Students find recovery safe space in OUR House

By Dagny Albano

Substance use has undoubtedly increased during the ongoing pandemic both on and off college campuses. In an effort to support students, Gonzaga University’s OUR (Our Unique Recovery) House program offers students a safe space to work on recovery from substance abuse and addiction while still pursuing their educational goals.

OUR House has been on GU’s campus since the fall of 2018 as part of the University’s Student Recovery Program (CRP). The program provides every student the opportunity to connect and share experiences in a more intimate setting, keeping individuality at the forefront of the conversation.

“Gonzaga’s approach to recovery focuses on each individual’s unique needs and goals, be it complete sobriety, harm reduction or simply learning more,” said Tyler Chefitz, health educator in GU’s Office of Health Promotion and CRP program coordinator.

The program and its leaders recognize that each student has vastly different lived experiences and want to provide each student the tools they need to recover in whatever way makes sense to them.

“Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential,” said Chefitz in an email.

The ultimate goal is to aid students in achieving their own unique recovery goals, whether they be sobriety, harm reduction or reduced use, “said Landon Toth, graduate recovery assistant, in an email.

Although the program has been around for over eight years, OUR House is ever-evolving. This year, the program has been granted $60,000 from Washington state in order to expand and include more harm reduction and recovery resources.

Implicit biases are something that tend to be inevitable when people are set with the task of evaluating one another. Social and cultural expectations on appearances and what has been deemed as normal or comfortable take precedence over the value of teaching and learning, said Faculty Senate president and Associate Professor of biology, Marianne Poxleitner, is one of the many people facilitating this new faculty handbook.

“This year, the Senate passed an initiative to review the impact of the student evaluations. Implicit biases are something that tend to be inevitable when people are set with the task of evaluating one another. Social and cultural expectations on appearances and what has been deemed as normal or comfortable take precedence over the value of teaching and learning,” said Poxleitner.

Student evaluations used to be one of the many pieces of data that are used in reviews to determine whether a professor is qualified to get promoted and receive tenure but with results of recent gender and ethnic studies, GU has looked into alleviating the impact of the student evaluations.

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**EVALUATIONS**

Continued from Page 1

In the spring semester, professors have moved to hybrid learning methods at Gonzaga. “It’s been a lot of work,” says Associate Professor Louis Summe, criminology and justice department. “Being able to teach in a hybrid setting, it’s not something that we have much experience with.”

“For this term, we’ve worked very closely with the Faculty Senate, in order to see how things can run smoothly,” said Summe. “We’ve also tried to have a two-way conversation with the students.”

Summe said that the university has used a variety of methods to evaluate student performance in the hybrid setting. “We’ve used online surveys, phone interviews, and in-class discussions,” he said. “We’ve also looked at the students’ grades and attendance.”

**OUR HOUSE**

Continued from Page 1

best support systems at all stages of their recovery.

“Individuals seeking recovery often struggle to find support because they feel trapped between two worlds,” Toth said. “Their non-substance-using friends shame them for their use, and their substance-using friends invalidate their desires to change. This creates an enduring sense of isolation, which is the greatest enemy of recovery.”

“The program offers help to social events, which provide substance-free opportunities for support for students. In conjunction with SpikeNites, they hosted a sober Easter egg hunt and a soberdeclspec hike on campus on March 26 and 27.”

“OCR House also held all recovery meetings on Mondays and Fridays both in-person and on Zoom. The meetings serve as a place for students to come together, share about their journey and the different things that might work for them.”

Additionally, the program offers drop-in hours on Tuesdays and Thursdays for those seeking recovery, harmony, reduction or ways in which they can benefit from looking at different recovery strategies. Several leaders at OCR House have personal connections to addiction and recovery, and they use these experiences to engage students during these drop-in times to offer support to students as they can.

This creates an enduring sense of isolation, which is the greatest enemy of recovery. “I would personally be very happy to exchange ideas in a public forum,” said Toth.

