By KARENNA BLUMBERG

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The Gonzaga Bulletin

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Shanya Pekala, Foley librarian

She was initially drawn to Foley because of its unique cross between working with research materials and the growing field of online publishing. As purchasing access to publication databases such as JSTOR become more expensive and less practical, academic libraries like Foley have gotten into the business of publishing research journals themselves, so they are free for anyone, not just students, to access.

Shanya Pekala, Foley librarian

On-campus events to engage with Black History Month

By ALESSIA LANE

Black History Month is a time when black history and culture are celebrated nationwide every February. Diversity, Inclusion, Community & Engagement (DICE) and the Gonzaga Office of Student Engagement and Outreach are promoting events throughout the month to honor Railroad Alex Hill, the "first black chief of police.""It puts an emphasis on trying to provide the most need for diversity and inclusion," said De'El Hill, a program manager at Unity Multicultural Education Center (UMEC)."These programs were created for people to become more aware and increase their understanding of diverse communities, and gain practices that complement our understanding, said Hill."

As a predominantly white institution, it is important that we recognize the privilege we have as white people and support through our ally-ship, and in the months and years ahead, our allies," said Jordan Grimes. "We have to be conscious of this while we are engaging with the community."

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There is an important service on the Gonzaga University campus that often goes under-utilized. Among them include access to libraries and a visit from therapy dogs every finals week. The Wall Street Journal, a sizable board game collection, and various services from Foley that are available to students.

Another common misconception about libraries is that they are mostly for students who are working in the field of research. "Research libraries will be even more intimately engaged in supporting the full life cycle and activity range of knowledge discovery, use, and preservation, as well as the contexts of the university's mission and of society more broadly," the organization stated in its 2015 report.

Considering this, Pekala said the internet is not an impendence to her job. "Libraries are just all about connecting people with information," she said. "What form that information takes makes no difference to a library." In addition to open access publication, information literacy, instruction and research assistance, Foley provides other services for students that Pekala said often go under-used. Among them include access to the online versions of both The New York Times and The Wall Street Journal, a sizable board game collection, and various services from Foley that are available to students.

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Annual senior 100 days party canceled

By CARA KONOWALCHUK

S eniors are celebrating by the thousands to graduation this year, no longer triple digit. As of this writing, the 2021 senior class of 3,115 seniors is fewer than 100 days away from walking across the stage and receiving their diplomas. However, this year's senior 100 days party was canceled. This tradition was organized by the Center for Student Involvement and began in 2016 as a way for seniors to come together and celebrate.

Jos. Sammut, the associate director for the Center for Student Involvement, said the decision to cancel was focused on one large senior dance, due to time and cost constraints.

In past years, the senior 100 days party took place at the Knitting Factory, a small concert venue located downtown. The possibility of large gatherings indoors, in large concert spaces, under current Washington state regulations, was seen as too risky.

In past years, the senior 100 days party was held at the Knitting Factory. This year, it was held virtually, with the involvement of the #BlackLivesMatter movement, and a large amount of logistics with putting on a dance for 3,115 seniors.

“Prenovations (plans have mentioned opening the 100 days party, but wanted some of the focus on having a senior ball that fits as many seniors as possible could attend.”

This year, the decision was made for Student Involvement to put more time, effort and money into making the Senior Ball a positive experience for seniors.

“Since we are all such a small group, it might not consider going originally. “

Kalamar said he wasn’t too surprised the party was canceled this year. “I was a little disappointed, but, at the same time, I can totally see why they wouldn’t do it, just because nobody really wanted to go."

Cancelling the senior 100 days party allows for Student Involvement to put more time, effort and money into making the Senior Ball a positive experience for seniors.

“We made the decision this year to have Senior Ball in a space that would fit many members of the senior class and also keep the costs as low as possible,” Kalamar said.

While the class of 2020 did not get to experience the senior 100 days party, Senior Ball will be a night for seniors to celebrate together one last time, said Sammut.

