

The Gonzaga Bulletin

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GU hosts prayer vigil for Tyre Nichols

Nichols, 29, was assaulted by five Memphis police officers on Jan. 7, died three days later

By SAM FEDOR

Gonzaga University held a prayer vigil on Tuesday, Jan. 31, in memory of Tyre Nichols, a Black man beaten to death by five Black police officers earlier in January.

Nichols, 29, was beaten by members of the Memphis Police Department during a traffic stop for what police initially reported as reckless driving.

The university's vigil began with opening remarks and a land acknowledgement from Vice President of Mission Integration Ellen Maccarone, who reminded those gathered why they had come.

"Being here at this vigil is an act of

hope," Maccarone said.

Maccarone also said that solidarity is important.

"We do not stand in solidarity to simply wish for a better future, but because somewhere deep in our souls we hope for it," Maccarone said. "We know that violence is not inevitable. Solidarity means we want for and believe a better future, a just future, is possible."

Around the John J. Hemmingson Center rotunda, where the vigil was held, people stopped to listen. Students looked up from their work and joined the crowd to hear what was being said. While the GU community gathered to mourn Nichols, civil rights leaders gathered in Memphis, Tennessee, for his funeral the next day.

The Rev. Al Sharpton and Vice President Kamala Harris both spoke in Memphis, along with Nichols' mother RowVaughn Wells, who gave an impassioned cry for police reform.

"The only thing that's keeping me going is that I truly believe that my son was sent here on assignment from God," the Associated Press reported. "And I guess now his assignment is done. He's gone home."

Maccarone reminded the GU community members gathered of the importance of solidarity to the university's Jesuit mission.

"Let us now recognize the life of Tyre Nichols and all those who have lost their lives due to racial violence," Maccarone

said. "Let those who witness see that we stand in solidarity and pledge action to change the culture of violence and death that has become so commonplace."

Then there was a student-led call-and-response, wherein intentions in memory of Nichols were responded to by the crowd with "justice for Tyre," followed by three minutes of silent reflection, representative of the three minutes for which Nichols was beaten by the five Memphis Police Department officers.

Maccarone spoke to the importance of our community standing in solidarity with Nichols and other victims of police brutality.

SEE VIGIL PAGE 2



HAYATO TSUJII IG: @hayatoarchive

Brooke Perez brings her story as a first generation student from a low income family to her advocacy work.

Gonzaga student Brooke Perez advocates for educational equity

By DOMINIC PE BENITO

For many students, balancing academics and social life while advocating for change can be too much to take on, but not for Brooke Perez.

Perez, a sophomore transfer from Wenatchee, Washington, works with Washington Student Engagement Networks as an eastern region coordinator. Her role is to recruit a diverse group of student leaders from colleges and universities within the eastern district, such as Washington State University and Whitworth University, to help engage with legislators in the district and in Olympia on the issues of attaining higher education and equity.

"I ask students to talk to legislators, so we host events for Olympia Days, which is the biggest event of the year," Perez said. "It's into the legislative

season when they're passing bills and getting a lot of paperwork, but it's an opportunity for students to go see legislators face to face and tell their personal stories and see a student's face and know what they're going through firsthand."

Perez said that her upbringing as a first-generation college student from a low-income household inspired her to become an advocate for others receiving financial aid. Her involvement with the program started after she went to a financial aid advisor to say that school is unaffordable.

"The first time I heard about it was from a financial aid advisor and she asked me if I'd be willing to submit a video to legislators to explain how an additional \$1,000 would benefit me," Perez said. "I met with them on Zoom and they recorded me and asked what I would do with \$1,000 like textbooks and other necessities for class, but

the video went through and made a difference."

WA-SEN reached out to Perez afterward to apply to be the leader in outreach for the advocacy work.

WA-SEN collaborates with more than 50 college campuses to raise student voices in having a say on the legislative process with policymakers at a district level and annually during the legislative session.

Kris Gonzales, the vice president of Independent Colleges of Washington, discussed the importance of WA-SEN recruitment for students.

"We want to identify students who normally would not participate in civic engagement and the real magic is finding these students and seeing them recognize their voice and see how that power is translated into educating legislators about what it's

SEE PEREZ PAGE 2

University engagement with Family Haven grows

By SYDNEY FLUKER and NOAH APPRILL-SOKOL

It's been almost a year since the Gonzaga Family Haven opened its doors to its first families, and the housing community is just starting.

Since March 30, the Haven has hosted a variety of programming and is focused on learning and growing as it goes.

"This last year has been about trying out all these different ideas and what works and what doesn't and continuing to move forward," said Peggy Bowden, director of the Gonzaga Family Haven. "This last year has just been about layering programs and care and concern and the different hearts that want to be involved with this mission."

With the help of Washington Sen. Maria Cantwell, the Gonzaga Family Haven received \$576,000 in direct federal funding from the U.S. Department of Health and Human Services to enhance the specialized, wrap-around programming and services that the Haven offers.

Cantwell originally visited the Haven a couple of summers ago after the ground had just been broken. John Sklut, Gonzaga University's senior advisor to President Thayne McCulloh and liaison for external and government affairs, and his team continued to work closely with Cantwell after to secure funding for the Haven.

The team kept the role of the partnerships in mind when putting the grant request together. The Haven runs on the combined efforts of Catholic Charities Eastern Washington, GU, Gonzaga Preparatory School, St. Aloysius Parish and other community partners — a highly collaborative model that is not seen often in housing projects, Bowden said.

"[The money has] been a real blessing because it allows us to really fund a lot of the activities that help our families with this transition out of homelessness into being homed and starting their new lives," Bowden said.

The Haven provides a supportive housing community to the 73 families it houses in the Logan Neighborhood. Within the Haven live 166 children, which the Haven work to keep entertained with beneficial and fun programming for the variety of ages and personalities that call the Haven home.

"The three things we tend to focus on are food, faith and fun," Bowden said. "So we've been able to utilize those funds to help provide after-school snacks and food for gatherings with our adult community, family gatherings. During Christmas break, we were able to bring happy meals to the kids. Just little things that don't seem like a huge thing but for our families, they just make all the difference."

Bowden said the focus has been on helping families

SEE HAVEN PAGE 2

BSU to host annual semi-formal dinner

By DOMINIC PE BENITO

Gonzaga University's Black Student Union will host its annual semi-formal dinner on Saturday at 5 p.m. in the John J. Hemmingson Ballroom.

After months of preparation, the board and its club members have decided on the theme of "Black and Elegant Together."

BSU President, Jackie Lee, said the decision for this theme derives from a play on an acronym.

"We picked it as a club and we were coming with ideas and somebody said award theme and we decided to change the meaning of BET or Black Entertainment Television, to 'Black and Elegant Together,'" Lee said. "It came to us and we agreed on it because sometimes the Black community is not depicted as elegant, so this event is going to showcase that and show that we are stronger together."

According to Lee, the award show themed event will feature a red carpet entrance, along with the popular BET Awards logo being changed to "BSU."

Similar to last year's performance set list, the dinner will have multiple singing performances, dances and spoken word pieces done by members.

