

The Gonzaga Bulletin

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Playing to their own beat, Bulldog Band brings the jam



See page 4 to read about the band that keeps one of the most passionate student sections grooving.

BULLETIN FILE PHOTO

GU graduate debt lower than average

By CLARINNE KIRK

Gonzaga University’s tuition price can seem staggering, with the estimated on-campus cost totaling \$74,249, according to GU’s website. However, the average amount of GU graduate debt is lower than the federal average, with GU graduates averaging \$20,783 of debt for the 2021-22 academic year, as stated in a study conducted by the university. Conversely, the national public average of graduate debt is \$27,400 and the national private average of debt is \$33,000, according to the College Board’s 2022 review of college pricing. GU’s low average graduate debt is due

in large part to its extensive scholarship programs — 98% of incoming students receive merit scholarships, according to GU’s website. Louisa Diana, associate director of the financial aid and loan program, similarly identifies GU’s scholarship programs as a key contributor to GU’s lower-than-average graduate debt. “A large part of Gonzaga’s graduate debt being lower than the national average is due to the number of scholarships Gonzaga provides,” Diana said. “We’re able to provide a substantial amount of funding to our students from Gonzaga’s own funding and funding we receive from donors.” Jim White, dean of financial services,

said that in addition to providing scholarships for most students, GU is additionally working to increase the number of scholarships available to low-income students through the Gonzaga Access Pledge. The Gonzaga Access Pledge is available for Washington residents who are also eligible for the Federal Pell Grant, a federal aid program for students with extreme financial need. For these eligible students, the Gonzaga Access Pledge provides a full-ride scholarship financed through state, federal and GU funding. According to White, this program is instrumental to GU’s goal of lessening debt among low-income students. “For students coming from generational

and long-standing poverty, the ability of education to lift students out of poverty becomes limited if those students are burdened with a lot of debt,” White said. “Educational debt becomes a negative factor in their wealth accumulation after graduation.” GU has recently furthered its financial support for low-income students by providing up to an additional \$10,000 in aid to cover the living expenses of students in extreme financial need. These students are commonly in foster care, emancipated from their parents or are from homes with no stable income. GU’s mission to provide comprehensive

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The SACNAS chapter at GU meets every two weeks in the Bollier Center.

ISABELLA STOUT IG: isabellacarlin.photography

SACNAS offers community for marginalized STEM students

By CAELA CABERTO

Gonzaga University’s Society for the Advancement of Chicanos/Hispanics and Native Americans in Science offers a safe and supportive space for underrepresented students involved in the science, technology, engineering and math fields. SACNAS has 116 official student chapters at colleges across the country, including GU’s chapter. These chapters each have the goal of increasing opportunities and equity for Chicanos/Hispanics, Native Americans and other underrepresented student groups. Although the GU chapter did not meet much during the first semester, the club is aiming to meet every two weeks on Wednesdays at 6 p.m. in the Bollier Center. “Growing up I didn’t really have any role models in science that were my background,” said Emiliano Soto-Romero, the club’s president. “They were predominantly white instructors. I think that having mentors with similar backgrounds as me and are interested in the sciences as well really helped me feel more comfortable learning and

engaging in the material that’s being taught.” The group’s mission for the GU community is to create a community for STEM majors in a predominantly white institution. Soto-Romero said he wants the club to be a place where minorities can share their experiences and communicate with other students that may be going through the same struggles. “SACNAS is a very important club to have on campus,” Soto-Romero said. “When I started out here, it wasn’t formed yet, and I was part of the founding members of this club. I would have liked to have one of these clubs when I was a freshman, because it creates a sense of community where I feel comfortable going to and asking for help or just talking about life in general and being a minority in the sciences. It’s important to have a community like this, not only at undergraduate institutions, but also wherever you go. Just having a community of people dedicated to achieving or promoting diversity. That’s helpful for the success of everyone in general.”

SEE SACNAS PAGE 3

Race to zero waste: GU aims high for competition

The annual event measures reduction efforts over eight weeks

By CONNOR CAMPBELL

Gonzaga University and other schools across the U.S. and Canada are participating in the Campus Race to Zero Waste competition, formerly known as Recyclemania. From Jan. 29 to March 24, participating universities will report the amount of trash and recycling collected each week as they are ranked in multiple categories based on recycle per capita, recycling rate and total waste. The Campus Race to Zero website states that the National Wildlife Federation manages the program in partnership with RecycleMania, Inc. According to Tristy Osbon, the waste reduction educator at the Office of Sustainability and the coordinator of GU’s Race to Zero participation, GU will be participating in three categories: diversion (amount of waste diverted from the landfill and sent to compost and recycling), per capita classic (amount of recycling) and food organics (composting). Each week, rankings will be updated so schools can compare their performance against other colleges. The winning schools in each category will receive recognition and a physical award made out of recycled materials. “The main goal of [the competition] is to decrease contamination and waste streams and increase recycling and composting efforts,” Osbon said. Out of the 200-plus schools that participated last year, GU placed 22nd in food organics, 41st in diversion with a diversion rate of 38% and 63rd in pounds per capita for recycling. Diversion is the process of diverting waste from landfills and trash sources. GU’s diversion rate is one of the key metrics Osbon wants the university to improve upon. Last year it was 38% during the competition and the goal this year is to increase it by 5% to 43%. In order to measure waste, GU collects and transports waste collected from bins to trash compactors on campus. After recording and documenting the weight of the waste, the city then sends the compiled data to Osbon with precise bins, weights, locations and dates. Osbon hopes that through this competition the GU community will learn more about composting and recycling and what items should be going into these waste sources.

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A&E

Art faculty from local universities showcase artwork at GU Urban Arts Center.

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OPINION

Zombies are invading campus: How to survive and where to hide.

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SPORTS

Jackson Karcz shines for Gonzaga club hockey team.

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SACNAS

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The club hosts opportunities for STEM majors to engage with each other through study sessions, affinity groups and workshops.

“SACNAS is important to me because I believe that science is a field that anybody can participate in and SACNAS creates a space that emphasizes that,” said Stefanie Hinkaew Marlow, the group’s vice president. “The more minds we have collaborating and the more diverse perspectives you incorporate, the more people would be able to achieve and could continue making new discoveries and advancements in science.”

SACNAS collaborated with the Building Relationships in Diverse Gonzaga Environments program and hosted an affinity group space last week that invited students to discuss their identities in the sciences and how the club can better support underrepresented populations in the GU STEM community.

