DJ DeSmet: The faces behind the tunes

By VALERIE FETZER

Students cross Sharp Avenue a year after its reopening.

The Gonzaga Bulletin
A student publication of Gonzaga University
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SPokane

2019

2020

OPINION

Does ‘Coping Spokane’ do more harm than good?

Check out these eight

spokoki

At the Gonzaga basketball game, I decided to quit complaining about it and leave a reminder for students to relax a little bit. A social media campaign was launched to encourage students to have fun and be thankful for the things they have.

But for some, the stress continues. A recent study found that students who are highly engaged in college activities are more likely to experience stress and depression.

One way to cope with stress is to engage in physical activity. Gonzaga offers a variety of intramural and club sports, as well as outdoor activities like hiking and biking. Participating in these activities can help reduce stress and improve overall well-being.

Another way to cope with stress is to seek support from others. Gonzaga has a variety of resources available, such as counseling services and peer support groups.

It's important to remember that stress is a normal part of life, and everyone experiences it. The key is to find healthy ways to manage it and take care of yourself.

By BROOKLYN POPP

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Students cross Sharp Avenue a year after its reopening.
T he history department is adding three new minors to the curriculum this year, but a lot also includes a history minor that has been around for a century and some.

The new minors are: Latin American history, Asian history and history of race and ethnic communities. Three new minors now available to students to study topics that have a particular interest to them, said Kevin O’Connor, the history department chair.

History in the making

Stuckart said Kevin O’Connor, the history department chair. “I’ve also worked a number of majors. It it also serves as a better

Continued from Page 1

STUCKART

Continued from Page 1

BIGGS CARBUO

Continued from Page 1

Walks, Garbuio has been involved in the creation of many staples at GU. Since arriving on campus in 2013, Garbuio has created the Center for Carter Petrosino, developed the Resolution Center for Student Conduct and Conflict, wove the purpose of the bail bond program in the Bail Bond program, which is 15 minutes north of Seattle. Marysville, which is 45 minutes north of Seattle, in Washington, including

Her additional

She boasts the support of other cities and its worked, her plan like other cities

She favors tackling

“City government is

Woooodward looks to spur economic development. She favors the support of

Mayoral goal is that will attract talented,

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The new design promotes slower traffic through narrower lanes and a more ‘neighborhood’ feel to the road and sends a visual message that drivers should travel slower.

Rhonda Young, chair and professor in the department of civil engineering and a transportation engineer at WSU Spokane, was involved in the project.

\[\text{Brooke Popp is a staff writer}\]
**Everyone has their own taste in music. Each DJ Desmet definitely has a strong taste in music but I believe its up to them to properly reflect the interests of the entire student body.**

Griffin Koerner, DJ Desmet 2017-2018

"...“It’s a lot of work but also a lot of fun. I’ve been able to make a lot of good friends and memorable experiences that I will take with me for the rest of my life.” – DJ DeSmet"
I August, Spokane developer Larry Stone produced a documentary titled “Spokane Spoke,” which chronicles the story of the 2018 fire in downtown Spokane and its community impact. The film shows people experiencing homelessness, walking and sitting around downtown, as well as watered down soda, used needles and broken bottles. It also highlights downtown business owners who lose their businesses and scarred customers away.

The cause of this fire was discovered in a PG&E power line. According to the Insurance Information Institute, was the third deadliest fire in the country. This serious threat is one of the reasons why safety is being discussed in the city.

The city is working to correct the problems that caused the fire. The price is being raised to allow more safety features to be installed. The city is trying to make the area safer for everyone.

The Gonzaga Bulletin, a student magazine, contains articles on local news and issues. Some of the articles are about politics, education, and community events. The magazine also includes columns on current events and topics of interest to the Gonzaga University community.

There is no mention in the Bulletin article of any core issues that are playing a role in this event. It is not clear if the paper is accurate or not.

Editor’s note: Last week, we incorrectly attributed a story. The Gonzaga Bulletin welcomes all letters to the editor. Letters may not exceed 800 words. The Bulletin reserves the right to edit letters.

LETTERS POLICY

The Gonzaga Bulletin reserves the right to edit letters. Letters are subject to publication. Letters may not exceed 800 words. The Bulletin reserves the right to edit letters. Written correspondence will be considered the property of the Bulletin.

Spokane students and their families are among the roughly 2 million Californians — including GU students and their families. Roughly 2 million Californians — including GU students and their families.