Haylee Pollard, BSU vice president, shared that there will be new Black cultural aspects implemented into their dances such as a traditional Congolese Wedding Entrance dance. Pollard also shared that there will be skit pieces that will be acted during the show, such as a lip sync battle or a scene from MTV's "Wild N' Out."

Pollard said that many community members purchased tables to come to this

SEE BSU PAGE 3



BULLETIN FILE PHOTO

The Washington Diamonds Drill Team and Drumline perform at the 2020 BSU dinner.

INDEX

News.....1-3
Opinion.....4
Arts & Entertainment.....5-6
Sports.....7-8

OPINION

Keep your kids off of social media: The dangers of living online.

PAGE 4

A&E

Dive into GU theater department students' play 'pool (no water).'

PAGE 5

SPORTS

Wil Smith breaks program record, becomes first Zag to run sub-4-minute mile.

PAGE 7



CSPS goes green with new hybrid cars

By HENRY KRUEGER

In an effort to reduce fuel costs and help the environment, Gonzaga University's Campus Security and Public Safety (CSPS) purchased two hybrid vehicles near the end of November.

CSPS acquired two new Toyota Highlander hybrid models, replacing a pair of older vehicles the department had in its seven-car patrol fleet. The cost of a 2023 Highlander starts at approximately \$40,000, but the price varies depending on the exact trim.

The decision to buy the vehicles was made by a committee composed of members from the offices of CSPS, Sustainability, Plant Services, Finance and the Dean for Student Development.

"As a collective, we agreed hybrid vehicles would be beneficial in both reducing the use of fossil fuels and reducing our maintenance costs," said Becky Wilky, director of CSPS. "This conversation was driven both organically and with problem-solving in mind."

For Wilky, the addition of hybrid vehicles helps to fulfill Gonzaga University's mission as a Jesuit institution.

"This is one way of many, we can demonstrate our contribution to our Mission ... to conserve University resources and care for the Earth," Wilky said.



JOE O'HAGAN IG: ohagandaz

New patrol vehicles are equipped with up-to-date safety features to prevent collisions.

In the first few months patrolling around campus, the hybrid cars have garnered positive feedback from campus security officers.

"The officers have nothing but great things to say about the hybrid cars," Wilky said. "They are much quieter, turn off while stationary, and we have already seen a cost savings with our fuel bill. The officers especially like this because they do not have to leave campus as much to fuel the vehicles."

The Highlander allows for multiple driving modes: normal for everyday driving, eco for improved efficiency, sport for enhanced acceleration, electric vehicle mode for electric-only driving at low speeds, and Trail Mode, which gives all-wheel drive models added traction.

The car is also equipped with a pre-collision system that can help detect a vehicle, pedestrian or bicyclist and provide an audio/visual forward-collision warning under certain circumstances.

If the driver doesn't react, the system is designed to provide automatic emergency braking.

Scott Wittel, the associate director of CSPS, anticipates that hybrid vehicles will eventually make up the entire CSPS fleet.

"Moving forward, even though it may take some time, we wish to continue the replacement of our remaining standard fossil fuel patrol vehicles with hybrid vehicles," Wittel said. "This is our commitment to the care of our planet with responsible

stewardship of our precious resources."

GU is one of many colleges to purchase hybrid vehicles, which includes security organizations at other Jesuit schools like Marquette University in Milwaukee, Wisconsin.

Marquette University Police Department (MUPD) began its transition to hybrid cars in January of 2022, when the university bought two hybrid Ford Explorers. MUPD expects to have a completely hybrid fleet by 2025.

Aside from GU, efforts to help the planet are ongoing across Washington state. Central Washington University acquired an all-electric Tesla to patrol its campus in December of 2021.

The state Legislature has set goals to incentivize Washingtonians to begin making the switch to electric vehicles by 2030, according to Anna Lising, senior climate advisor to Governor Jay Inslee.

There is no legal requirement, but Gov. Jay Inslee has announced plans to ban the sale of new, gas-powered passenger vehicles that will go into effect in 2035.

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

PEREZ

Continued from Page 1

like to be a student on aid, what is pressing, or where there are gaps," Gonzales said. "It makes sure that anybody that wants to go to college, can go to college."

WA-SEN hosts an annual Legislative Day in Olympia with legislators and students. A student summit is held in the fall and features guest speakers and workshops to improve engagement, organization, and communication skills.

Students are also recruited to participate in legislative gatherings such as town halls, in-district meetings and community events.

"I think Olympia Days would be a

really great opportunity for all students because it's advocacy and we're looking for a diverse group of students so anyone and everyone can join," Perez said. "I think it's a pretty rare experience because not very many people get to have a face-to-face experience with legislators."

Perez also said that this experience would be great for government and political science majors, along with those on debate teams to talk with governmental figures and explain their experiences to make it more equitable and attainable. Everything in relation to this trip is also free which extends to travel, housing and food.

WA-SEN believes that training grounded in equitable access to education beyond high school, leading with the topics of race and the marginalized, serves

a positive impact on all Washingtonians.

Perez said she wanted to become involved with this advocacy work due to the leadership aspect.

"There's the Apple Blossom Festival back home and Iran for and won Apple Blossom Queen," Perez said. "I was the first Latina queen and I used that to make differences and changes in my community as I enjoyed public speaking and motivating other students and younger girls who are looking at the position and I wanted to continue doing this."

On top of this advocacy work, Perez is also studying as a biology major with a music minor to pursue a career in health care. She said her inspiration stems from her experience being in the hospital environment for her disabled brother

and her passion for making a difference through science, just as she is through advocacy.

While being a student-advocate, Perez is a BRIDGE mentor and STEM major who strives to make a difference through her numerous leadership roles. She is actively reaching out to students and professors daily to get involved with WA-SEN to make higher education equitable for all students.

The deadline to register for Olympia Days was Feb. 5, and the event will occur on Sunday and Monday. To learn more information about Olympia Days, refer to wa-sen.org.

Dominic Pe Benito is a diversity editor.

VIGIL

Continued from Page 1

Assistant professor of sociology and criminology Jamella Gow, a member of the critical race and ethnic studies department faculty, said that it is important to understand the root causes of police brutality.

"There are these assumptions about where Black people should be, and should not be, and the assumption that those who put them in their place are protected in doing so," Gow said. "Police officers, acting on behalf of the state, reinforce those divisions."

Gow also explained how policing has been influenced by a culture of violence.

"Seeing that Black officers were the ones in this case that were brutalizing Tyre really emphasizes that racism is about prejudice, yes, but deeper than that, it's about structural racism and the cultures that perpetuate it," Gow said.

Gow explained how the disproportionate policing of often impoverished Black and Brown communities leads to excessive use of force in those communities, as well as inaccurate crime statistics reflective of those communities.

She also described how overpolicing influences public perception of these communities and their members.

"If we define people a certain way, say 'that person's a criminal, we do this to criminals,' it justifies the actions that are then taken against them," Gow said.

Students can do more than recognize the causes of police violence, according to Gow.