“The SACNAS affinity group event was a necessary and very important event to me,” first-year student Carole Aludino said. “I felt seen and heard by a group of people who share the same identities and stories. This event was much more than a meet-up or conversation, it was a place for me to seek comfort and know that there is a community for students in STEM like me. I felt welcomed and felt like I belonged and a huge sense of community within SACNAS.”

Soto-Romero said the club will continue to collaborate with other clubs and host events for the rest of the semester. Some of these events will consist of collaborations with the Black Student Union, a panel that will center around women in STEM and more workshops and professional development events.

Students who are looking for a diverse community in STEM at GU are welcome to join the club, according to Soto-Romero.

“You don’t have to be a Hispanic or Native American — you can be anyone,” Soto-Romero said. “You just have to have the desire to commit yourself to that diversity and supporting others on the same mission.”

Hinkaew Marlow said the club’s goal is to remind people that there are marginalized people in science that should be recognized. GU’s chapter wants to show the whole school that underrepresented students belong in the field of science and that they provide unique experiences and perspectives.

Hinkaew Marlow hopes the club encourages people to pursue their goals.

“The organization was created because historically and even currently, the field of science, medicine and research is dominated by a white, Western, heteronormative majority, which has restricted opportunities for those in historically marginalized communities to establish themselves in a field that is already really rigorous,” Hinkaew Marlow said. “The field of science is already super competitive, and when the narrative is dominated by the majority and barriers are constantly constructed in order to uphold the majority, people are left behind or discounted.”

To stay updated on events and activities hosted by the club, follow @gonzagasacnas on Instagram.

Caela Caberto is a staff writer.



MAKOA DE ALMEIDA IG: @MAKOA.DEALMEIDA

The Race to Zero Waste competition takes place across Canada and U.S. college campuses.

WASTE

Continued from Page 1

Rethink Waste, a subcommittee of the Gonzaga Environmental Organization, is also playing a role in the competition.

Osbon is working with the group’s leadership to help get more information out to students, while also offering an ability to connect with the student body where Osbon doesn’t.

According to GEO President Emmy Wagner, it is challenging to raise awareness about recycling.

“Trash isn’t a glamorous thing,” Wagner said. “People aren’t really going to be like ‘oh that sounds awesome’ So, it’s kind of hard to get the word out.”

In the spring, Rethink Waste will perform waste audits to measure how effective waste education on campus is.

“We get a dumpster from one of the buildings on campus — and you may have seen it before, we do it right outside of Hemmingson — [we] get tables and then go through the dump and re-sort the trash basically into recycling, compost and trash and then we get that information for ourselves to see how well the waste education is doing,” Wagner said.

Outside the four main categories of the competition, there are also four special categories. According to Osbon, GU will be competing in the gameday basketball category, which ranks participants based on how well they recycle and minimize waste during home basketball games.

In the past, the basketball games have been effective at improving waste education within the GU community.

“Obviously, there’s a lot of people that go to the basketball games and when you’re standing right there, they kind of have no choice but to listen to you,” Wagner said. “We had a lot of people come up to us afterward and be like ‘oh my gosh, thank you. I’ve always wondered about this.’”

Improved education on recycling and waste disposal is key given the negative effects of improper waste disposal. Recycling is only effective when done properly, Osbon said.

According to Osbon, the systems are built to handle what’s produced in Spokane, but there is a lot of contamination that occurs and a lot of waste that goes into recycling doesn’t end up being recycled, whether because something wasn’t recyclable in the first place or because the waste stream is contaminated.

For Osbon, recycling and composting have wide-ranging effects both in and outside the community.

“Being able to be intentional about like, what we are consuming and producing or what waste that we’re generating is really important in terms of how not only we’re impacting our direct community, but also indirectly with where that waste is sent because a lot of the times we don’t see from production to end and if it actually ends up in the place it’s supposed to end up,” Osbon said.

For students interested in learning more about waste reduction, Rethinking Waste workshops are held biweekly on Wednesdays from 12:15 to 1 p.m. To see where GU ranks and for more information about the competition, visit campusracetozero.waste.org.

Connor Campbell is a copy editor.

DEBT

Continued from Page 1

aid has been central to making GU more affordable to students like sophomore Jazmine Aleman.

“When applying, I knew that Gonzaga was really expensive and that I would not be able to pay the full tuition price,” Aleman said. “My ability to go to Gonzaga depended on the amount of money I received from the FASFA and from Gonzaga. When I heard that I could attend Gonzaga without paying tuition, I knew I wanted to come here.”

Not only have financial aid and scholarships allowed Aleman to attend GU, she said they also allowed her to experience college more deeply and stress-free. Prior to learning about her full ride, Aleman considered an attempt to graduate in three years to limit tuition, but without the burden of tuition Aleman felt less pressure to graduate as quickly as possible.

“Having my tuition paid for gives me the choice of staying a fourth year,” Aleman said. “Now, I feel I am able to experience college more without feeling rushed to graduate.”

For students who do acquire debt, GU’s financial aid office helps students borrow responsibly and manage their debt. A big part of helping students borrow responsibly is ensuring that students are not borrowing more than they need. GU attempts to help students borrow the least amount necessary by being transparent with costs and fees.

“We try to lay out all the direct costs a student will face so students know how

much they actually need and can hopefully decide to borrow less,” Diana said.

If a student does borrow more than they need, financial aid counselors can assist students in returning excess funds.

Students can also work to lessen their loans by taking advantage of on-campus opportunities to offset their expenses like becoming a resident assistant, joining programs with stipends, participating in ROTC or any other on-campus job, according to White.

In addition to helping students borrow responsibly while in college, Diana said that GU attempts to provide graduates with plans and resources, in addition to exit counseling prior to graduation, that prepares them to pay back their loans post-graduation.

Another part of exit counseling is informing students of opportunities to eliminate their debt post-graduation, including programs like Public Service Loan Forgiveness. Public Service Loan Forgiveness allows graduates working in public service to cancel whatever debt they still owe after completing 10 years of qualifying payments.

While GU is determined to minimize its students’ debts, White also explained how educational debt can be beneficial to one’s future and not necessarily something to be avoided at all costs.

“Educational debt is not always a bad thing, it is an investment in yourself and your future,” White said. “That said, students need to borrow responsibly.”

Clarinne Kirk is a staff writer.