**SCHOOLS**

Continued from Page 1

“The district has also implemented safety strategies such as rigorous screening, contact tracing teams and a COVID-19 hotline. Students were phased back into in-person learning by Spokane Public Schools. "Since we have been able to bring our students back to campus safely, many students have been struggling to adapt to this new normal," Toth said. "This has been a challenging experience for students, but it has also provided opportunities for us to learn from each other’s experiences." Many teachers have beenforced to adjust their teaching methods, with some focusing on creating a safe and inclusive learning environment. The district has also implemented new policies to ensure the safety of students and teachers.

"We are committed to ensuring that all students have access to high-quality education," said Toth. "We are working closely with our teachers and administrators to create a safe and inclusive learning environment for all students." Students were phased back into in-person learning by Spokane Public Schools.

“Individuals seeking recovery often struggle to find support because they feel trapped between two worlds.” — Landon Toth, recovery graduate assistant

**Individuals seeking recovery often struggle to find support because they feel trapped between two worlds.**

Landon Toth, recovery graduate assistant

thing that saved my life: a safe, non-judgmental community that facilitates support and understanding of one’s own struggles,” said Toth. “This community provides a space for students to connect with others who are going through similar challenges and share their experiences.”

“Continued from Page 1

As we know, Gonzaga’s campus has always been a diverse and inclusive space. Gonzaga has always been committed to creating an environment where all students can thrive and achieve their full potential. This commitment is reflected in the university’s policies and practices, as well as in the actions of its students and faculty. Gonzaga is dedicated to providing a safe and supportive environment for all students, regardless of their background or identity. Gonzaga is committed to creating a community that embraces diversity and values the unique contributions that each individual brings to the university. This commitment is reflected in the university’s efforts to promote equity and inclusion, as well as in the actions of its students and faculty. Gonzaga is dedicated to providing a safe and supportive environment for all students, regardless of their background or identity. 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Erin Hays, director of undergraduate admission

what equals the value of attendance

The cost of Gonzaga after financial aid, compared to the quality of the education is "GU said. "I definitely make me feel better about taking this high price tag is worth it according to "Colleges Worth Your Money."" Morley said. "I got very blessed with the aid package I got from here."

College tuition and cost of attendance has been constantly rising at a rate of 3% over the last decade, according to usnews.com. Financial aid and total sticker price of attendance is another set of criteria "Colleges Worth Your Money" uses to formulate their list.

The guidebook includes six key sections for each college or university. The sections included are: Inside the Classroom, Outside the Classroom, Career Service, Professional Outcomes and Student Life. "Colleges Worth Your Money" has received rave reviews and notable endorsements from various members of higher education.

“Colleges Worth Your Money" uses to comprise their list is information on career paths, employment rate after graduation, top areas and cities for alumni. The guidebook includes six key sections for each college or university. The sections included are Inside the Classroom, Outside the Classroom, Career Service, Professional Outcomes and Student Life. The book will be released for the public on May 15. Tommy Connolly is a staff writer.
Gonzaga is lucky to have an abundance of local restaurants. However, many restaurants were forced to adapt their menus in March. The good news is that Spokane is now in phase 3, and restaurants can reopen. Spokane’s Best Dish still need support from the GU community. Below is a list of the best dishes in Spokane. Get out to eat or grab some take-out from these Spokane restaurants.

Jesse Eggers, general manager of Caruso’s Sandwiches and Artisan Pizza, said that the pandemic really hurt businesses at first, but the support of the community and doing take-out are the reasons that businesses have been able to survive. “Even though the challenges have been different, I think everybody has faced challenges and adversity as a result of this pandemic,” Eggers said. Eggers has been working in the restaurant industry for over 30 years and said that unlike other restaurants he has worked at before, at Caruso’s, there are no dishes that he would steer anyone away from, and there aren’t a top three dishes either because there are so many good options. He credits this to how Caruso’s uses local ingredients and focuses on freshness. However, if he had to pick one best dish, Eggers says the pollo pasta is most popular with GU students. The pollo pasta includes penne noodles with alfredo sauce, garlic roasted chicken, diced tomatoes, bacon, parmesan cheese and a pesto drizzle sauce. “Somewhere just throughout the student body everybody’s kind of heard you’ve gotta try the pollo pasta,” Eggers said.