She said there are several ways that students across the nation can take action; first and foremost by urging lawmakers to pass the George Floyd Justice In Policing Act, a broad piece of legislation that would include a registry of police officers disciplined for misconduct and a ban on no-knock warrants, among other measures. This piece of legislation was also front and center during Nichols' funeral, where those gathered called for its

approval.

Gow also said that it is important to remember those victims of police violence, within our community and outside of it.

"I think it's important for us to have [vigils] so it's not just something we forget in a few days once the news cycle finishes with it," Gow said. "We need to talk about it in our classrooms, we need to talk about it in the Hemmington Center, we need to talk about it with our families... I want everybody to recognize that this is unjust, and that we can't just leave it at that."

Sam Fedor is a staff writer.

HAVEN

Continued from Page 1

find their place in the community. For the Haven, a large part of that is giving them opportunities through relationship-building and fun and educational activities while showing them services they might not have known existed. Programming is created in response to what the residents express a need or want for, so options change as feedback is received and imputed.

Molly Ayers, assistant dean of Center for Community Engagement, and her team work closely with the Haven by managing programs and organizing volunteers. GU also placed an AmeriCorps member who works on-site to help with youth education programming.

"The importance is [that] CCE can play a bit of a connector, a convener and a backbone for the work," Ayers said. "But it's important that there are a lot of different types of relationships that intersect and support the work in the Haven."

In the year since the Haven opened

its doors, almost every school at GU has partnered with the Haven in some way.

The School of Nursing held a health fair for residents, providing free sports physicals, flu shots and on-site vaccinations. The School of Law has hosted free law clinics at the Haven to answer residents' questions about legal concerns. The School of Business plans to help residents with financial planning. Professor Matt Hoag and his accounting students will run a financial literacy workshop there this spring.

The School of Leadership, art programs and athletic department have all held programming at the Haven and programming with GU's counseling program and School of Education are being developed.

"The volunteers bring hope," Bowden said. "They bring hope every day — they play with the kids, the kids get to see other people that have pursued their dreams who are willing to come and hang out with them and just play and put on programming. I hear all the time from our families how much they appreciate the spirit that comes with those volunteers."



BULLETIN FILE PHOTO

The Gonzaga Family Haven supports 73 families, among them are 166 children.

Ayers hopes that as the partners and the Haven grow together, they will be able to continue adapting and providing the programs and offerings that residents need.

"It's pretty amazing to see the amount of community that has wrapped around [the Haven]... to really just co-invest,

[through] co-ownership in a way that centers the success of the [residents] and the building of community," Ayers said. "It does feel unique."

Sydney Fluker is managing editor. Follow them on Twitter: @sydnymfluker.

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AAU showcases Asian culture

Night Market highlights the diversity of GU community

By CAELA CABERTO

The Asian American Union hosted its fourth annual Night Market on Saturday, showcasing many Asian foods, performances, and student businesses. The event was hosted in the John J. Hemmingson ballroom and themed “A Mystical Adventure.”

The emcees for the night were AAU members Allan Lee and Krystal Bates.

Throughout the night, audience members browsed and bought from several student businesses, including Filipino goods from the Filipino American Student Union (FASU). Tote bags by AA Threads, bracelets and keychains by Lilo Pham, crocheted items by @boutiquecrochetbyash on Instagram and sewn pieces by @some_thrifed_threads on Instagram were also available for purchase.

AAU also chose members from the audience to pie several of their board members as a tradition in between performances.

The first performance was called Bai Sri Su Khwan, a Northeast Thai dance, and choreographed by AAU Night Market Chair Stefanie Hinkaew Marlow.

FASU member Michelle Cheng said she appreciated the emphasis that Hinkaew Marlow put on the cultural clubs and how the Night Market should not be the peak of cultural celebration.

Cheng said that this is a time for members to remember their values as Asian Americans and people should recognize Asian cultures holistically rather than just for entertainment.

Next Amanda Ma presented her senior capstone regarding how Spokane railroads and discrimination led to the destruction of Spokane’s now-extinct Chinatown.

AAU members also performed three K-pop dances to “OMG” by NewJeans, “Shut Down” by BLACKPINK and



NICO LOPEZ IG: NLOPEZ_PHOTOGRAPHY

AAU students told their cultural stories through spoken word poetry.

“ANTIFRAGILE” by LE SSERAFIM.

The audience listened to spoken word pieces written and performed by FASU Presidents Dominic Pe Benito and Krystal Bates. Pe Benito wrote and performed “The Fear to Dream,” and Bates wrote and performed “A Letter to my White Friends.”

Several members of the cultural clubs performed a fashion show, which showcased several different Asian clothing pieces from Indonesia, China, Thailand, Laos, Cambodia and Vietnam.

After an intermission that allowed audience members to take a quiz on Asian history and facts that were shared throughout the event, a skit was performed by AAU members telling the story about how the 12 zodiac animals were chosen based on a race held by the Jade Emperor.

The last performance was a lion dance by GĐPT La Hầu La, a Vietnamese Buddhist youth group located in Spokane.

Night Market Co-Chair Hinkaew Marlow said that she couldn’t be happier about the event.

“This was such a wonderful evening,” Hinkaew Marlow said. “I’m so happy to have been a part of this. Not only am I proud of my team, I have never been this proud of myself, ever, as well. This was such an amazing experience, and I am just so happy that we sold out. I’m so happy that people showed up, I’m so happy that people enjoyed it. This was just an unforgettable experience of my lifetime.”

Hinkaew Marlow and Night Market Co-Chair Kaitlin Le concluded the night with a speech about the importance of the community cultural clubs give minorities at GU.

“As we proceed into festival season for the other cultural clubs ... I want to make sure this message rings clear,” Le said. “Tonight is not the only night that we are

proud of our identities. The cultural clubs do not end here. This is not where we peak. We are proud of who we are every other day, besides for three hours of a festival.”

According to Hinkaew Marlow, cultural clubs give minorities a space to unapologetically be themselves and when they invite people to these cultural events, they are inviting others into their lives to see a part of who they are.

“Do not perform for us differently than we performed for you,” Hinkaew Marlow said. “When we share ourselves, our history and our heritage with you on these nights, we want you to remember that these faces are the same ones you see walking around campus. This is who we are. Do not forget that. These are not parts of ourselves that leave tonight. I ask you to engage, learn and continue supporting us and our cultures.”

Le said that people don’t usually get an opportunity like the Night Market to see this side of many GU students and members.

“We share for you, but most importantly we share for us,” Le said. “To be able to get in touch with ourselves and show you just how proud we are of being who we are. We want you to be able to see this part of us.”

Hinkaew Marlow concluded the event by telling the audience to continue to support all the cultural clubs at Gonzaga University.

“It means so much to us when we see you,” Hinkaew Marlow said. “When there’s a lack of engagement and presence, we notice. Be intentional. We are actively inviting you to meet us. We want to show you what it means to be us.”

For more information on AAU, follow them on Instagram @gonzaga.aau.

Caela Caberto is a staff writer.

BSU

Continued from Page 1

year’s event, which excites them to know that they are building a connection with the local Spokane community.