BEYOND THE CANON: A Tribute to Composers from the African Diaspora



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'Beyond the Canon': GU voice faculty singing to celebrate composers of color

By MARY SHERDAN

This Sunday will mark the first time the Gonzaga University voice faculty will sing together in a recital in almost 10 years. It may also be the first time members of the audience hear the works of many underrepresented Black classical composers throughout history.

'Beyond the Western Canon: Celebrating the Music and Legacy of Composers from the African Diaspora,' is the brainchild of GU's Postdoctoral Fellow, Jadrian Tarver, who will be performing as a soloist alongside voice professors Amy Porter and Darnelle Preston. Nicole Sonbert, from the vocal studies department at Eastern Washington University will also be a soloist.

A canon in music can be defined as a melody that is repeated and imitated throughout a given piece. Since classical music has been historically dominated by white, male composers from Western countries, this upcoming recital reaches "beyond the canon," by featuring composers of color whose work has been historically overlooked and underperformed.

"This collective was an opportunity to discover and appreciate diverse musical talents and contributions to my Black heritage," Tarver said. "So the music will be underrepresented composers of the African Diaspora, so we're going from the 1700s ... all the way down to a composer born in 1986."

This is not the first recital Tarver has programmed in his career. He began researching underrepresented composers in 2016 while he studied for his master's degree at Georgia State University. While in this heartland of music and performers, Tarver realized a new mission — to create a safe space and a place of belonging for his musically inclined friends who were not actively performing. Recitals

like "Sankofa" and "Color Me Music" reflected themes of social justice and the Diaspora, as well as paid specific homage to Black, Latinx and Afro-Latino performers.

"One of the reasons I did this recital, and why I do many recitals, is because I just want to show that being Black is not monolithic — it comes in many different colors and many different ethnicities and subcultures," Tarver said.

Tarver's research continued as he pursued his doctoral degree from Michigan State University.

"What I was not aware of was Black classical musicians at that time," Tarver said. "That's another dimension of Blackness that I didn't even know existed all throughout school."

Porter said that her awareness of these composers was regrettably lacking throughout her scholastic journey.

"I was never assigned music by a female composer or a composer of color, even sadly when I went back for my doctorate," Porter said. "I don't think it was because [my professors] were actively trying to keep these composers out of my hands — it was just not as accessible to us."

Porter said today's internet access and increasing research from progressive individuals like Tarver at GU and Sonbert at EWU allows these underrepresented composers to reach more receptive audiences.

"I think this generation of young singers is more interested in a wider variety [of music] and they're more likely to ask their teacher for it," Porter said.

Porter said performing in recitals like these has inspired her to continue to grow her own library of female composers and composers of color. She says they also inspire productive conversations among music faculty, fellow performers and her students.

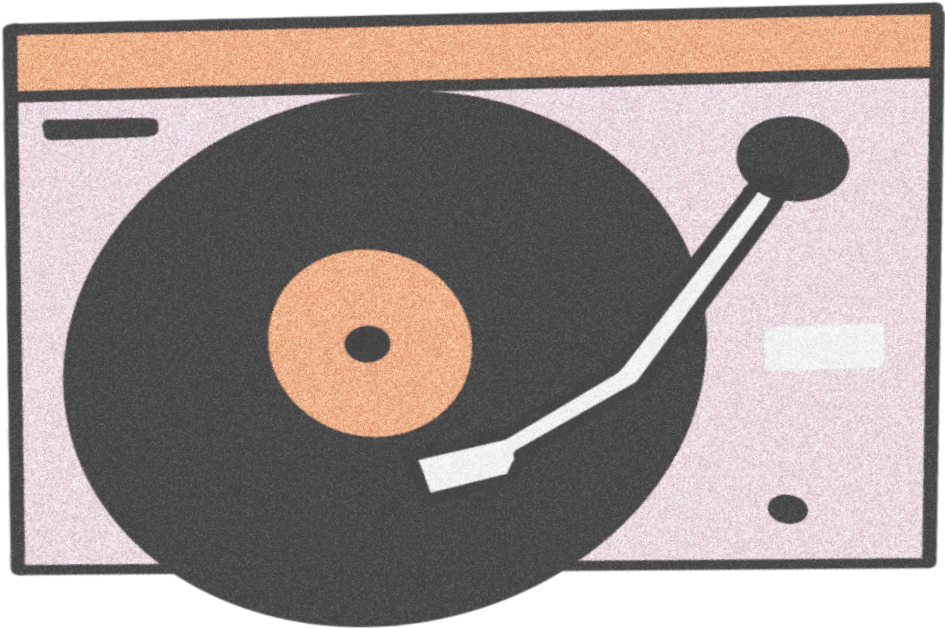
"It does in no way take away from the composers that have been really commonly sung in recitals because that music is still fantastic," Porter said. "I don't think we should throw out the canon or do away with it, but we just need to expand it and make sure that the barrier is more about the quality of the music, not the identity or the wealth or the fame of the composer."

Tarver said he works hard to promote this mission of social justice and diverse community engagement through music in both his applied voice and first year seminar classes. He says that finding music and poetry that speaks to the performer is always a priority.

"It's creating a conversation and so I think that music in that way can build community," Tarver said. "I think it's a part of my African heritage that we celebrate that music is a part of the community. I think I take that everywhere I go — it's how we learn."

All are invited to share in this educational and artistic journey on Sunday at 2 p.m. in the Myrtle Woldson Performing Arts Center Recital Hall. This free event will feature a range of composers from all around the globe and will feature internationally celebrated pianist Archie Chen.

Mary Sherden is a staff writer.



The Bulldog Band: Making the Kennel Swing

By SAM FEDOR

Gonzaga University's Bulldog Band is a constant companion to the nationally renowned student section, the Kennel Club — and together, they form one of the best college basketball atmospheres in the country. Directed by David Fague, director of the jazz studies program, and composed exclusively of student musicians, Bulldog Band makes the Kennel swing.

Fague said being a member of Bulldog Band is a low-risk, high-reward commitment.

"I want it to be fun and exciting every single time," Fague said.

And because the band's job is to keep the crowd engaged, the music is intended to be as fun to play as it is to listen to.

The band's year begins well before basketball season starts, with a three-hour rehearsal in September. This is the only rehearsal of the year — with 42 songs to cover.

Any student is welcome to join the band; the only requirement is the ability to read music. And if you don't have an instrument (or happen to be a piano or guitar player) the band is happy to provide new instruments to try, as well basic fingerings to get started with.