Kevin Stone, vice president of Gonzaga’s Quince Student Union, wishes to extend a call to action from last fall’s Path of Life Block Party in order to not to make the same mistakes. He states “I want to urge everyone to look at the LGBTQ community as an issue to be addressed. If we don’t act now, we may lose the gains that have been made so far. What’s needed to achieve this goal is a commitment from all of us to work together.”

By JONAH JELLESED

California is failing residents with new wildlife policy

By BRIA KOSMOSHEV

The year 2018 was certainly a wake-up call to the residents of the west coast. The year marked the beginning of the 21st century. When you look at this whole issue, caused by mismanagement and greed is what's affecting the residents. Residents have been affected because they are not being protected by the government. The year 2018 was certainly a wake-up call to the residents of the west coast. The year marked the beginning of the 21st century. When you look at this whole issue, caused by mismanagement and greed is what's affecting the residents. Residents have been affected because they are not being protected by the government.

The Gonzaga Bulletin is a student magazine, containing articles on local news and issues. Some of the articles are about politics, education, and community events. The magazine also includes columns on current events and topics of interest to the Gonzaga University community.

There is no more air conditioning and many people lose their houses. When you look at this whole issue, the government is not doing enough to protect its citizens. The residents have been affected because they are not being protected by the government.

Despite the video’s negative impact, organizers are hoping the community is actually thriving more than ever before. Residents of the area have received the biggest financial support from the city. In the past ten years, crime is down by more than ever before. Residents are living better than ever before. Residents of the area have received the biggest financial support from the city. In the past ten years, crime is down by more than ever before. Residents are living better than ever before.

By NICK DESHAIS

California is failing residents with new wildlife policy

By JONAH JELLESED

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Roast your beans at First Avenue Coffee

By RILEY UTLEY

The perception of a night out at the theater is high brow and unattainable for most 18-22 year old students. It probably seems like only rich people can attend and it is not conducive to a student budget.

However, West Coast Entertainment (WCE) has an answer to this issue: student rush. This program is set up to make a night at the theater an attainable and affordable option for all students. When they have a few seats left for a show, or when a show is not doing well enough to sell all its tickets, WCE offers student rush tickets available to students with valid student identification. These tickets go on sale at a set price which is usually $23.
A& E October 24, 2019

Eight last-minute Halloween costumes

If you’re looking for an off-the-wall group costume or a fun take on the “Fifty Shades of Grey” last-minute costume monopoly, try your hand at the following.

1. **Builder**

This is for all the true-blue Gonzaga Club members out there. All you’re going to need is a pair of dog ears, a friend with some face painting skills and a hot glue gun. This costume is sure to bring Kraziness to Oct. 31.

**Materials:**
- Dog ears
- Eyeliner
- Black fabric

**Instructions:**
Put on the dog ears. Use the eyeliner to draw a dog nose on your human face and use black fabric to make sure there is enough string to make the bag of bread and loop string through it. Wear the bread.

2. **DJ DeSmet**

When you committed to Gonzaga, you were expecting your life would come to, as the campus DJ is probably not what you were expecting. OK, some of us may have a genetic advantage when it comes to dressing up. I definitely made its way to the bottom of our list of priorities. In any case, if you find yourself in a pickle when the calendar inevitably changes to Oct. 31, here are four.

3. **Gingerbread Man**

Here are some spooky, and punny, last-minute costumes for all you procrastinators out there. All you’re going to need is a shirt for the third costume. Have that "Fifty Shades (Free)d" on it and glue it to your gray paint samples to a shirt for the second costume. You can then hand out free paint samples to a shirt for the first costume. Glue darker gray paint samples to a shirt for the second costume. Here’s the name tag.

4. **Smarty Pants**

Materials:
- Old or new pants
- Nerd glasses you owned in seventh grade.

Instructions:
Lay out the pants of your choice and using the tape, carefully stick rolls of smarties literally all over your pants. Pop on your nerd glasses and presto. Much like the gingerbread man costume, this one is already more advanced than others in this costume creation. If you find yourself speaking in “sksksksksk(s)” than others in this costume creation. If you find yourself speaking in “sksksksksk(s)” go ahead and grab a shirt for the third costume. Have that "Fifty Shades (Free)d" on it and glue it to your gray paint samples.

5. **Fifty Shades of Grey** Franchise

If you’re looking for an off-the-wall group costume or a fun take on the “Fifty Shades of Grey” last-minute costume monopoly, try your hand at the following.

