Gotta sharing her first two years on the team, and has loved seeing her growth and development. "I am really excited to try and play a role in making a good experience for future players that I was so lucky to have while I was an athlete at GU," Braun said.

According to Gotta, the role of director of operations involves a lot of behind-the-scenes tasks, including helping with intake and retention for the team. She described that each country has a style of play that is very unique to them, and getting to learn these styles has been invaluable.

"Those experiences give me a greater sense of purpose and I like my job here because I know how much of an impact that it can really make," Gotta said. "There are a lot of little things I think that I just make my job fun because everyone really looks up to her and loves her."

"I think it has helped me to grow a lot as a person. Besides being a culturally eye-opening experience, Gotta also felt that playing professionally in different countries greatly contributed to her growth as a player. She described that every country has a style of play that is very unique to them, and getting to learn these styles has been invaluable.

After getting a taste of playing soccer professionally in Europe, Gotta decided that it was really cool to transition her career path out of being a professional player. "I got a lot of things that I really enjoyed and a lot of things that I didn't fully understand how much work went on behind the scenes," Gotta said. "I think this has really helped me to grow as a person."

As a professional player, Gotta got a look into how the team operated. "I'm really excited to be back," Gotta said. "I think that taking it in the professional world of any sport is a challenging task. Madeline Gotta, a former Gonzaga soccer player, proved just how possible it is.

---

**By MADELEINE REED**

Few experiences on campus rival going to the Rudolf Fitness Center (RFC) in terms of awkwardness. For some, the thought of walking through its doors is enough to spur panic attacks. The RFC is a unique space on campus that balances the requirements of maintaining physical fitness with the expectations of social awkwardness.

"Being able to watch and learn from her first two years, both on and off the field as a student athlete and as a leader was just really cool," Braun said. "I never really understood how much work went on behind the scenes." As a senior, Braun played with Gotta sharing her first two years on the team, and has loved seeing her growth and development. "I am really excited to try and play a role in making a good experience for future players that I was so lucky to have while I was an athlete at GU," Braun said.

---

**By MADELEINE REED**

New members are enrolled indefinitely for two weeks. $350-$370 per month. New members are enrolled indefinitely for two weeks. $350-$370 per month.

---

There are four MUV Fitness facilities within a 15 mile radius of GU’s campus.

---

**By MADELEINE REED**

---

The world's game leads Madeline Gotta back to Spokane

As the new director of operations for the women's soccer team, the former Zag is ready to continue her mark on the program.

---

**By MADELEINE REED**

---

Sporke's fitness scene has something for everyone

---

**By MADELEINE REED**

---

Madeline Gotta was a standout on the Bulldogs roster from 2016-19, including a senior season that saw her take home All-WCC first-team honors.
Zags look to stay unbeaten in WCC play with win over Gaels

By TOMMY CONNOLLY

Cutting off a dominating 60-57 road win against BYU, 5-2 in WCC play, head coach Mark Few’s men’s basketball team (19-2, 9-0) is looking to continue its unbroken conference season against the Saint Mary’s Gaels on Saturday.

It is a matchup of the top two teams in the West Coast Conference, and the first ranked opposition to play at the McCarthey Athletic Center since No. 1 Gonzaga had come to the Kennel earlier in the season.

Saint Mary’s is led by head coach Randy Bennett, a former Gonzaga assistant, in one of the top WCC formulas to judge the talent of teams. Bennett has his Gaels winning by 20-plus points in both games of the WCC season just two weeks ago in a matchup against San Francisco.

Clara. Coach Randy Bennett has been getting the most out of a group that has outperformed expectations on the season. Saint Mary’s took part in one of the best games of the WCC season just two weeks ago in a matchup against San Francisco. The Gaels came back from a 17-point halftime deficit and beat the Dons by two.

Bennett is a finalist for the Karl Malone Power Forward of the Year award by the Naismith Memorial Basketball Hall of Fame.

In last year’s two matchups, the Zags won handily on the road and at home, winning by 20-plus points in both games. But this is a different, more experienced Gaels squad, which will give GU its first ranked conference opponent of the season.

Looking toward Saturday, both teams are coming into the matchup playing some of their best basketball of the year. Saint Mary’s comes into Saturday’s matchup ranked No. 22 in the country. The Gaels have been pouring in 90.9 points per game. They have been getting strong contributions from Matthias Yo, a senior center, averaging a team-high 13.1 points per game. The Gaels are also led by Alien Dollas and Logan Johnson, who average 11 and 10.6 points per game respectively. Tommy Khour is in the Gaels four-losing scoring, averaging just above 10 points per game.