According to Fague, the band considers the musical interests of themselves and the fans when performing.

"I just want to play what they want to hear," he said. "Anything to contribute to the environment and the atmosphere."

These songs are selected from suggestions made by band members, community members and fans.

But there are certainly fan favorites and band favorites. 1980s arena rock and mid-2000s pop punk are well represented; favorites include Fall Out Boy's "My Songs Know What You Did In The Dark," Jimmy Eat World's "The Middle," Journey's "Separate Ways" and Bon Jovi's "You Give Love A Bad Name." The Band also plays the GU fight song, composed 19 years ago by Fague.

The Band is managed by student leaders who show a special dedication to showing up and doing their part.

"I started last year... this is my second season in the Kennel," said Nathan Guest, leader of the trombone section. "It's so much fun... Watching the crowd dance gives me goose bumps. It's so fun when you play songs for the crowd and they acknowledge you."

The section leaders are relied upon to show up regularly and lead the movements of each horn section.

"My favorite thing is definitely the people that are a part of it... the community is amazing," said Mark von Lührte, one of the band's bass players. "And you know... we play some pretty fun songs."

While hardly the center of attention during the game,

the band swings into action during stoppage time. As well as playing during timeouts, the Bulldog Band plays before the game, as the team enters and as students leave the McCarthey Athletic Center afterward.

For as tight as they sound during games, the Bulldog band is not a class or a club. Fague said the band is a group of people who love to play. The group is sponsored by GU's athletic department that provides and maintains equipment and uniforms for the band.

"There's no pressure... it's certainly a commitment, but there's no contract or anything," said Aidan Medeiros, one of the band's drummers. "You pick up a lot by listening."

Medeiros is not the only drummer. This year, he splits his time between the drum kit and what is referred to as the 'sidcar'. This sidcar is composed of a kick drum, snare drum and hi-hat, allowing one drummer to keep time while the other plays flashier beats and fills.

"As long as your tempo is fine, you can kind of do whatever you want, as long as it's in the range of the song," Medeiros said.

And while there's no commitment to show up, participation is certainly rewarded.

"I definitely didn't have to show up, but I wanted to go to the tournament," Medeiros said. "Even though I want to, I do feel committed to that... my spring break plans are set."

Besides playing in the Kennel, the Band also travels with the men's and women's basketball teams during the annual March Madness NCAA tournaments, as well as to Las Vegas for the West Coast Conference tournament. Only 29 members of the band get to travel — and competition for these spots is based on attendance.

The Bulldog Band is always looking for more members, and students can join at any point during the year.

Fague said for those students who may be interested in joining, be it to get into games without a ticket or for the free pizza, a digital sign-up form is a

Google search away.

There are also posters scattered across campus, particularly in the Music Annex on the west end of campus.

"There's an informational video they can watch so that they get an idea of what it's like to be in the band and what to expect, and then there's a button that says sign up and a form to fill out," Fague said. "But the best way to do it is to do all that and then email me and say 'hey, I watched the video and signed up. What should I do next?'"

But once you're a member of the band, most people stick with it.

"We love having fun... we want to make sure everyone has a good time," Guest said. "If you stick with it, you get to travel and have some pretty awesome experiences... it's a once-in-a-lifetime opportunity."

Sam Fedor is a staff writer.



The Band practices only once at the beginning of the semester but performs at every game.

Music professor uses his voice to foster community and open doors

By MARY SHERDAN

Born into a family of singers, it was easy for Jadrian Tarver to take his voice for granted.

While the music professor said he feels his most authentic while singing onstage, when Tarver first applied to a performing arts high school outside of his hometown in Florida, he had his sights set on a different career.

"I wanted to be a visual artist — that's why I went to the performing arts high school," Tarver said. "I didn't get in for visual art. I got in for singing. I came from a singing family; I wasn't like the 'special kid.' Everyone around me sang or they were all teachers."

Tarver has since followed his familial influence and teaches applied voice and a first-year seminar on music and social justice at Gonzaga University as a member of the Underrepresented Minority Postdoctoral Fellowship.

In his second year of the program, he worked closely with his advisors, Meg Stohlmann, director of choirs, and Noralis Rodriguez-Coss, the first postdoc welcomed to GU seven years ago.

Rodriguez-Coss said the program is designed to provide potential tenure track opportunities for underrepresented applicants with doctoral degrees who are interested in teaching.

"Scholars like [Tarver] are what Gonzaga should be investing in, in order to expose our students to different perspectives and the variety of work that faculty of color can contribute to their disciplines and also to their campus community," Rodriguez-Coss said.

Tarver has many goals for his time at GU, having accomplished several already.

In early February, Tarver worked with the choir program and Black Student Union to add more collaborative musical elements to the annual BSU Dinner. Together, members of BSU and the GU Concert Choir gathered to sing a premiere arrangement of "Lift Me Up" by Rihanna and "Glory" by John Legend to a sold-out dinner in the John J. Hemmingson Ballroom.

"I felt like it was one of the first times since I've been here at Gonzaga in two years that I saw this sea of melanin," Tarver said. "And not only melanin, but every race and ethnicity and gender and sexuality represented in one room in Gonzaga. I saw a community at the BSU

dinner. That was very inspiring and I was happy I was able to be a part of that."

Tarver is organizing a faculty recital called "Beyond The Canon," a program of musical pieces composed entirely by historically underrepresented composers from communities of color. The concert is a result of his work research as postdoc fellow but also collaboration between the voice faculty of GU and Eastern Washington University.

Tarver has been programming recitals that pay homage to underrepresented composers and performers since 2016. After graduating from Bethune-Cookman University with a degree in music education, Tarver was inspired by the school's service mission.

"Every door [in the university] read 'enter to learn,'" Tarver said. "As you would leave, it read 'depart to serve,' so service has always been a part of my life. Moving to Atlanta I was able to apply that service."

In Atlanta, Tarver received his master's degree in vocal performance from Georgia State University, where he curated a recital series, titled "Sankofa," highlighting Black artists in the area.

"That's where the community organizing within music began," Tarver said. "I was working with professionals in Atlanta and I was able to explore the world of music and community building and social justice."

The success of "Sankofa" encouraged Tarver to continue fostering community through music at Michigan State University. Tarver left MSU with a doctoral degree and another successful recital program, titled "Color Me Music," under his belt.

He said he was drawn to GU not only by the fellowship program but by the institution's mission.