The Senior Ball will be held in April. Tickets will be available in February.

Cara Konowalchuk is a staff writer.

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HISTORY

BLACK

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on campus.

“Days events aren’t meant to ‘sing to the choir,’ but to educate and challenge people’s thinking,” Graves said. “I think it might not consider going originally. “

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Coughlin entered the Society of Jesus in 1942 and was ordained in 1948. He earned degrees in philosophy and theology at St. Louis University and went on to receive a master’s from University of Southern California and a doctorate from Brandeis University. “He was a genuine Jesuit, ” said Fr. Bob Lyons, S.J.,

“By 1996, Coughlin was in his 70s and sought a transition to a slower-paced role at the university, one he could relate socially and very comfortably with some board chairs and the political people, ” Lyons said. “But he could relate medically to the staff as well as the faculty. He also did a great job at fundraising, building the facilities we needed, working to strengthen the university. And we never had to worry about his commitment to God. ”

The university. “He went where there was a need, he did what he thought it was Fr. Coughlin more than any other individual

But he wasn't interested in notoriety. The Chancellor’s circle was the man in the middle of the university. He was the man who bridged the gap between the student and the administration. And he did it so well that people would come to see him as a mentor, a father figure, a trusted confidant. But he wasn't interested in notoriety. The Chancellor’s circle was the man in the middle of the university. He was the man who bridged the gap between the student and the administration. And he did it so well that people would come to see him as a mentor, a father figure, a trusted confidant.

He did so primarily through his skill at developing relationships with benefactors, as well as a dichotomy of genuine people at the university and the administration. “He was a very kind person, ” Lyons said. “He was also an excellent administrator. Sometimes, those don’t blend, but they did with him. ”

“I do have a good idea. I think you’re something, and you don’t accept the things you told me before when discussing his concept to be a nurse. ‘God, all over, in God’

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COG needs alternatives for dietary and religious restrictions

COG. Whether this is your first year on campus or last, or somewhere in between, you have no doubt experienced Zagmail, the email service that you receive from Gonzaga. Some students may have even considered it as a form of virtual spam, followed around constantly by COG sales. Other students, possibly semester or even year-long residents, may often find themselves wondering why they have received this email.

For many Zag-on-campus, however, attending COG is not their only option for dinner. With Zagmail’s ZaCulture options, it is easy to find the perfect option for one’s dietary restrictions. Many of COG’s options are made with health in mind; one can even opt for vegan, gluten-free, or vegetarian based options. For students with dietary restrictions, this can easily be an option of their choice.

I have chosen not to eat meat, so I have been known to order from the COG on a weekly basis. Since the COG offers a variety of dinner options, it is easy to be able to eat well for the majority of the week before ordering from a different source.

My favorite goat, the COG, is known for its large variety of options for students. A variety of meat-based options are provided, as well as a Vegan section. This vegan section is the first one I try to choose, as it is easy to find the most food from this section. However, there are other sections available for students who may be choosing a vegetarian lifestyle.

For students who adhere to a vegetarian lifestyle, it is easy to find options that fit their dietary restrictions. However, for students who have dietary restrictions with the COG, it is not always easy to find the options they need.

A major problem that I have noticed with the COG is the lack of options for students who are gluten-free. A variety of options are available for students who are vegan, but it is difficult to find options for students who are gluten-free.

COG does not offer any dairy-free options, which is a problem for students who are lactose intolerant. Many students struggle to find options that fit their dietary restrictions, as the COG does not have a large variety of options. However, it is possible to find options that fit one’s dietary restrictions, but it may take some effort to find them.

For example, the COG does not offer any dairy-free options, which is a problem for students who are lactose intolerant. Many students struggle to find options that fit their dietary restrictions, as the COG does not have a large variety of options. However, it is possible to find options that fit one’s dietary restrictions, but it may take some effort to find them.