Saturday night’s showdown between the two top teams in the WCC is looking to give fans a ton of entertainment.

The Gaels are 7-2 in the conference this season, with losses to BYU and Santa Clara.

Coming into the matchup, Saint Mary’s is looking to continue its undefeated home slate coming to an end on Feb. 19 against Santa Clara. The Gaels are coming into the matchup playing some of their best basketball of the year. Bennett’s Gaels have been getting strong contributions from Matthias Yo, a senior center, averaging a team-high 13.1 points per game. The Gaels are also led by Alien Dollas and Logan Johnson, who average 11 and 10.6 points per game respectively. Tommy Khour is in the Gaels four-losing scoring, averaging just above 10 points per game.

Saturday night’s showdown between the two top teams in the WCC is looking to give fans a ton of entertainment.

The Gaels are 7-2 in the conference this season, with losses to BYU and Santa Clara.

Coming into the matchup, Saint Mary’s is looking to continue its undefeated home slate coming to an end on Feb. 19 against Santa Clara. The Gaels have been pouring in 90.9 points per game. They have been getting strong contributions from Matthias Yo, a senior center, averaging a team-high 13.1 points per game. The Gaels are also led by Alien Dollas and Logan Johnson, who average 11 and 10.6 points per game respectively. Tommy Khour is in the Gaels four-losing scoring, averaging just above 10 points per game.

The Gaels are coming into the matchup, Saint Mary’s is looking to continue its undefeated home slate coming to an end on Feb. 19 against Santa Clara. The Gaels are coming into the matchup playing some of their best basketball of the year. Bennett’s Gaels have been getting strong contributions from Matthias Yo, a senior center, averaging a team-high 13.1 points per game. The Gaels are also led by Alien Dollas and Logan Johnson, who average 11 and 10.6 points per game respectively. Tommy Khour is in the Gaels four-losing scoring, averaging just above 10 points per game.

Saturday night’s showdown between the two top teams in the WCC is looking to give fans a ton of entertainment.

The Gaels are 7-2 in the conference this season, with losses to BYU and Santa Clara.

Coming into the matchup, Saint Mary’s is looking to continue its undefeated home slate coming to an end on Feb. 19 against Santa Clara. The Gaels have been pouring in 90.9 points per game. They have been getting strong contributions from Matthias Yo, a senior center, averaging a team-high 13.1 points per game. The Gaels are also led by Alien Dollas and Logan Johnson, who average 11 and 10.6 points per game respectively. Tommy Khour is in the Gaels four-losing scoring, averaging just above 10 points per game.

The Gaels are coming into the matchup, Saint Mary’s is looking to continue its undefeated home slate coming to an end on Feb. 19 against Santa Clara. The Gaels are coming into the matchup playing some of their best basketball of the year. Bennett’s Gaels have been getting strong contributions from Matthias Yo, a senior center, averaging a team-high 13.1 points per game. The Gaels are also led by Alien Dollas and Logan Johnson, who average 11 and 10.6 points per game respectively. Tommy Khour is in the Gaels four-losing scoring, averaging just above 10 points per game.
Gabriel Hughes brings the heat as Bulldogs’ right-hand man

BY TOMMY CONMY

The Gonzaga baseball team is looking to add another to its list of 100-win seasons — and 2022 is the goal. And this spring, establishing a historic season was just the beginning for Gabriel Hughes.

Hughes, a right-hander from Eagle, Idaho, has been on the Gonzaga radar for months, but his recruitment process was one of the most intense in recent memory. All parties involved were keenly aware of the potential in Hughes’ repertoire — a fastball in the mid-90s, a curveball, sliders, and a changeup — but the idea of what Hughes could accomplish after a year of honing his craft had many on edge.

Last season, Hughes played for Idaho's Shoshone High School. While he started out the season strong, Hughes underwent Tommy John surgery, which required months of rehabilitation before he could return to the mound. Hughes was able to make a full recovery and return to the mound last fall, but it was a challenge to get back to the level he was at before the injury.

Hughes has been working with Tucson's Baseball Training Group throughout the fall and winter, and he's believed to be in the best shape of his career. Hughes has a 95-97 mph fastball, a curveball, a slider, and a changeup, and he's been working on increasing his repertoire and becoming more versatile on the mound.

Hughes is one of the top prospects in the country and is expected to be a first-round pick in the MLB draft. Hughes is focused on developing his game and preparing for the next level, whether that be in the minor leagues or as a professional in Japan.