"I was drawn to the Ignatius mission — specifically dealing with social justice and solidarity — because I'm drawn to social justice in music and it allowed me to experience that while teaching," Tarver said. "That's very rare in an academic setting, especially within the collegiate setting."

According to Stohlmann, it is both her and Tarver's shared passion for social justice and service that allows them to collaborate well together.

"I think music is such a great way to connect people

and to serve the community," Stohlmann said. "It's about achieving a high level of art, but also creating empathy, and we do that through telling stories as musicians. Oftentimes we're telling stories that are not ours. When we share stories from a different culture, it's important to remember we are conduits, not representatives."

Tarver said it is with that same awareness and authenticity to one's identity that he encourages his voice students to engage with their music.

"When I'm in front of my students, I'm also being my most authentic and visceral self because I want them to explore that about themselves," Tarver said. "Be true to who you are, which will allow you to be true to the character."

According to Tarver, remaining true to himself required stretching his personal conception of performance. He said he did not always picture himself in the world of classical music.

"The performance bug has always been there," Tarver said. "I wanted to be a pop singer or a gospel singer or a jazz singer. Being an opera singer was not even on my list of things to be, but the more I did it, I felt my voice was suited for that. I must say that I've done much more in the world of opera and classical music than I have in other genres."

Whether he is performing, teaching or researching, Tarver said he tries to use his voice to promote community outreach and more specifically, active and intentional engagement between members.

"Enter to learn, depart to serve — I take that everywhere," Tarver said. "That's my mantra."

Mary Sherden is a staff writer.



EMMA PATENODE IG: @EMMAPATENODE

Jadrian Tarver's faculty recital will be performed this Sunday.

Irish indie rock band incorporates American influences on new album

Commentary by SYDNEY FLUKER

If "It Won't Always Be Like This" set the standard, then "Cuts & Bruises" blew it out of the water.

INHALER's sophomore album shows just how adaptable and true to their sound the band truly is, culminating in a danceable album centering the love and beauty that comes from friendships.

The album will almost certainly be popular, with an approachable style that will attract popularity but enough depth to keep listeners enticed. Though the album seems made for the masses, there is still a certain edge to INHALER that keeps them authentic. And it will come as no surprise if these four Dubliners start selling out bigger venues after their time on tour with Harry Styles and the Arctic Monkeys this year.

"Cuts & Bruises" is the band's eagerly awaited sophomore album after "It Won't Always Be Like This" debuted at No. 1 in both the U.K. and Irish Official Charts. "It Won't Always Be Like This" put INHALER on the map — the album made the band the first Irish group to top the album charts with a debut in 13 years and it became the fastest-selling debut album on vinyl by any band this century.

In an interview with Billboard, the band said they never really expected their pandemic-produced first album to be No. 1 but that they learned a lot during the

process.

"We're not like idols," singer-guitarist Elijah Hewson said to Billboard. "We're still very kind of freaked out that this has even happened."

Coming into the second album, the band played with the intention of "[letting] the songs breathe a bit." Hewson, bassist Robert Keating, guitarist Josh Jenkinson and drummer Ryan McMahon pull off just that. The result is an airy and groovy coming of age album that seamlessly moves between indie, rock and pop.

The INHALER crew has been playing together since their early teens, and "Cuts & Bruises" is the result of a longtime friendship. The album was produced by longtime collaborator Antony Genn, a British musician and composer, and shows the growth of the band since "It Won't Always Be Like This."

The two singles, "These Are The Days" and "Love Will Get You There," have already been well-received, with the former painting a picture of young adulthood that anyone can appreciate.

The band toured America prior to the album, and came home with a new appreciation for Bob Dylan, The Band and Bruce Springsteen. These inspirations culminated into "If You're Going to Break My Heart," an electra-Americana style song that blends American

country music with bedroom pop to guide Hewson's emotional plea.

"Dublin in Ecstasy" is exceptional throughout, ending in a killer performance from Jenkinson and Keating — a fan favorite the band finally recorded in studio, and for good reason. "Now You Got Me" showcases Hewson and Jenkinson's powerful dynamic as the two guitarists carry the album home, resulting in an almost 1975-gone-pop-punk style.

As a whole, the guitar-heavy "Cuts & Bruises" is a well-done portrait of the band's deep connection and collective musical talent.

Rating: 7.7/10

Top Songs: "Dublin in Ecstasy", "Now You Got Me", "Valentine"

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

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'Gon-zombie' University: A plan for Zags when the undead rise

As our civilization inches closer and closer to an Armageddon, it becomes more and more important to entertain the possibility of a zombie apocalypse. And of course, to plan accordingly. Here at Gonzaga University, we pride ourselves on preparing our students to survive in an increasingly competitive world; so it follows that we should be ready for anything.

Which means formulating a plan. Luckily, our campus is conveniently furnished with everything one might need to survive — if you know where to look. Of course, we're shy on weapons, but meeting our undead intruders with violence wouldn't be in keeping with our Jesuit values anyway. No, the best strategy would be to hunker down and wait for help to arrive. But where?

Of course, this decision depends greatly on where you are when the zombies enter campus or if your fellow students are transforming into ghouls around you. It also depends on just how adept at eating college students these zombies are; if they're fast and agile like in "The Last Of Us" ... you might be joining them in short order. But if the horde is more classically inclined; slow moving, brain obsessed, and not particularly intelligent — we might just stand a chance.

A good zombie shelter must meet three simple criteria. The first is that it must be easily defensible. Barricades are good, but high ground is better. The second is that there must be adequate supplies to last at least a few days. The third, and the most often overlooked by would-be survivors, is an exit strategy. The last thing you want when faced with a hungry horde of the undead is to have your back up against a wall.

So where on campus fits the bill? Where is there defensible high ground with multiple exits and supplies enough to last until the cavalry comes? Unfortunately



BY SAM FEDOR

the news isn't good. No one building on campus has it all.

Only a few come close, and have the added benefit of being well removed from the center of campus; because if a zombie fungus outbreak is going to begin anywhere on campus, it'll most likely be in DeSmet.

The best spot on campus is the law school. Hidden far from the pandemonium of the main campus, the law school building has its own dining hall and lounge; multiple layers of easily barricaded front doors, multiple levels of easily defensible stair cases, exits and hundreds and hundreds of law books to throw at the zombies. They might even un-die of boredom.