For Pat Keegan, who owns both locations of Aloha Island Grill with his wife, Lori, the coronavirus pandemic impacted his business because he was unable to cater to weddings, graduations, and holiday parties this past year. However, Keegan said that the pandemic has made it easier to emphasize the importance of cleanliness, especially for those who are new hires.

According to Keegan, Aloha Island Grill’s best dish is the Teriyaki chicken with sticky rice and macaroni salad, a filling meal that makes up about 70% of sales. He also said that the community loves the restaurant and is good to them, adding that his wife, Lori, is proud that they have fed the basketball team almost every week this season. “Being a community member, I think is the most important thing. And our food is great!” Keegan said.
restaurants nearby for students and faculty to enjoy. When businesses were shut down after the coronavirus pandemic hit last spring, businesses that were able to reopen had to find a way to attract customers. One of these businesses was Wisconsin Burger, located at 916 S. Hatch St, Spokane, WA 99202.

Zip’s is a popular spot for burgers. According to Jennifer Faught, owner of the Zip’s on Division Street, the best dishes are the chicken tenders and fries, and the bacon double cheeseburger. Faught said that the lobby of Zip’s has been closed throughout the pandemic, which has been hard for her since she misses seeing customers and talking with them. Zip’s hours have shifted as well, and it isn’t open as late as it used to be for staffing purposes, said Faught. “We’re fortunate to have a drive-through, but we miss the college students, we miss the late-night rushes that we no longer have,” Faught said.

Another staple of the local restaurant scene is Pete’s Pizza, which has been here since 1972, and is now owned by Cole and Julie Marshall. Although pizza is in the restaurant’s name, the Marshalls said that their best dish is the original calzone, which includes pepperoni, mushrooms, olives, and marinara sauce. Legend has it that a group of GU students who had gone to Italy told Pete, the original owner, that he had to try making calzones. Cole Marshall said, “GU alumni still come to Pete’s Pizza and bring their children and grandchildren and say that the restaurant is still the same as when they ate there as students. “We want to keep the quality, we want to keep the ingredients and we want to keep the people coming back,” Julie said. Pete’s Pizza was already well suited for switching to take-out only when dining in had to close down due to the pandemic. Pete’s recently started doing deliveries as well, which has helped the business. Even after the pandemic ends, they said they will likely continue doing deliveries.

Like many other restaurants, Wisconsinburger switched to take-out only toward the beginning of the pandemic, even adding an extra phone line and a new online ordering platform. However, Nordwall said that take-out only was not sustainable, and business has been better now that customers can be seated inside the restaurant at a limited capacity. “Everybody’s just doing what we gotta do to get through the whole thing and get back to normal hopefully,” Nordwall said.

A taste twist on the burger classics where a new flavor is invented every week! Plus, one dollar from every sale is donated to a local charity.

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Check out our Facebook for the weekly grind!
**Letter to the Editor: Humanizing Spokane**

By ALIX JONES PREVOT

"What made me want to write this letter is the idea that there are people who are used to being stepped on, where they are subjugated to the needs of others, in a way that is so obvious that it can’t be ignored anymore," she said. "The human rights movement is about the way we treat others, and it’s also about the way we treat ourselves."

In a world where sexuality and gender are still largely defined by societal norms, there are those who feel that they don’t fit within these categories. This is where the concept of "Super Straight" comes into play. 

"The idea of being Super Straight is to identify with being straight and to reject any form of non-binary or queer identity," said Jones. "It’s a way of claiming the privileges of being straight while also rejecting any form of non-binary or queer identity."

However, Jones argues that this movement is problematic. "It’s a way of claiming the privileges of being straight while also rejecting any form of non-binary or queer identity."

"Super Straight" is a problematic movement that promotes heteronormativity and exclusion. It is a way of claiming the privileges of being straight while also rejecting any form of non-binary or queer identity. 

― **By ALIX JONES PREVOT**

### LETTERS POLICY

The Gonzaga Bulletin welcomes all letters to the editor. Letters should not exceed 300 words in length. All letters must include the writer's name, major, class and department. The Bulletin reserves all rights to edit letters. Please include your phone number, major, class and department. All correspondence will be acknowledged before publication. The Bulletin reserves the right to reject any letter.