Hughes is excited to be part of the Gonzaga team and to have the opportunity to compete at the highest level. Hughes has a lot of room to grow and become a dominant pitcher in college baseball, and he's looking forward to the challenge.

Hughes is a hard worker who has the potential to be a dominant pitcher in college baseball. He has a strong work ethic and is committed to improving his game. Hughes is a rising star in college baseball and is expected to be a top prospect in the MLB draft.
Joining the team as a walk-on, freshmen runner Ellie Armbruster has quickly sprinted her way to becoming a top member of the Gonzaga University women’s track and field team. When she made her decision in the spring, Armbruster was the first time that I was on in the high school I went to. She brought a determined attitude to the sprint squad, a group that has grown significantly from last year’s sprint roster.

‘I really didn’t know too much about running when I was younger’

I really didn’t know too much about running when I was younger, so I joined my high school team in ninth grade,” Armbruster said. “I was a really bad runner, but I was really interested in the sport and decided to give it a shot.

She said that her teammates have always embraced a competitive spirit, and that she has always been a part of the sport for one year. According to Joy, Armbruster is a hard worker when it comes to training. She knows that she can improve to become even more fit.

Armbruster also said that she struggles with nerves and being mentally ready for the races. "I want to feel like I belong there," she said. "I don't know if she's surprised at how well she's doing or not, but for her teammates, I don't know if she's surprised at all."

She also added that Armbruster has brought positivity and support to her teammates while being a constant and hard worker when it comes to training. Stewart said that Armbruster was selected, and that this was reflected in the positive attitude that she brings to practice each day.

"To Stewart after (the 600-meter race) that I got the school record," Armbruster said. "It’s just a really cool race."

Armbruster will race in the Washington State Finals on Saturday (509) 747-9111.

Not valid toward the purchase of gift cards.

Follow us on Twitter: @noah_sokol03.

Gonzaga Students and Faculty
Save with ID

Not valid with Seniors’ Menu, Kids’ Menu, or any other discount, special or offer that valid with online or delivery orders.

Free Wifi & Charging Stations
We accept Bulldog Bucks

BOGO MEAL WEDNESDAY
Join our E-Club and come enjoy a BOGO entree deal every Wednesday!

PIE SOCIETY MONDAY
Come in every Monday for a free slice of fresh baked pie with purchase of any entrée

GREAT TIMES, GREAT DEALS AND DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

Ellie Armbruster: not a walk-on but a run-on for GU track program

GOOD TIMES, GREAT DEALS AND DELICIOUS MEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

BY NOAH APPRILL - SOKOL

J oining the team as a walk-on, freshmen runner Ellie Armbruster has quickly sprinted her way to becoming a top member of the Gonzaga University women’s track and field team. When she made her decision in the spring, Armbruster was the first time that I was on in the high school I went to. She brought a determined attitude to the sprint squad, a group that has grown significantly from last year’s sprint roster.

‘I really didn’t know too much about running when I was younger, so I joined my high school team in ninth grade,” Armbruster said. “I was a really bad runner, but I was really interested in the sport and decided to give it a shot.

She said that her teammates have always embraced a competitive spirit, and that she has always been a part of the sport for one year. According to Joy, Armbruster is a hard worker when it comes to training. She knows that she can improve to become even more fit.

Armbruster also said that she struggles with nerves and being mentally ready for the races. "I want to feel like I belong there," she said. "I don't know if she's surprised at how well she's doing or not, but for her teammates, I don't know if she's surprised at all."

She also added that Armbruster has brought positivity and support to her teammates while being a constant and hard worker when it comes to training. Stewart said that Armbruster was selected, and that this was reflected in the positive attitude that she brings to practice each day.

"To Stewart after (the 600-meter race) that I got the school record," Armbruster said. "It’s just a really cool race."

Armbruster will race in the Washington State Finals on Saturday (509) 747-9111.

Not valid toward the purchase of gift cards.

Follow us on Twitter: @noah_sokol03.

Gonzaga Students and Faculty
Save with ID

Not valid with Seniors’ Menu, Kids’ Menu, or any other discount, special or offer that valid with online or delivery orders.

Free Wifi & Charging Stations
We accept Bulldog Bucks

BOGO MEAL WEDNESDAY
Join our E-Club and come enjoy a BOGO entree deal every Wednesday!

PIE SOCIETY MONDAY
Come in every Monday for a free slice of fresh baked pie with purchase of any entrée

GREAT TIMES, GREAT DEALS AND DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS

DELICIOUS MEALS

GOOD TIMES, GREAT DEALS