But of course hunkering down in the law school isn't particularly convenient to the vast majority of the students on campus. But undergraduates can rest assured that several of the buildings they might already be in meet at least two of the three criteria.

In fact, many of the residential buildings both on and off campus are fairly defensible, with multiple levels of metal doors between would-be intruders and the tasty brains of students. Those buildings that require physical keys to access are even safer — lowering the chance of a stray ZagCard brushing against the card reader as zombies clamor at the entrance. If you're lucky enough to have a suite above the first floor, feel free to sit back, relax and hit the books.

For those members of the still-living student body who are feeling a little more ambitious, the Plant Services building is brimming with power tools and construction vehicles that could make short work of the undead hordes. For those wishing to culture the undead masses, the Jundt Art Museum has an easily defensible second floor, with a good view of campus — perfect for planning an escape.

All this said, I would caution students to avoid the COG and really the Hemmingson Center altogether. Floor-to-ceiling windows and glass doors are ready-made entrances for the determined zombie and while the COG's resources may be tempting, it should be noted that the only thing more dangerous than the living dead is COG chicken.

Sam Fedor is a staff writer.

Dueling Column: To country, or not to country?

What was once confined to the American South has now entered the limelight of mainstream music. This dull and tasteless addition is no other than country music.

Its country twang and repetitive lyrics have captured the hearts and souls of both Americans and people across the globe. I find this reality to be quite absurd and will never understand the hype.

First of all, country songs are more or less identical.

Their lyrics paint the same picture of a heartbroken cowboy, riding in his 1978 pickup truck and talking about his lost love and drinking problems. Children in kindergarten are more creative than these country artists.

Even the finest country productions cannot seriously be compared to the masterpieces in other musical genres.

In a world with Frank Sinatra, The Beatles, Louis Armstrong or Mozart, why would you ever settle for the works of Blake Shelton, Cody Johnson or Luke Combs?

As if it couldn't get any worse, modern country music is a bizarre mix of traditional country and folk music with pop. This musical concoction would cause even Johnny Cash to turn over in his grave.

Honestly, its only redeeming quality is the patriotism it evokes within me. Luckily, I can feel even prouder to be an American by



BY WILLOW COLLINS

listening to classic rock.

I don't think country music should cease to exist. People just need to willingly accept its inferiority in the world of music.

If you consider yourself a country music enthusiast, I challenge you to broaden your musical horizons and listen to anything else — your ears will thank you later.

Willow Collins is a contributor.

Let's be honest — when most people think of country music, they think of something along the lines of cowboys, trucks and beer. Don't get me wrong, that's not to say that those things are bad, but they inevitably won't be to everyone's taste.

However, whether or not you like the sound of a drawl or lyrics featuring a rural lifestyle, here is why you shouldn't say you hate country music.

The genre of country emerged as the perfect medium to reject traditional values and what society tells us we're supposed to like. It was made for the working class; people who were not rich or not considered "sophisticated" members of society. People who, quite frankly, were looked down upon in America.

The emergence of country music as a genre represented an awareness and acceptance of the grungy, simple lifestyle of a working American. More than this, an argument can also be made in defense of the aestheticism that comes with country music. Country music has the unique ability to capture a time gone past.

Country songs can range from rebellious to melancholy to a simple celebration of life.

Like any genre of music, there will inevitably be good and bad eggs. However, the artists that truly utilize their talent to create art through a genre rooted in self-



BY LILY JOHNSON

expression and pride are the ones that will stand the test of time.

As music continues to change with each passing decade, the genre of country has a key place within the foundation of our nation's musical history.

I, for one, am excited to see how the new artists of today and tomorrow will contribute to this legacy.

Lily Johnson is a staff writer.

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A 'Fil-a' without the 'Chick': Meatless alternatives are a blessing — it's high time we got more

BY LILY JOHNSON

In an unexpected but wholeheartedly welcomed move, Chick-fil-A has debuted its first plant-based sandwich that is to be offered alongside the brand's signature chicken sandwich. As a member of the vegetarian community, I could not be more excited.

Prior to my plant-based conversion, I used to love going to Chick-fil-A. Like most of those who have made the switch to a meatless diet, I didn't change my dietary habits simply for a lack of love for a good burger or chicken tenders.

This is why the efforts from fast-food brands to expand their meatless alternatives are so exciting: I can enjoy the taste of my favorite foods without compromising my values. For many in the community, myself included, being vegetarian is about respect for the environment and respect for animals. Essentially, it is a form of resistance against the incredibly harmful meat industry. This is why fast-food brands being more inclusive in their menus is so important.

Not only does it expand these companies' customer base tremendously, but it helps set a new standard for food production in general. We need to rethink how we consume our food, and changing what is served in restaurants is the first step.

Chick-fil-A is not the first fast-food chain to take up the plant-based torch, and hopefully it won't be the last. In recent years, there have been many big-name brands that have incorporated plant-based items into their menu.

In 2019, Burger King introduced its Impossible Whopper — a vegetarian take on its classic American burger using Impossible Meat, a plant-based meat alternative. Panda Express and Chipotle are restaurants with similar additions, featuring other meat-alternative brands like Beyond Meat. However, Chick-fil-A is adopting a different approach.

The plant-based sandwich is to be made with fried cauliflower as the main base. As strange as that may sound, cauliflower has risen in popularity among the plant-based community due to its ability to mimic fried chicken. According to Chick-fil-A's website, the Cauliflower Sandwich is a great

alternative to its chicken counterpart, "without sacrificing the Chick-fil-A flavors [people] know and love."

Chick-fil-A is not the first to adopt this tactic; Buffalo Wild Wings is another brand that has jumped at the cauliflower alternative. Its cauliflower wings dish is meant to mimic its fried popcorn chicken, using the restaurant's signature sauces and spices — highly recommend it, by the way.

How could you replace chicken or beef in some of these favorite dishes and still expect it to be good, you may ask? Though perhaps surprising to some, the quality of meat alternatives on the market is astounding.

I'm not talking COG veggie patties here; brands like Impossible Meat have formulated meat alternatives that are shockingly similar to the real thing. Other popular products from this brand include ground-beef alternatives and "chicken" nuggets.

This surge in plant-based meat alternatives is a result of decades of advocacy by vegans and vegetarians around the world. It represents a significant win for those who care about animals and the environment but also love their late-night munchies.