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**Dancing at Lughnasa** will warm your heart this winter

By BRIAN REED

The Irish classic "Dancing at Lughnasa," premiering at Gonzaga University's Center for Performing Arts this weekend, is a captivating tale of families. The production is directed by Kayla Friedrich.

"Dancing at Lughnasa," set during the late 1930s, follows the dynamics of the 凡yard family as they celebrate the Lughnasa festival. The play takes place over several summers and depicts the family's growing pains as their bonds are tested in the face of change and tragedy.

The cast of eight includes actors who bring the 凡yard family to life, highlighting the complexities of family relationships and the impact of personal choices. The production is under the guidance of the licensed director, Kayla Friedrich.

Audiences may experience the heartwarming story through performances at the Gonzaga University's Center for Performing Arts from Friday, July 17, to Saturday, July 18.

The play is directed by Kayla Friedrich, who has a passion for theater and a talent for bringing characters to life. Her dedication to the art form has earned her a reputation for captivating audiences with her directorial skills and the exceptional performances of the talented actors under her guidance.

The "Faculty of Dramatic Art" at Gonzaga University is proud to present "Dancing at Lughnasa," a production that is loved by audiences worldwide. The show's themes of family, love, and the complexities of human interaction will resonate with anyone who has ever felt the weight of family ties.

For more information, please contact the Center for Performing Arts at Gonzaga University or visit their website for details on tickets and performance times.
Stay forever young on TikTok

Well, it finally happened. I’m officially hooked. Call me a “TikTok Nation” member. I’ve discovered a mainstream social media app I could never understand: TikTok. Yes, I have an account and yes, I waste more time than I’d like to admit scrolling through videos, but my TikTok experience to date has been quite puzzling.

I’m cognizant of these details because in the comments of a video I really liked, someone said, “I don’t care. I think it’s so cute.” And although I am less than a week into using this app, TikTok sort of makes sense. But it’s not exactly like the moment of realization when you compare the experiences of watching TV shows that I’ve enjoyed with the experiences you could have when watching television. This is what makes TikTok so different. It’s an app designed specifically for those who enjoy social networking on their phone, and it’s free. TikTok is available for both iOS and Android devices.

I have compared to any other concert. “I love the opportunity to see a different side of people,” Hekmatpanah said. “It’s really cool because it brings a lot of attention to you.”

But TikTok confuses me. I feel out of touch. This is what it must be like for my parents to navigate the expansive library of adorable and expansive library of adorable and funny video content, deciding on the things that they wish to share with their friends. And while I do not consider myself a TikTok user, I have been exposed to it through my interactions with friends who are frequent users. TikTok is a phenomenon that has captured the attention of many people around the world, and it has become a platform for creative expression and social interaction.

The Gonzaga Symphony Orchestra (GSO) will be performing at Martin Woldson Theater at the Fox on Feb. 13.

Join us on Thursday, February 13th at 7:30 PM at The Martin Woldson Theater at the Fox where the Gonzaga Symphony Orchestra will present its winter program conducted by Kevin Hekmatpanah and featuring Violinist Midori.

General admission is $16; $13 for non-GU students and seniors; FREE for GU faculty, staff, and students with ID.

Content created by
JACKSON FRANK

That was cool, and I wish I had the same opportunity to perform on stage with someone like her, but I don’t. I feel like I’m really good because I’ve had the chance to perform with someone like her, but I don’t. I feel like I’m really good because I’ve had the chance to perform with someone like her, but I don’t.

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Content created by
JACKSON FRANK
The Logan is planting Wellness Tree roots

by JORDAN TOLBERT

Located inside Empire Fitness has a brand new branch of Wellness Tree, a juice bar dedicated to making healthy living accessible. Logan Neighborhood’s new Wellness Tree branch opened Aug. 1 at 1028 N. Hamilton St.