“I really enjoy BSU dinner because the Black community, especially at GU is small, and I think it’s a great place for everyone to get together whether you’re from the GU community or Spokane community,” Pollard said. “I think it’s important for me because you get to see so much of the black community in one room and space that we typically don’t see, so I think that’s why it’s so important for me to form that connection and community

all together to celebrate all of our members’ hard work in putting this together.”

BSU’s menu for the dinner features some traditional dishes, as well as new food related to various cultures seen within the Black community. For example, there will be a Zambian-inspired vegetable stew that will be served and it can be expected that many other dishes will have cultural influence.

“This is my fourth year of participating in the dinner and I’ve never seen so many BSU members want to participate in cooking, decorating, and committees,” Lee said. “It’s been a great year and we have a lot of freshmen that have been super engaged with the club and it makes it so beautiful.”

On top of the club’s excitement and hard work in

preparing for the event, this year’s now sold-out event will be very different compared to last year due to its unique theme and incorporation of Black cultural details.

BSU looks forward to celebrating its club and showcasing its Black culture for all to see.

Dominic Pe Benito is a diversity editor.

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'Smoke and mirrors': Discretion key in introducing kids to internet

U.S. Surgeon General Vivek Murthy said he believed 13 is too young for children to be on social media platforms. Although sites such as Twitter and Meta allow users of that age to join, he argued that children are still “developing their identity.”

This may be a hard pill to swallow, as social media has become an integral part of many teens' lives today. A Pew Research Center survey found that 25% of 13- to 17-year-olds are online almost constantly, with 97% of those using social media platforms such as YouTube, Facebook, Instagram or Snapchat.

Being among the first generation to grow-up with social media, many of us could probably agree that we joined the apps a little younger than we now think is appropriate. But the things that were introduced to us in the early 2000s were so nuanced and we didn't have much information on how they could harm us.

And honestly, would that have even been at the forefront of conversations then?

There were no ads on Instagram, additional in-app interactions like story posts and you couldn't link accounts across platforms. It was a time when the internet offered exciting, new ways to meet others and people could follow their favorite celebrities from cable TV.

However, we now know a lot more about how these tech agents use our data against us. Ads are strictly designed for users' self-interest, apps intentionally overwhelm us with content to keep us engaged and people are easier to find online than ever before.

With the power and influence these corporations hold, I no longer believe that people have much autonomy over their online engagements. Corporations are always looking for the hottest thing to reel in the masses.

And young people are the most vulnerable



BY BELLE ASPLUND-WAIN

party to their desired outcomes. I genuinely wonder how 13-year-olds of today are able to balance their spare time, mental health and social media. Between everchanging fashion trends and the popularization of cancel culture, I can't understand how the youth see each other as people and not just internet bots.

Many of the potential risks of social media on their mental health go overlooked as well. Young teens are experiencing higher rates of distraction, sleep disruption, exposure to bullying or rumor spreading, unrealistic perceptions of other people's lives and peer pressure.

These are among a few of the hot-topics researchers bring up when discussing the negative effects. Fortunately

though, most of these consequences can be remedied through oversight from an adult figure or self-discipline tactics.

Potential remedies have not only been illustrated by professional experiments, but also through my fellow peers. When my friends discuss their decisions to delete social media, there's always a common theme of improved mental health — including improved sleep, concentration and self-confidence.

Yet, other consequences can present more daunting impacts.

According to the American Academy of Pediatrics, obsessive use of social media in adolescents can increase the likelihood of disrupted proper mental functions or being diagnosed with an impulsive disorder, ADHD, paranoia and loneliness.

Does this mean that we are complete slaves to the major tech giants though? Well, no.

As a young adult, I can look past these smoke and mirrors. I notice when Tiktok has consumed too much of my time, or how Snapchat's in-house design debilitates my ability to communicate with others on the app.

But that method is not always as clear cut for everyone. Some tips for emerging adults include setting their own time limits on social media, being cognizant of how the media is affecting their self-image and avoiding negative feedback loops that continually reinforce themselves.

However, we can continue to keep the youth safe from these same traps by monitoring their usage, enforcing social media guidelines and setting a stellar example of appropriate social media use ourselves.

Belle Asplund-Wain is a digital editor.

The 'SAD' reality of winter months

Seasonal Affective Depression (SAD) sucks big time. Coming to Spokane for the first time in my life after spending years living in a sunny state was quite the change for my emotional and mental health. Already having to adjust to a new environment, I don't think I was ready for how hard SAD was going to hit me and affect my social and academic life.

It felt like a subtle cloudy feeling in my head throughout the day. It started off with not wanting to go to the gym, procrastinating homework and not wanting to go out with my friends. All of a sudden, I just felt like lying in bed for the whole day and skipping classes so I didn't have socialize.

I ate less, slept less and all I wanted was just to get through the day. I stopped enjoying college and even thought about transferring schools.

My whole life was revolved around school, and I was miserable. I couldn't find the energy to be fully present with my friends. I wanted to isolate myself from everyone.

I wanted to go back home and never come back.

I forced myself to go to classes, going through the motions and not really being present during the day. I was so afraid of getting behind on school that I felt like I could not prioritize my mental health. I was running on pure fear of failing my classes.

I didn't know what to do. No one really talked about how to cope with these emotions while having to balance school and your social life. I knew what SAD was, but I never had to go through it.

I started to confide in my friends, who I learned were also going through SAD and struggling to keep up with having to work and live in gloomy conditions that



BY CAELA CABERTO

make you want to do nothing but lock yourself in your dorm the whole day. I started taking vitamin D supplements in an attempt to ease the symptoms that were affecting me. I forced myself to go to yoga classes, telling myself that it's just for an hour. I told myself to just take at least a 10 minute break every couple hours so I wouldn't burn out studying.

SAD is something that we shouldn't have to be afraid of sharing. Many students and my friends have experienced some level of SAD, and that's okay. It's normal.

We shouldn't beat ourselves up for something we

cannot control. We shouldn't feel like we need to put a mask on every time we don't feel like ourselves.

I was afraid to reach out for help at Gonzaga University. I didn't want to feel weak, and I didn't want to feel like I was a burden to those I asked for help. But I learned that asking for help isn't weak, but rather it's a big accomplishment.

Reaching out for help was the best thing I could've done for myself here. I finally felt like I had a small community here that I could confide in. I felt like I could make GU feel a little more like home.

Not everyone knows what SAD is, and not everyone will go through it. But we should all make an effort to create a community where people are comfortable talking about what they're feeling.

Normalize checking on your friends and loved ones. Normalize checking on yourself and doing a temperature check on your own mental health. Don't be afraid to communicate with your professors if you need to take some time for yourself.

Reach out to Cura Personalis and Health and Counseling. Talk to people, don't isolate yourself. Check up on each other when life gets tough because it can get hard out here.

If you experienced SAD or are experiencing it now, know you aren't alone. You aren't weak and you aren't a burden. Your feelings are valid and this will pass, and if it doesn't, don't be afraid to talk to someone when it gets worse.

We're all trying to live our best lives, so look out for one another out here.