Although these plant-based substitutes inevitably will not be for everyone, my hope is that people will keep an open mind to trying an alternative to beef, chicken or pork. The meat industry is an insidious machine that represents a massive portion of the damage being done to the environment.

Substituting meat within fast-food production relieves some amount of demand from the meat industry — thereby slowing down the industry's damage. If everyone decided to try a plant-based alternative the next time they get a meal, it would be a huge step in the right direction.

Lily Johnson is a staff writer.

'Embrace the suck': Jackson Karcz reflects on hockey career

By SYDNEY FLUKER

When Jackson Karcz put his hockey stick down in 2019, he never expected he would pick it up again just a year later.

"I came in not wanting to or not thinking about [playing] — I didn't bring my gear down or anything," Karcz said of his first year at Gonzaga University.

Karcz first laced up his skates at 3 years old and started playing hockey the following year. Karcz's dad, who picked hockey up later in his life, coached his son for the first four years of his hockey journey. Though he also played soccer and basketball, hockey quickly became Karcz's priority.

Karcz played hockey during his first year of high school with his older brother, who was a senior on the team. When Karcz got the offer to spend his sophomore year of high school at South Kent School, a college preparatory school in Connecticut, he jumped at the opportunity to leave his hometown of Anchorage, Alaska, for the other coast.

At South Kent School, Karcz honed his skills as a defenseman while handling a rigorous class schedule. Looking back, Karcz said he might have chosen to stay home one more year to build confidence as a player before leaving for prep school, but that the year in Connecticut was still fun for him.

One of his favorite memories from South Kent is when his junior-varsity baseball team brought a trophy with them to a regular season game but celebrated after like they won a big tournament. The postgame celebration included tweeting a picture from an Outback Steakhouse, which the company retweeted.

Following Connecticut, Karcz moved back to the West Coast down to Los Angeles, where he played for the L.A. Junior Kings for two years.

While in L.A., Karcz said he lived by the phrase "embrace the suck" and learned to embrace the intensity of daily athletic training.

"Training every day and kind of going through the grind of it all is tough, but at least there's people around you on the team with you and that mentality that they're going through the same thing ... it's nice to have the camaraderie in that," Karcz said. "I really found joy in just being a part of a group that's all pushing the same."

Karcz finished high school while playing for the Junior Kings and had been accepted to GU, but deferred and decided to spend a year in Virginia after high school playing for a tier-one youth team.

"I knew that hockey wasn't going to be the main focus after Virginia, because I was starting to question things then," Karcz said. "I thought at that point, if I wasn't 100% in then I probably should just start moving on."

Karcz's final year of competitive hockey took a mental toll on him, with the pressure he put on himself to succeed almost reaching a breaking point.

"I think I might have burnt out but rolled with it at that point," Karcz said. "The year in Virginia was a tough year because I think I was the odd man out on that team, so everyone else was quite good."

By the time his year in Virginia ended, Karcz was sure he was done with hockey — but enough convincing from the other hockey players in his DeSmet Hall changed his mind.

"I walked in holding my bags and I had two people coming up to me saying 'hey, you should play hockey...'" Karcz said. "They broke me down and I played second semester. I got a decent break and then played, and I had fun."

The COVID-19 pandemic interrupted his first semester back to the sport, promptly forcing him to put his hockey stick back down, but this time unwillingly. Once practices started back up again, Karcz said he couldn't wait to be back on the ice.

Since then, Karcz has suffered from periodic injuries that have forced him into taking mini breaks. A concussion in October from a showcase against Eastern Washington



PHOTO COURTESY OF GU CLUB HOCKEY

Jackson Karcz played for South Kent, the LA Junior Kings and in Virginia before GU.

University followed by appendicitis kept him off the ice until about a month ago, when he started practicing again.

Though those breaks were frustrating at the time, Karcz said it has allowed him to focus on enjoying the moment and actually appreciate every practice.

Now a co-captain for GU's club team, Karcz said he is focused on being a good leader and passing the baton down so the team will continue to run smoothly after he graduates. Though the end is bittersweet, Karcz is excited for the team's senior night against the University of Idaho on April 7.

"If it wasn't for the fans that show up, I probably wouldn't enjoy it as much," Karcz said. "I played a lot of competitive hockey and now I just want to have fun, and there's other people there enjoying it too or being part of the community, I think that's a lot of fun."

Senior and teammate Branigan Roy has played with Karcz since their first-year at GU, with hockey serving as the soil their friendship stemmed from in DeSmet.

"Freshman year, he joined the team second semester and pretty much instantly you could tell he's one of the best players we have," Roy said. "He has so much experience, but he adds a lot to the team as a whole. He's just a great,

great guy."

Karcz said he describes himself as a defensive-minded player who would rather teach with his actions than with words. To Roy, that leadership quality is Karcz's biggest strength.

"He's just one of those people that's a natural-born leader," Roy said. "He leads by example, he's always giving just a ton of effort at both the games and practice and from a personal level, he's one of my closest friends and he's just a really stand-up guy. Great guy to talk to and just a good guy to have in the locker room ... I can't speak highly enough."

After graduation, Karcz will be moving to Bellingham, Washington, for a mechanical engineering position. Still a hockey lover at heart, Karcz said he might join a men's league or coach a youth team to stay involved with the community, but nothing too serious.

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

Rui Hachimura finds his footing with Los Angeles Lakers in West Coast homecoming

By MIA GALLEGOS

Former Gonzaga University men's basketball forward Rui Hachimura is back on the West Coast, suiting up for the Los Angeles Lakers after the Washington Wizards traded the fifth-year forward ahead of the NBA trade deadline.

Following the Wizards and Hachimura's failure to reach an agreement on a contract extension, Hachimura was set to become a restricted free agent if he chose not to accept their qualifying offer following the season.

The team that did end up striking early and making Hachimura an offer was the Lakers after Washington traded the Japan native for Kendrick Nunn and three second-round picks.

Lakers General Manager and Vice President of Basketball Operations Rob Pelinka explained in a news conference how enthusiastic the coaching and management staff was to add Hachimura to the roster.

"It's easy to get a veteran at the end of their career with the pick but when you can get a player that hopefully has a 10-plus year runway of great basketball in front of them like Rui does, that's a really unique opportunity to get," Pelinka said.

The opportunity has not been disappointing. On Jan. 25 against the San Antonio Spurs, Hachimura made a step-back jumper in the fourth quarter of the game, extending the Lakers' lead to 12 points. LA went on to win the game, 113-104.