**Materials:**
- Lots of gray paint samples
- Lots of dark gray paint samples
- Three friends
- Paper
- Hot Glue

Instructions:
Glue gray paint samples to a shirt for the first costume. Also glue gray paint samples to a shirt for the second costume. Now, a piece of paper and write "Fifty Shades (ProF)" on it and glue it to a shirt for the third costume. Here is the name tag.

6. **VSCO Girl**

Materials:
- Old or new pants
- Nerd glasses you owned in seventh grade.

Instructions:
Lay out the pants of your choice and using the tape, carefully stick rolls of smarties literally all over your pants. Pop on your nerd glasses and presto.

7. **Snapchat Flower Crown Filter**

This one might be a cop out in terms of last minute halloween costumes, but when it really comes down to it, some of us just have to do what we have to do to survive this spooky season. Trust us, if people don’t love you at your snapchat filter costume, they can’t have you at your gingerbread man costume.

8. **Breadwinner**

Materials:
- Lots of bread

Instructions:
Hold the bread and wear the medals.

9. **Breadlovers**

Materials:
- Lots of bread

Instructions: Field the bread and wear the medals.

Kellie Tran is a contributor.
Jorden Upton comes to Gonzaga's Radilb Fitness Center after stints at Mead High School, Eastern Washington University and The Healing Lodge of the Seven Nations.

By JORDAN TOLBERT

If you’ve been by Gonzaga’s Radilb Fitness Center (RFC) lately, you may have noticed a new face on the personal staff. Jorden Upton is the newest addition to the RFC team as an assistant director. He is the newest addition to the team, the third assistant director under Jose Hernandez, the RFC’s director, Shelly Radtke, the associate director, and Tyler Roth and Robin Thompson, who are also assistant directors.

“I chose this position because it fulfilled well with my background and I enjoy the population,” Upton said in an email. “Higher education is where I felt the most comfortable and I love the energy.”

Having been at GU for nearly two months, Upton has gotten a feel for the type of people that are present on campus, the RFC’s atmosphere, and its mission to help the students.

“I like the family atmosphere and the value GU teaches the students coming through here,” Upton said.

The RFC handles a large number of tasks, between managing intramurals, fitness classes, aquatic and equipment rentals, as well as reservations for its many fitness rooms and Multigym Field. Upton helps oversee these things as assistant director.

Before coming to GU, Upton had varied experiences in the field of therapy and physical education. He worked as a track and field coach at a high school, an athletic performance coach at Eastern Washington University and a physical education specialist at The Healing Lodge of the Seven Nations.

At EWU, he implemented strength training programs for softball, men’s basketball, track and field, tennis and water polo.

Upton grew up in Kennewick, Washington. He went to Rocky Mountain High School in Monument, Colorado, for his undergrad, where he played college football. He went on to graduate from Liberty University in Virginia. Both of his degrees are in health and human performance, which prepared him for his current job at GU.

Upton said his role is to "encourage health and wellness by working with his team. They strive to provide important programming to not only GU students but 40+ off-campus RFC users as well."

“I oversee and manage the daily operations of the RFC,” Upton said. “I also provide information to fitness center staff in the areas of fitness, wellness, and intramurals.”

Upton is a certified strength and conditioning specialist. With the help of his team, he said he feels confident about what he can bring to the table.

“Experiences make me comfortable answering any fitness question our patrons may have,” he said. “I also feel confident with the help of the team, designing and implementing new fitness classes and help improve the experience of our patrons.”

The RFC prioritizes a team atmosphere amongst its employees, and Upton said they made him feel comfortable in his new position.

“I love it,” he said. “Everyone was super welcoming from the start and they have been helping me through the onboarding process."

It takes a large group to coordinate all the hard work that goes into making the RFC as welcoming as it can be, but Upton said the teamwork in the RFC is extremely fluid.

“Communication is great through all levels, and our student employees bring so much energy to the workplace,” Upton said.

The RFC employs a large number of students every year through jobs as intramural referees, fitness instructors, customer service or blangards within the gym mail. Upton’s favorite part about his job is working with the student leaders employed by the fitness center.

“They are a group of 15 rock stars [and they] bring so much passion to the RFC,” Upton said. “They teach me something every day and consistently amaze me.”

Joshua Benson is a senior at GU and an RFC student supervisor. He has worked there all four years, first as a referee for three years. Benson works directly with Jorden as part of the RFC team.

“Jordan is just an all-around great guy. He really fits in with the culture,” Benson said. “I mean, his just not really genuine, really soft-spoken, which is nice to have for somebody when kind of in that position.”