"We were approached by Empire a little while ago to see if we wanted to bring in a wellness tree," said owner Matthew Building at 1028 N. Hamilton St.

Wellness Tree is a green lifestyle business that focuses on healthy living. "We were interested in the intersection of holistic health," Building said. "We see it as a public service."

If you are looking for a branch dedicated to making healthy living accessible, Wellness Tree is open to you. The juice bar offers options for people with dietary restrictions.

The Logan is planting Wellness Tree roots

Review by PATRICK JONES

We all remember Kesha as the big pop star who created a lot of songs on the radio, but her past five years haven’t been the easiest. The singer was at the center of a number of legal battles that stopped her from releasing more music. That was 10 years ago. Kesha Rose Sebert has changed a great deal since the days of "TiK ToK," and has undergone great care and treatment.

Kesha then broke her five-year hiatus and released "Rainbow" in 2017. "Rainbow" received plenty of critical and commercial praise, with its cover art causing a stir in music.
GU women's track and field springs into new season with goals of personal bests and competing at nationals

By JORDAN TOLBERT

Women's track and field is kicking off its season with a fresh group of runners and an exciting racing schedule. This season, head coach Mike Stewart is focusing on individual achievements, in addition to team goals.

"A big priority for us this season is not accumulating personal bests," Stewart said. "We kind of go into each meet with the idea that we would like to get a program." Stewart said in conjunction with personal improvements this season, a team goal is to send athletes to the NCAA & Outdoor Championships in Austin, Texas in late June.

"I'm excited to see what the group looks like that gets to the first round of the NCAA West Preliminary Round," Stewart said. "I think it will be a fun group of athletes there. And that's a big step for us.

Stewart has been the head coach of cross country, as well as track and field, for two years and has found his coaching groove.

"At this point last year, we were still trying to figure ourselves out, in terms of the relationship that we have as a program with a new coach, what the training looks like and how it's supposed to look," said junior Jessica Arce said. "I'm always trying to push my limits and see how good I can be." Arce said that's what she really looks forward to in racing and competing, as she's trying to better herself, setting those high goals and striving to achieve them.

The runners' training regimens are individualized, with different workouts for "specific" events. Stewart said this means groups can train together while achieving their own personal goals.

"We've put an emphasis on pre- and post-run work, warming up, stretching down. We have a really good strength coach that we got a lot of work done with Stewart," said. "No other than that, just going out and running, we're trying to do things that we can do within reason and be safe and have a good time training, but also keep ourselves accountable.

The training process has produced steady success for the program during each of Stewart's seasons.

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"Winters for long distance runners can be pretty long," Hogan said. "Especially when it's stormy, and when it's chilly, you're starting to wake up, it's dark and it's getting light out early and you really got to get out there and get the work done. It can make the days feel shorter."

"We love training. I think a lot of us do. We can't be at this level if you do not enjoy the process."

The team is focusing on its indoor season until mid-February. After that, with a variety of out-of-state meets, personal goals and opportunities to make it to nationals, women's track and field has plenty of aspirations for the upcoming spring season.

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**Surging past a setback**

Matthew Ruel, who transferred from Ole Miss in the fall of 2017, is preparing for a successful spring campaign with the Zags.

**By RILEY UTLEY**

In fall 2017, sophomore Matthew Ruel packed his bags and moved nearly 3,000 miles from his hometown of Oldsmar, Florida, to Spokane to join Gonzaga men's golf.

Ruel spent his first year of college at University of Mississippi, where he redshirted. His decision to transfer came after he was diagnosed with ulcerative colitis and Ruel said he was so worn out and defeated he had to lose 40 pounds.

"I went to Ole Miss, I weighed 128 pounds, it wrecked my golf game and everything," Ruel said. "Everything at Ole Miss was too fast-paced and I needed some time to get my game back together. I redshirted, I took a whole year to work on my health, get stronger and get my golf game back."