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Story Slam creates Zag community connections

By LILLIAN PIEL

A time when many of us are missing the feeling of community, Story Slam provides Gonzaga students and faculty with the opportunity to share their stories.

Story Slam has been going on for nearly 10 years, said Josh Armstrong, a professor of organizational leadership and the faculty advisor for Story Slam.

Each Story Slam features four to six storytellers who tell a personal story that relates to that month’s theme. Most of the storytellers are students and there is at least one faculty member who takes part as well, Armstrong said.

Armstrong currently teaches a class on leadership and storytelling, which was the inspiration for Story Slam. Joe Albert previously taught the class before his retirement and it was Albert and a few of his students who first started putting on Story Slams.

“It just takes so much for people to be there to hold these stories because they’re often sharing real parts of their lives that may be hard to articulate because they’re often sharing real parts of themselves that may be hard to articulate because they’re often sharing real parts of people to be there to hold those stories,” Armstrong said.

“Story slam is a storytelling event that gets to highlight different voices on campus and give a space for people to just share parts of their lives with the Gonzaga community,” Thurston said.

After the coronavirus pandemic hit, it was harder to recruit people for Story Slam, but this school year, Story Slam has taken place as a hybrid event of in-person and Zoom audience members.

“Zoom has been great because families can come see the event, and it is a new way of reaching people and sharing stories,” Thurston said.

Since they got involved with Story Slam during his freshman year when he attended the event, then ended up sharing his own story during his sophomore year. From there, he got involved with the people who were running the event at the time and worked with them before taking on his current role as one of the coordinators.

For Jonas, the most rewarding parts of being involved with Story Slam are the community and getting to witness people craft their stories. Taking part in Story Slam is one of the highlights of his GU experience and one of the most engaging things he has done in the community.

“It’s been incredible to see just this blossoming community that something so many people hold really dearly to them at Gonzaga in this time when we’re not really seeing that Gonzaga community,” Jonas said.

Audience members attending Story Slam in-person can attend the last Story Slam of the year on April 26 in the Wall Auditorium at 8 p.m. The theme for the last Story Slam of the year will be “Roll With It.”

Story Slam provides Gonzaga students and faculty the opportunity to share their stories, no matter what emotion those stories evoke.

“Because we’re sharing stories, no matter what emotion those stories evoke, no matter what experience those stories have,” Jonas said.

Thurston describes Story Slam as a welcoming space for people to share their stories, no matter what emotion those stories evoke.

“I just think it’s so important for people to be there to hold these stories because they’re often sharing real parts of themselves that may be hard to articulate or that any of us might connect with, and so it’s a way for us to build community and witness people speak personal stories,” Thurston said.

At the most recent Story Slam, Paulina Thurmann, a senior sociology major, shared a story about one of her worst experiences babysitting from her neighborhood. Thurmann said her neighborhood is a dark time.

“I felt like I was simply telling a story to a group of my closest friends. Thurmann was asked by the coordinators to tell a story, and although she didn’t feel like she necessarily had the right credentials at first, the leadership and storytelling class helped her realize no story is perfect because life is imperfect, which is what makes it beautiful. Thurston said.

Story telling can be transformative and healing the storytellers’ stories and helping those hearing their stories has been the most rewarding part of Story Slam. Thurston said.

Thurston attended the story telling class throughout her time at Gonzaga, and it’s important because they can give us light in a dark time.

“We’re all hungry for connection, and stories give us that,” Thurston said.

Lillian Piel is a staff writer. Follow her on Twitter @lillianpiel.
By SYDNEY FLUKER

"Chemtrails Over The Country Club" dropped on March 19 after keeping fans in suspense for months. It did not disappoint.

Lana Del Rey’s new album has become one of the most anticipated in recent memory, largely due to her iconic status and unique approach to the music industry. Del Rey, known for her dreamy, ethereal sound, has been a force in the music world for over a decade, and her latest release continues to capture the attention of fans around the globe.