Caela Caberto is a staff writer.

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Tyre Nichols' death is an outcome of a flawed system

As many are grieving the killing of Tyre Nichols, the feeling of familiarity cannot be escaped. Investigations found that the police involved gave Tyre Nichols 71 commands within 13 minutes with several being conflicting requests, something that seems to be almost standard practice for the police. Moreover, the Black Lives Matter movement following George Floyd's death echoes recent history of civil rights protests. The question "when is enough enough?" keeps being asked after every tragedy, but police killings still happen. There are protests in hundreds of cities around the country, but these police killings still happen.

The problems of violent and overfunded police forces are not just prevalent as a national issue, but also a local one for those in Spokane. The city has allocated over 30% of its total budget to the police department, which now operates with around \$68.6 million. Spokane is not without unjust police killings like the rest of the country.



BY ANTHONY MAUCIONE

Both Republicans and Democrats in positions of power are not only continuing to fund the militarization of police but are even increasing their budgets in recent years. This funding goes straight to police departments like in Washington, where studies from the project "Mapping Police Violence" show that Black people are around four times more likely to be killed by police than white people.

Issues like systemic racism and police training are a part of the plethora of problems within police departments across America. Some politicians will call for slight reforms or better training, though oftentimes empty performative gestures and minor changes that may have happened in recent years have not accomplished anything. No meaningful advancements have happened. Police have continued to over-police minority communities and kill hundreds each year.

When faced with such an enormous and overwhelming problem, it is hard to see any viable solution other than asking for more reforms to be handed down by politicians. However, to achieve a more just society, people must realize that the police do not simply have several issues that must be fixed, the system of policing we have today is itself the problem.

From its origins of slave patrols capturing runaway slaves, policing in the United States was not intended to be just and for the protection of all people. The institutions and systems of policing that exist today are not "failing" rather, they are working exactly as they were intended to be.

The police force since its conception has been oriented toward upholding the economic status quo and protecting private property, not lives. Police were used to uphold Jim Crow laws that targeted Black

communities and worked to keep people either locked up or poor. They brutalized protesters during the Civil Rights movement, and even afterward, police departments violently targeted the poor and marginalized with discriminatory practices like the "stop and frisk" policy. Furthermore, the entire war on drugs bolstered wealth inequality and continued to marginalize vulnerable communities with the police being one of many tools.

For those who grow up poor due to lack of generational wealth, even homelessness is broadly criminalized and police are commonly used for sweeping homeless encampments and confiscating their possessions. These actions are their job; it is what they were made to do. So, what is there to even do about this systematic injustice?

It is time to start imagining a completely new system of policing — one that values lives over money, that sees crime as a symptom of poverty and mental illness and that upholds human rights rather than the oppressive economic hierarchy. By dividing and dispersing the current power police hold across various alternative institutions like mental health services, sociologists and new investigative services, a better world for all including the most vulnerable is possible.

Anthony Maucione is a staff writer.

GU actors soon to plunge into character-less play 'pool (no water)'

By CLARINNE KIRK

Gonzaga University students in the THEA 216 Acting II class will take the stage on Feb. 9 and 10 to put on a nontraditional staged reading of the play "pool (no water)." It will be the first time a play will be integrated into a specific class and performed as part of the curriculum.

Straying away from the traditional high production that American realism theater audiences are often familiar with, "pool (no water)" will instead be performed as a staged reading, meaning that actors have scripts in hand and production is kept to simple sound and lights.

Director of "pool (no water)" and professor of the Acting II class, Blake Edwards, said that not only is the style of the play unique, the content of "pool (no water)" has proven to be distinctive as well. "pool (no water)" includes no characters or set directions but is instead simply a list of lines. Edwards explained how the lack of structure within the play gives him more flexibility as a director.

"It allows the production team and director to decide how many actors are in the show, and what lines each actor speaks by identifying common threads among the lines," Edwards said.

Edwards explained how the increased flexibility was important for the play to work within the confines of the Acting II class.

"The show had to be able to work for any class no matter who's in it," Edwards said. "'pool (no water)' is open to anyone and will work for any class regardless of the number of students, their identities or gender."

Mia Torres, an actor in "pool (no water)" and student in Acting II, explained how the unstructured nature of the script gave her more creative leeway as a performer.

"Because there is no plot structure, it gives you time to decide who your character is going to be and create their identity instead of having to follow a traditional character description," Torres said.

Another actor in the play, Luke Motschenbacher, similarly described his process of formulating his character, relying on the actual plot and dialogue for guidance.

"With no characters, you are forced to ask, 'How far can the story itself take you?'" Motschenbacher said.

Edwards said that the lack of structure in the script of "pool (no water)" is not the only thing that makes this play unique — it also tackles deep, unconventional topics by portraying a raw and vulnerable look at the boundaries of friendships.

"It's a play about the bonds of friendship and how strongly they hold when jealousy and resentment creep in," Edwards said.

"pool (no water)" follows a group of artists re-assembled at the home of their successful and rich friend. Their gathering is disrupted when their wealthy friend suffers an accident, prompting the remainder of the group to wonder if her comatose state could be their next greatest work of art and to question where the line between artistic passion and exploitation exists.

According to Edwards, the characters in the play are often intense, nakedly honest and extremely vulnerable,



BULLETIN FILE PHOTO

Unlike a traditional play, the actors will read from their scripts in hand and will not play official characters.

“

Because there is no plot structure, it gives you time to decide who your character is going to be and create their identity instead of having to follow a traditional character description

Mia Torres, actor in "pool (no water)"

both in their relatable traits and even more so in their evil ones, giving the play a shocking feel.

"When [the play] goes for something, it goes for the jugular," Edwards said. "It does not take any baby steps."

Torres said that while that shock value can be intense

and uncomfortable for the audience at times, it is also crucial for gaining an understanding of the characters.

"It's an uncomfortable show, and I think that if we can make the audience feel some discomfort, we will have done our job," Torres said.

Motschenbacher said that he hopes the audiences can leave feeling some form of empathy and relatability towards the characters, even if they do not agree with or even like them. He said the audience should be questioning how they see themselves in the characters.

Edwards similarly viewed the show's purpose as a challenge to the audience's empathy.

"It's about empathy," Edwards said. "These characters are being raw and vulnerable and showing the ugliest parts of themselves, but can the audience understand where they are coming from? If they can, I think the show will have done its job."

"pool (no water)" will be playing at the Magnuson Theatre on Feb. 9 and 10 at 7:30 p.m. The play is rated R for mature themes and profanity. Tickets are \$8 and may be purchased online.