Benson said he believes Uptons past work experience say a lot about who he is as a person, as he has always worked in a team or helping others. He added that his attitude makes him able to connect with people.

“I thought it was really interesting because at that point I didn’t really know how really deep it goes,” Benson said. “He can really connect with anybody and that sort of vibe.”

In terms of getting the hang of working at the RFC, Upton is already working to build relationships with students and employees.

“[I am] team member, like he’s already on intramural teams with all of us,” Benson said. “He’s really like to go out of his way to meet new people. Which is really awesome.”

Benson said he believes the interview process included students like Benson from the RFC student supervising staff.

“I think he’s a great addition to the team, personally,” Benson said. “He was one of three people we interviewed and he really stood out just because of who he is and his background.”

Jorden Tolbert is a staff writer. Follow her on Twitter: @Jordanvtolbert.
Leading with her clubs

By PATRICK JONES

Junior Mangrobang’s leadership skills, creative attitude, experience and competitive spirit has brought a young Gonzaga women’s golf team to be one of the best GU has seen in years.

Raised in the San Diego area, the senior Mangrobang is one of two upperclassmen on the Gonzaga women’s golf team this year.

The first ticket distribution of the season for Gonzaga men’s basketball is Oct. 27.

For the benefit of the Nov. 1 exhibition against Lewis-Clark State College, students will come to the ticket office during the week of finals to activate their student doors to activate their student IDs and provide feedback for distribution.

On the other side of the building, the women’s golf team will have the opportunity to wait at the student doors to activate their student IDs and provide feedback for distribution.

Tuesday, Oct. 29

Senior Jessica Mangrobang is one of two upperclassmen on the Gonzaga women’s golf team this year.

Mangrobang's competitive spirit.

On the future. She also finds time to give back to the Spokane community.

Bulldogs set aside time to be silly, which improves morale.

Rickel supports that notion, praising Mangrobang's competitive spirit.

Those who do not attend the game will lose the opportunity to wait at the student doors to activate their student IDs after those who stick for the game's entirety. Given the high demand for the game, Lansing said it was difficult to gauge the turnout and whether students who do not attend the game could get tickets.

An additional email will be sent out by GU Athletics this week with more details regarding Sunday’s distribution.

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Chapin Gray is second on the Bulldogs in kills, with 145, on the season so far.

Thea Skokan is a staff writer.

**Volleyball’s Gray speaks out and steps up**

GU’s outside hitter keeps her team eyeing lofty goals

BY THEA SKOKAN

A long volleyball 3Q and a passion for the game led Gonzaga's Chapin Gray to a prominent position this season. Gray, a third-year outside hitter, has been pivotal in volleyball. She was a freshman old under the guidance of two parents who happen to be coaches - in Volleyball's Gray speaks out and steps up.

Chapin Gray is a star on GU Volleyball. She was recruited here that's what I told the coaches I wanted to do. Thea Skokan is a staff writer.

**Costumes and cardio at the RFC**

3K Costume Fun Run offers GU students a chance to exercise for a good cause

BY TREVOR BOND

Students looking to burn off some of the Halloween candy they’ve had and get a little cardio in at the same time can sign up for the Costume Fun Run this Saturday at 11 a.m. at the RFC.

The Gonzaga community is being encouraged to participate in the 3K, a trick-or-treat race, which will be the first event of the kind held at GU. The purpose is not only for students to have fun and get exercise, but to support local charities as well.

The idea for the race was created by two resident halls - one for sophomores who wanted to do a fun run as opposed to a structured 5K to support a local charity.

Robin Thompson, assistant director of the Residential Fellows Center, said in email, "We have done "the in the past, but the fitness aspect of the course is a nice change to support the local community".

Registration for the event is free with a donation of candy. This candy will be used to help the Fiji Fellowship and the Washington Humane Society, "and to support our community," VP donations to the annual Catholic Charities Trunk or Treat event.

The RFC student volunteers for this event by decorating cars and handing out candy to children who may not have older safe way to trick or treat, Thompson said.

Nash Thompson, the RFC student organizer, said "The fall brings a fun event, the lack of events happening in the fall. He wanted to have something that would give the GU community a chance to have fun and support local charity.

"Other schools have done similar events in the past, and we do a 3K in the spring at the RFC, so it just seemed like it would be something fun to do in the fall," Nash said in an email. "It's also a great way to support Catholic Charities with having people bring candy that will be donated to them for their Trunk or Treat event."