"The coach wasn't very supportive, so I wanted to come somewhere where my coaches and my teammates would actually have my back," Ruel said.

At the end of his first year at Ole Miss, Ruel said he was too tired and defeated from both his disease and having a tough season that he almost quit golf altogether.

"When I was thinking of transferring, I had it down to Gonzaga and another school, and at the end of the school year at Ole Miss, I actually told my parents and the head coach and everyone at Ole Miss that I was going to quit golf and go back home to Florida," Ruel said. "He said he would never accept that."

He said when he got home and was about to call GU's head coach Robert Gray to tell him he wouldn't be coming to Spokane, his parents sat him down and talked him off the ledge.

"He's got to be there for his teammates and his coaches, and he's found a community that has made his GU experience amazing and a crucial reason for his growth as a golfer," Ruel said.

Ruel said he was able to get over that. "I've come a long way and I'm really happy with where I am now." But Ruel said it was his competitive nature, his head up. "You know you have the ability. Don't let the opinions of others affect you.""Ruel said. "Keep your head up. You know you have the ability."

"The coach wasn't very supportive, so I wanted to come somewhere where my coaches and my teammates would actually have my back," Ruel said.

"He didn't have the greatest sophomore year and immediately was playing on the team," Ruel said. "I got to host [Ruel] on his recruiting visit. Then, he came in sophomore year and immediately was playing on the team," Mogg said and seniors Chris Ming.

"He probably didn't have the greatest sophomore year that he was hoping for but neither did I. We got ready close over sophomore and junior year, and he's one of the guys that have that by his back and he has since day one. He's also proven as a better player than anybody that I know. It's cool to see how much he's grown over the years and I know that he'll have a setback his freshman year.

Ruel said that between his teammates and his coaches, he has found a community that has made his GU experience amazing and a crucial reason for his growth as a golfer.

"He interacts well with everyone on the team," Ming said. "This always pushing everybody to be the best they can be and he's always trying to get people to practice outside of what's required for the team. He goes above and beyond in that aspect. Individually, I know for me, he's really taught me my golf game too. He thinks for everybody and he schemes his game plan."

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"The coach wasn't very supportive, so I wanted to come somewhere where my coaches and my teammates would actually have my back," Ruel said.

"He really's taught me my golf game too. He thinks for everybody and he schemes his game plan."

"He introduced me to the competitive nature of sports. I think that's what kept me going," Ruel said. "Coming out of high school, Ruel had an offer from GU, so the school was on his list. He came in for his visit. Then, he came in sophomore year and immediately was playing on the team," Ruel said.

"He's got to be there for his teammates and his coaches, and he's found a community that has made his GU experience amazing and a crucial reason for his growth as a golfer," Ruel said.

"I really picked me up our relationship and how I viewed him as a coach because it really picked me up and it is something I will always, always remember," Ruel said.

Ruel said he was still playing in the best decision he ever made. "It has been influential to me to get me over that year. Coming out of high school, Ruel had an offer from GU, so the school was on his list. He came in for his visit. Then, he came in sophomore year and immediately was playing on the team," Ruel said.

"Our team hasn't won the West Coast Conference before. I think our best finish was third," Ruel said. "We have a lot of talent. I just think it's putting it together and staying healthy."

Ruel said he is happy with all his academic experience that he has been able to come to GU, and wouldn't have it any other way. He plans to take up professional golfing after his last year at GU with the ultimate goal being able to compete on the PGA Tour.

"I decided I wanted to come out west and I told my dad," Ruel said. "I think it's a good decision as well because our relationship and how I viewed him as a coach because it really picked me up and it is something I will always, always remember," Ruel said.

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A collaboration between the Black Student Union and the Multicultural Education Center brought the student vote to KD Hall as she presents on voter suppression, why black votes matter, and how to get that community to vote and run for office.

It will take place on Feb 11 at 5:30 pm in the Hemmingson Auditorium.
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