Clarinne Kirk is a staff writer.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level **1** 2 3 4

7					8		9	3
					7			
9						8	4	
		1	4	7		2		
					2			
		3		6		1		
		4						6
			5	9				
3	8		2					5

Solution to Last Week's puzzle 2/19/23

3	8	4	7	2	1	5	6	9
2	1	7	5	6	9	3	4	8
6	9	5	3	4	8	7	2	1
5	7	2	9	8	3	6	1	4
4	3	8	6	1	2	9	5	7
1	6	9	4	7	5	2	8	3
7	4	1	2	9	6	8	3	5
8	5	6	1	3	7	4	9	2
9	2	3	8	5	4	1	7	6

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit sudoku.org.uk

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Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16			
17					18			19				20						
21					22						23							
			24				25			26								
27	28	29			30		31			32				36				
33						34				35								
37				38	39	40		41		42			43					
44					45			46		47		48						
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56	57	58	59			60	61			62	63		64					
65					66					67			68					
69					70				71	72	73		74					
75				76				77				78						
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96					97					98		99			100			
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108								109				110			111			
112								113				114				115	116	117
118								119							120			
121								122				123			124			

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BRAND AWARENESS

By Chandi Deitmer

ACROSS

1 Lawn game similar to pétanque

6 iPad download

9 Tear

13 Old-Fashioned option

17 Post-surgery regimen

18 In close combat

20 Ton o'

21 Southwestern snapshot gallery?

23 Like Chartres Cathedral

24 Drummer Ringo

25 Inert gas

26 Diver's need

27 "Cool your jets"

30 Alerts to some party planners that their guests have arrived?

33 Red tide bloom

34 Drag show accessory

35 Puts in

36 tie

37 Skating biopic starring Margot Robbie

40 Ending for sub- or ex-

42 "Nailed It!" host

43 "Over the Rainbow" composer

44 One searching for a river crossing?

47 blues: genre that originated in Mississippi

49 Actor Mahershala

50 Yale grads

52 Look on the bright side!

56 Troves of getting-to-know-you questions?

64 Audio giant

65 Passage cleared by a net pot

66 PBS-funding org.

67 Play-

68 Like lechón asado

69 "No ifs, ___ or buts"

70 Flipped bar tables?

75 Private eye

77 Daredevil Knievel

78 "Beach House" singer

Carly ___

Jepsen

79 Fawcett (over)

82 Veto a very large corsage?

89 Some IRAs

92 Vampire's curfew

94 Nursery cry

95 French star

96 Pointless event at the Olympics?

97 Napa product

98 Small silt-eroder

100 Last president to keep a White House cow

101 Entertainment at a tailgate party?

107 mizvah

108 Guarantees

109 Meat salad in Lao cuisine

110 Pontificate

112 Lay into

113 Political movement against free enterprise, or a way of reading this puzzle's long answers?

118 Rummikub pieces

119 Familiar turf

120 Hyper

121 Rich rocks

122 Agape

123 Many OCS grads

124 Cicely who wrote the 2021 memoir "Just As I Am"

DOWN

1 Wireless support, maybe

2 Ref. that could be considered hi-def.?

3 Comedian Margaret

4 Taxi waiting area

5 "Likely story"

6 Pulsating

7 Wretch

8 Veterinary patient

9 Thorny flowers

10 Set of values

11 When the sun is highest

12 Bank acct. addition

13 "I'm normally more humble than this ..."

14 Gas additive

15 Excited

16 Includes

19 Color quality

20 Epithet for Shiva

22 Oom-

23 Tour stops

26 Tennis great Agassi

27 Oliver Twist, for one

28 Palo ___, California

29 Assistant with a hunch?

31 chips

32 Picked out of a lineup, briefly

38 Quite a spell

39 Wheel shaft

41 Male title derived from "brother"

42 Hat edge

43 Supped

45 Steinway instrument

46 Above-the-street trains

48 Scale divs.

51 Pro or con

53 Basketball commentator

54 w/o delay

55 Cozy spots

56 "Mercy me!"

57 French film

58 Winds down

59 Plans to go public?

60 Actor Watanabe

61 Roof overhang

62 Japanese drama

63 party

68 Storage box

70 ___-Magnon

71 Tony-winning musical "Dear ___ Hansen"

72 Nero Wolfe creator

Stout

73 Oodles

74 "Mercy Mercy Me" singer

76 Apple platform

80 Takes care of a draft

81 Great

83 Sheep trails

84 "You're too kind!"

85 Rotund stove

86 "Glass Onion" filmmaker

Johnson

87 ___ Romeo: sports car

88 Hairy legend

89 Cite

90 Like many summer concerts

91 ___ strength: measure of tolerance

93 "Let's see ..."

97 Noisy bird in a dome-shaped nest

99 Hazards

102 Bow-toting deity

103 Tempting words in Wonderland

104 Bawled

105 School basics

106 Lab rodent

111 Stretched thin

113 Cry of discovery

114 IM pioneer

115 "___ Raining Them": Mia Jam remake celebrating the gender spectrum

116 Sign for a crowded house

117 Guy

24th annual SplFF plays at Bing, Magic Lantern

By MICHAEL BEIRNE

The Spokane International Film Festival opened its 24th annual celebration in Spokane’s Bing Crosby Theater on Friday. The festival began with the "Best of the Northwest Showcase," a series of nine regional and local short films.

SplFF is a three-day film festival put on by Spokane Arts, the Spokane Film Project, Eastern Washington University and the Spokane Teachers Credit Union. Since 1989, SplFF has organized with filmmakers across the Inland Northwest to celebrate and share film, while working with filmmakers and the Spokane community to make film more accessible.

Each year, SplFF begins by focusing on short film. The "Best of the Northwest Showcase" features nine highly acclaimed regional and local films. In less than 20 minutes, each short film captures a different slice of life from across the Northwest.

The first film of the night was “Adrenaline Sucks,” a documentary feature about the French extreme athlete Matthias Giraud and the tension between adrenaline and meditation that he exists within. Through Go-Pro tracking shots and the flight team, director Chase Ogden captured Giraud’s cliffside ski-jumping and base jumping — which allow him to escape the “skin-crawling mundane.”

Next was “Camera Catch.” This four-minute technological horror film caught the realization of a photographer who becomes his own subject.

The third film of the night was “Uncradled,” which explored the impossible tragedy of a miscarriage. Instead of dwelling on the trauma, director Kyle Beckwith offers a heartbroken mother the chance to meet the adult version of her unborn daughter. Beckwith weighs tactile emotional realities with intimate, uplifting filmmaking.

“Woke Hei,” the fourth film, told the story of the first-generation daughter of Chinese immigrants grappling with the cease of traditions. The process of restoring a rusted over and long forgotten family wok provides a way of moving forward — and features an array of food along



The Spokane International Film Festival (SplFF) was opened at the Bing Crosby Theater in downtown Spokane on Friday.

way.

Next followed “Bellingham’s Belief,” a formalistic “Twilight Zone” inspired satire that was “based on true events.” Combining classic ‘50s suspense with sharp filmmaking, director Tom Salvaggio created an intensely humorous and human film.

“Totems,” directed by Justin Deegan, captures the glimpse of two Indigenous men’s intersecting lives. The film depicts complicated and frustrated emotions bottled and hidden away. Deegan uses the film to state — “people are more interested in images of Native people than in Native people.

Then followed “VISIONS,” a look into the varying lives, mediums and inspirations of three Portland artists. Through invoking the spirit of the Northwest and through these artists’ works, “VISIONS” looks into the challenging and still-developing process of becoming an artist.