When the Lakers played the Knicks on Jan. 31, the Lakers were down by one point with 11 minutes left in the third quarter. Hachimura lined up a 3-pointer and made it, giving the Lakers the lead.

The game was tense and ended in overtime. Knicks point guard Jalen Brunson attempted a crucial shot in the last two minutes and Hachimura swatted the ball, blocking his attempt and keeping the Lakers in the lead until the overtime



PHOTO COURTESY USA TODAY SPORTS

As a junior at GU, Hachimura (28) was the West Coast Conference Player of the Year in 2019 after averaging averaging 19.7 points and 6.5 rebounds per game.

period ended.

In a game against the Golden State Warriors, Hachimura played a total of 31 minutes. In that time he grabbed seven defensive rebounds and was able to hit all of his free throws, helping the Lakers to a much-needed victory.

When the Lakers played the Oklahoma City Thunder on Feb. 7, Hachimura shot 71.4% from the field, grabbed five defensive rebounds and made every 3-point shot he attempted in 26 minutes of playing time.

Hachimura's ability to get up and down the court as soon as a defensive rebound is retrieved has helped contribute to his success during his brief stint in LA.

In both games against the Knicks and

the Spurs, LeBron James made several long passes to Hachimura who was far enough down the court to score for the Lakers.

This is one of the things that the coaching staff appears to love about Hachimura's style — He knows how to play a clean game.

"Most importantly, Rui is just a high-character individual who cares about playing basketball the right way and those [types of] guys really thrive in our system," Pelinka said.

In his introductory news conference, Hachimura explained the reasons why he felt like the Lakers were a good fit for him when he was making his decision. Among them was the fact that he was getting the

chance to play on a team that several of his old teammates from the Wizards had played on, including Russell Westbrook, Thomas Bryant and Troy Brown Jr.

"I'm so excited to be back with those guys," Hachimura said. "We already have chemistry, so I think it's going to be great to be back with these guys and be playing."

Though his time in LA has been brief, Hachimura has carved out a role alongside James and Anthony Davis in the Lakers' hunt for the playoffs.

Mia Gallegos is a staff writer.

Spring Intramurals spark friendly competiton

COMMENTARY
By LAUREN O'GRADY

The culture at Gonzaga University wouldn't be the same without sports. They incite energy and excitement and create a community among all who participate. Fans, players and coaches alike are all united behind the common goal of winning. And no, I'm not talking about GU's Division I programs.

DI sports are great examples of what sports mean to the GU community, but intramural sports have higher participation and are more accessible. Intramurals are a highlight of the GU experience for many students and the onset of the new semester means more opportunities to compete in them.

Chris Olsker is a seasoned employee and was an intramural referee for his first two years at GU before taking on a higher role as an RFC supervisor.

Olsker speaks highly of the intramural program at GU and attests to how much fun it is, even for the coordinators who are not actively playing.

"It's cool to be a part of something so big at Gonzaga," Olsker said.

His years of involvement speak volumes about the program and what it means to all who participate.

The three main intramural sports this semester are basketball, outdoor soccer and softball. The basketball season has just begun and will last for seven weeks, the longest intramural basketball season to date at GU due to a high participation rate among students.

"Statistically our participation is a lot higher than at other schools," Olsker said. "There are 189 basketball teams this year, so student involvement here is just way higher compared to other places."

There will be a few other sports to look forward to which will be sprinkled in between the seasons of soccer, softball and basketball. These smaller tournaments will include pickleball and Spikeball.

Beyond RFC employees like Olsker, many students involved in intramurals can speak to their impact on the GU experience.

Claire Pasco is a senior at GU and a four-year veteran of intramural sports. She has played in at least one sport since her first year, even during her sophomore year at the peak of the COVID-19 pandemic.



"Intramurals provide a fun way to get active and a chance to play multiple sports that you wouldn't otherwise be able to," Pasco said. "They always bring lots of laughs to me and my friends."

When asked to provide a story about one of her favorite intramural experiences across her four years, she recalled a story centered around one of these funny moments.

"There was one time I was late to a game, so I was wearing jeans and a tank top, not at all equipped to play," Pasco said. "I jumped right in when we were on the receiving end of the serve and losing pretty badly. So, the team serves the ball and I confidently yell, 'I got it' and I proceeded to slip and face plant on the court and completely miss the ball."

Teammate and friend Tess Hansen shed some light on the experience, as she

was on the court when it happened.

"When things like that happen, it just makes intramurals so much more fun," Hansen said. "You're with your friends and you can just laugh and still play sports together. It's provided some of my most favorite memories with my friends."

All are encouraged to participate in GU intramurals. There are three leagues organized by skill level, so whether you are a newbie or a veteran player, there will be a place for you. The three leagues are listed in order from most to least experienced — Sinto, Sharpe and Boone.

Further, you do not need to have a preexisting group to play. You are able to sign up with a team, but you can also sign up as a solo player and be placed on a team seeking free agents.

More information on upcoming spring intramurals can be found at the

GU SPORTS

Thursday, Feb. 23

➤ Women's basketball at San Diego, San Diego, CA, 6 p.m.

➤ Men's basketball vs. San Diego, 8 p.m.

Friday, Feb. 24

➤ Baseball vs. Ohio State, Phoenix, AZ, 1 p.m.

➤ Men's tennis at UCLA, Los Angeles, CA, 1 p.m.

➤ Baseball at Grand Canyon, Phoenix, AZ, 6 p.m.

Saturday, Feb. 25

➤ Women's tennis vs. Boise State, 11 a.m.

➤ Men's tennis at UC Irvine, Irvine, CA, 1 p.m.

➤ Baseball at Grand Canyon, Phoenix, AZ, 1 p.m.

➤ Women's basketball at BYU, Provo, UT, 1 p.m.

➤ Men's basketball vs. Saint Mary's, 7 p.m.

Sunday, Feb. 26

➤ Baseball vs. Ohio State, Phoenix, AZ, 1 p.m.

Monday, Feb. 27

➤ Women's golf at The Beach Invitational, Mission Viejo, CA, all day

Wednesday, Mar. 1

➤ Men's basketball vs. Chicago State, 6 p.m.

Home games in bold

RFC or in the morning mail.
Lauren O'Grady is a staff writer.

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Dorothy (Hispanic & Black) has worked for Zag Dining for almost 25 years and Chastity (Little Shell Chippewa, Cree, & Black) has worked for us for 8 years.

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