The seventh film of the night was “Magic Trick,” in which director Chris Lennox-Aasen takes the audience on

a ride through two strangers’ exchange of phone numbers in a coffee shop. Filled with biting humor, quick-witted dialogue and masterful timing, Lennox-Aasen creates a queer-empowering film that refuses to be predicted.

“We Live in Water,” directed by Sean Finley, follows the story of an unfulfilled fatherhood and its consequences. Based on a short story of the same name by Jess Walters, this film explores how loss, memory and restitution can be found – despite all odds.

The final film of the night was “Break the Record, Break the Stigma,” a documentary on trail-runners who use the activity to overcome the losses caused by addiction and suicide.

The fest continued Saturday and Sunday at the Magic Lantern.

Michael Beirne is a staff writer. Follow him on Twitter: @mtbeirne.

Vieux Carré NOLA Kitchen brings Cajun eats to the Lilac City

By CATE WILSON

If you are hankering for some Southern fixings, Vieux Carré NOLA Kitchen is here to satisfy all your Cajun food cravings just in time for Mardi Gras season.

Located at 1403 W. Broadway Ave. on the edge of Kendall Yards and on the way to downtown Spokane, the French Quarter inspired restaurant combines the flavors of New Orleans for lunch, dinner, drinks and weekend brunch. Reservations are available by phone.

In French, “vieux carré” translates to "old square" and is the name of an upscale, classic cocktail made with equal parts of rye whiskey, Cognac and sweet vermouth which is featured on Vieux Carré’s menu. The ambiance and decor stay true to the Southern theme and the Creole, Cajun flavors shine through in each dish.

The yellow brick building where the restaurant stands is Victorian-style and was erected in 1903. Both the exterior and interior are representative of New Orleans. Lush green, prints of historic and scenic NOLA and lively jazz music fill the space to sell the Louisiana vibe. Since its opening in June of 2021, it is the lone Creole, Cajun restaurant in the Spokane area.

Korri McElfresh, owner of Vieux Carré, has been in the food business for 19 years.



Vieux Carré NOLA kitchen brings Creole, Cajun eats to the dining scene in Kendall Yards.

Her inspiration for the menu stemmed from a collaboration with executive chef Logan Maus. While McElfresh’s original vision had Spanish and French cuisines, the inspiration to showcase the food of New Orleans stole the show for the concept.

“We are trying to capture the feel of

New Orleans,” McElfresh said. “We want all things Southern and NOLA you can think of.”

Fried chicken, shrimp and grits, hushpuppies, jambalaya and other Southern delicacies are available to taste and savor. While the traditional staples represent true Southern dishes, there are

fun noteworthy twists worth ordering. Red crab beignets, whipped honey cornbread and the gator bites are contenders from the appetizer portion of the menu.

Although Spokane is not on the coast, seafood-centric meals are available to stay authentic to New Orleans cuisine. Crawfish etouffee, fried catfish, the red fish and clams and linguine are included in the seafood section.

Chef Maus was one of about 60 candidates to fill McElfresh’s executive chef position. After Maus was touted as the right person for the job, he moved to the Inland Northwest all the way from St. Louis, Missouri.

McElfresh and Maus strive to nail the feeling of Southern hospitality through the ambiance and food at Vieux Carré.

“The environment and atmosphere is one of Southern nature and charm,” Maus said.

Vieux Carré NOLA Kitchen embraces a Mardi Gras atmosphere. Green, purple and gold decorations were just put up to add to the spirit of the season. Beads and a king cake were not spared to accurately feature the essence of the biggest party in the South.

Cate Wilson is a staff writer.

Boragi: A Middle Eastern staple for your dining room table

By LAUREN O'GRADY

Kitchens are made to bring families together. At least, that’s what the sign above our kitchen door taught me once I learned how to read. We believe cooking for and eating with others is the best way to build relationships.

The old saying goes, “the eyes are the window to the soul,” but my family believes the pathway starts with the stomach. People need nourishment and oftentimes, the sustenance we fill ourselves with reveals a bigger story, a greater history than is realized. For us, that means appreciating and sharing the recipes that have been passed down for generations.

My mom’s side of the family is the product of immigration from Ireland and Iraq, so we have a lot of cultural ideas and flavors to play with. After years of trial and error, taste tests and new recipes circling in and out, one meal has stayed at the top of our list: boragi.

Boragi is a traditional Assyrian recipe most commonly served as an appetizer. It contains a blend of meat and spices wrapped up in an egg roll wrapper, fried on a hot stove and drizzled with your choice sauce; we recommend Trader Joe’s “Sweet Chili Sauce.”

In a simple definition, I describe it as the Middle Eastern take on an egg roll, but it is much more than that. It is the taste of home, the taste of my ancestors and something that family and friends alike all rave over.

Boragi was my grandfather Baba’s

recipe. He emigrated from Baghdad in the 1950s and brought with him very little, but the recipe was never forgotten. He met my grandma, Mimi, in the 1960s. She had just emigrated from Ireland and was a wonderful cook, and his Middle Eastern flavor preferences complimented her skills well.

Mimi fits the Irish stereotype and is the queen of potatoes. Mashed potatoes, twice baked potatoes, potato pasta, french fries — you name it, she’s mastered it. After the passing of my grandpa, though, she took boragi into her repertoire and his memory lives on through it.

My family’s love language is food, and any family event throughout the holiday season would not be complete without a hot plate of boragi. With each dish we make, we are able to pass on the story of our family and our history to anyone sitting at the table.

See the recipe below; yields 16-20 pieces (1-2 pieces per person).

- Recipe:**
- 1 lb ground turkey
 - 1 medium onion, diced
 - ½ teaspoon garlic salt
 - ½ teaspoon onion salt
 - ½ teaspoon pepper
 - 1 teaspoon curry powder



Boragi is a traditional Assyrian recipe most commonly served as an appetizer.

- ½ cup salsa
- ¼ cup cilantro, chopped
- ¼ cup parsley, chopped
- 1 package egg roll wrappers

Instructions:

Prepare the filling: Sauté ground turkey and onion over medium heat for 5-6 minutes or until browned. Drain fat (if necessary). Add all spices and salsa and stir to combine until heated through. Turn heat to low and add fresh herbs.

To assemble: Take one wrapper and rotate 45 degrees so a corner is facing you

(should be oriented like a diamond). Add ¼ cup filling to the center, then take the corner closest to you and fold it over the filling, placing the corner just over the filling (like forming a burrito). Next, fold in the other two sides and roll until the filling is securely covered. It should be a small rectangle, about 2”x4”. Moisten the last corner slightly with water to seal.

To fry: Heat a large frying pan on medium-high heat and add ¼ cup canola oil. Place boragi in the hot pan and fry for 2-3 minutes per side until golden brown. Serve with dipping sauce of your choice.

Lauren O’Grady is a staff writer.

Super Bowl LVII: Eagles, Chiefs vie for the title

COMMENTARY
By BRAD SAUVE

With two gritty, physical conference championship games in the books, all eyes will turn to Glendale, Arizona, as the Philadelphia Eagles and Kansas City Chiefs square off for the right to hoist the Lombardi Trophy on Sunday. Regardless of who wins, history has already been made. This year will be the first time that the Super Bowl will feature two Black starting quarterbacks.

Both teams earned the top seed in their conference yet took different paths through the playoffs for the chance to play in the final game of the season.

The Chiefs skated by the Jacksonville Jaguars 27-20 in the divisional round before escaping their contest against the Cincinnati Bengals with a 23-20 win in the AFC championship game. Harrison Butker hit the game-winning field goal as time expired, set up by several controversial penalties against the Bengals.

The Eagles, on the other hand, left absolutely no doubt that they are the best team in the NFC, thumping the New York Giants 38-7 in the divisional round and the San Francisco 49ers 31-7 in the NFC title game.

Though the Niners quarterback injuries made life easier for Philadelphia's defense, the Eagles offense is the real takeaway from that game. The Niners defense was a top-10 team in every significant defensive metric but allowed 31 points and 148 rushing yards.

On the other side of the ball, the Eagles and Chiefs offenses are incredibly potent. In fact, they are tied for the highest-scoring offenses in the NFL at 28.7 points per game.

Powering the Eagles offense is quarterback Jalen Hurts, the third-year man out of Oklahoma who has developed into one of the best dual-threat quarterbacks in the league. He is a more than capable passer and a legitimate threat to run the ball — just ask the 49ers. Hurts may not have had a statistically impressive passing game, but he made key throws and ran for 39 yards and a touchdown on the ground.

Meanwhile, Kansas City continues to experience enormous success with Patrick Mahomes as its signal-caller. Though less of a threat as a runner than Hurts, he is still a problem for opponents in that department in addition to being able to generate highlight-reel throws.

Mahomes appeared to show slight discomfort with an ankle injury suffered against the Jaguars. His mobility led him to be one of the least-sacked quarterbacks in the NFL this season.

However, the Chiefs are about to face their toughest test of the season. The Eagles, in addition to having a prolific offense, allow the fewest yards per game in the league (195.5). For reference, the Chiefs, the fifth-best team in that metric, allow 329 yards per game.

Philadelphia does not have a particularly weak link on defense — solid linebackers, an experienced cornerback duo and a defensive front line that would put fear into the hearts of any offense.

Four players on the Eagles defensive line have double-digit sacks, led by Haason Reddick's 16.

Meanwhile, the Chiefs veteran defensive tackle Chris Jones is leading the way for his team with a career-year, posting 15.5 sacks and 44 total tackles. A one-man

wrecking crew in his own right, Jones has become the face of the Chiefs' defense.

Kansas City's secondary also stepped up against the Bengals, picking off Joe Burrow twice and only allowing 238 yards through the air.

There are also a pair of reunions to keep an eye on, one more touching than the other.

Firstly, Kansas City head coach Andy Reid will look to defeat the same Eagles organization that fired him in 2012. He was also instrumental in drafting center Jason Kelce for the Eagles and tight end Travis Kelce for the Chiefs.

Now the two will become the first pair of brothers to take the field against each other in Super Bowl history.

With two dynamic quarterbacks, capable run games, impressive defenses and personnel intrigue, Super Bowl LVII also offers excitement in that there is no true favorite. The Eagles are favored by a mere 1.5 points while ESPN Analytics has the game as a 50-50 toss-up at the time of writing.

Even if a high-quality, high-stakes football game is not necessarily your cup of tea, be sure to tune in for the halftime show featuring Rihanna. The nine-time Grammy Award-winner is famous for putting on excellent live performances and will certainly not disappoint.

Just how anticipated is Rihanna's performance?

Chiefs wide receiver Marquez Valdes-Scantling took to Twitter to ask (perhaps jokingly) if he could watch her show during halftime.

Between the game, the halftime show and the infamous slew of memorable commercials, Super Bowl LVII will make

GU SPORTS

Thursday, Feb. 9
➔ **Men's basketball vs. San Francisco, 6 p.m.**

Friday, Feb. 10
➔ **Men's golf at Pat Hicks Thunderbird Invitational, St. George, UT, all day**
➔ **Track at Whitworth Invitational, Spokane, noon**
➔ **Track at Husky Classic, Seattle, WA, 2 p.m.**

Saturday, Feb. 11
➔ **Women's tennis vs. Colorado, 9 a.m.**
➔ **Women's basketball vs. Portland, 1 p.m.**
➔ **Men's basketball vs. BYU, 7 p.m.**

Home games in bold

must-see TV come Sunday.
The pick: Eagles 29, Chiefs 25.
Kickoff for Super Bowl LVII is officially set for 3:30 p.m. PT on FOX.

Bradley Sauve is a staff writer.

Wil Smith runs first sub-4-minute mile in GU history

By TOMMY CONMY

Wil Smith became the first athlete to ever break the four-minute mile barrier in a Gonzaga University uniform last Saturday at the Washington State Open & Combined Events meet in Spokane.

Smith raced around the eight-lap indoor track at The Podium in 3:59.36 to set a school record, usurping Willie Milam's time from 2015. Smith's effort is the 48th best in the mile this season in Division I and came on the same weekend that eight University of Washington runners ran sub-four minutes at the UW Invitational in Seattle.

Smith wasn't the only Zag to crash the record books on

Saturday. Ansel Tucker (13th, 4:13.85), Carp Mukai (16th, 4:16.18), Will Thorsett (17th, 4:16.39) and Mason Kissell (19th, 4:17.05) all cracked the top 20 in program history in the mile.

Kristen Garcia won the women's mile in 4:48.49, good enough for third-fastest in program history in her third individual win of the season thus far. True freshman Anna Grabowski finished sixth in 4:53.71 to move her into fourth place on the all-time top 10. Grabowski is also in the all-time top 10 in the 800 after running a top mark at the University of Idaho earlier this season. Alicia Anderson (7th, 4:54), Kate Donaldson (19th, 5:05.23) and Ireland Robertson (20th, 5:05.98) made it five Zags in the

top 20.
Ellie Armbruster broke her own program record in the 400, posting a new personal best of 57.70 seconds, the second time this season she's improved on the mark she set as a true freshman.

The Zags hope to continue their speedy ways at the Whitworth Invitational in Spokane and the Husky Classic in Seattle this Friday and Saturday.

Tommy Conmy is a sports editor. Follow him on Twitter: @tommyconmy.



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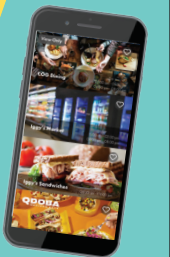
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Students race to secure tenting positions ahead of BYU game



MAKOA DEALMEIDA IG: makoaddealmeida

Gonzaga students dash to the Crosby Student Center to receive their tenting numbers at the Kennel Campout ahead of Saturday's matchup with BYU.



ISABELLA STOUT IG: isabellacarin.photography



DYLAN SMITH IG: d.smithphotos



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Be sure to check your email, Courtney will contact you through email once your application is reviewed.*

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If interested, please email: Rachel.Flanagan@gmail.com

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