"Chemtrails Over The Country Club" is a sprawling, 19-track album that explores themes of love, loss, and the American Dream. From the opening track "Wild At Heart" to the closing ballad "Blue Banister," the album is a journey through Del Rey’s emotional landscape, with each song offering a glimpse into her inner world.

One of the standout tracks on the album is "Blue Banister," a slow burn that builds to a climactic release. The song is a testament to Del Rey’s ability to craft emotional narratives that resonate with listeners on a deep level. "Blue Banister" is a love song for the ages, a reflection on the passage of time and the beauty of enduring relationships.

Another highlight of the album is "Coffee," a finger-picking folk song that features Del Rey’s signature crooning vocals. The song is a nostalgic ode to the simple pleasures in life, from steaming espresso shots to the perfect combo to create those conversations and delightful desserts prepared from scratch.

"Chemtrails Over The Country Club" is a masterfully crafted album that showcases Del Rey’s growth as an artist. It is a love letter to the American Dream, a celebration of the small moments that make up our lives, and a poignant reflection on the fragility of existence.

In conclusion, "Chemtrails Over The Country Club" is a must-listen for fans of Del Rey and anyone who appreciates the power of music to evoke emotion and inspire thought. With its atmospheric instrumentation and Del Rey’s signature style, it is a testament to her enduring impact on the music world.

By KATE SULLIVAN

"Chemtrails Over The Country Club" is a tour of America at its best, a far cry from the mall music that we’ve seen in her previous albums.

This time, Del Rey aims to transport listeners to different parts of the country, capturing the essence of each location through her lyrics and music. The album features a diverse selection of sweet and savory pastries, including a freshly baked pastry and a cup of joe, as well as a variety of steaming espresso shots, the perfect combo to create those conversations and delightful desserts prepared from scratch.

"Chemtrails Over The Country Club" is a testament to Del Rey’s growth as an artist, as she explores new directions in her music and continues to push the boundaries of her craft.

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Lana is back: Pop star and singer-songwriter returns with 'Chemtrails Over The Country Club'

By JR WOOD

Lana Del Rey's "Chemtrails Over The Country Club" has taken the music world by storm, with fans in suspense for months. It did not disappoint.

The album features a diverse selection of sweet and savory pastries, including a freshly baked pastry and a cup of joe, as well as a variety of steaming espresso shots, the perfect combo to create those conversations and delightful desserts prepared from scratch.

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Lana is back: Pop star and singer-songwriter returns with 'Chemtrails Over The Country Club'
It was a rock-and-roll game. With 0:06 left, Gonzaga's senior forward, Ljucovic, scored a goal that brought one women's soccer team over RCTUs, claiming the title for the team, 2-0.

A legendary win for the senior captain, Ljucovic's journey to Gonzaga started in the Town of Ljubljana, Montenegro before he brought his love for the game to the United States. Ljucovic grew up playing soccer with his two older brothers under the watchful eye of his father. Originally from Poughkeepsie, New York, Ljucovic used his creativity assists for the Zags. During his Sophomore season, Ljucovic has tallied one goal and one assist for the Zags. He has shown great skill, only improving as the season progresses. Ljucovic sees the game as an art form, not just putting the ball in the back of the net but also setting up his teammates for scoring chances. He has found a comfortable balance between scoring goals and creating opportunities for his teammates.

Before arriving at GU, Ljucovic was a force for Paul Meehan's men's soccer team. Frankie Ljucovic story in 2018, Ljucovic has been a force with staying power for the Zags, starting every game his first year and scoring in every game his second year.

In the Community:

Townsend said after the press conference. “You know, it’s been a long year and I think it’s something that we all knew going into it. "As of now I’m not coming back, "Townsend said.

Ljucovic’s journey to Gonzaga was a long one. "As a child, I visited the picturesque campus in Minnesota and I knew that it was the place for me," Ljucovic said.

The Frankie Ljucovic story is one of determination, hard work, and resilience. It is a story of an incredible legacy on campus, within our community and in basketball.

The Frankie Ljucovic story is one of determination, hard work, and resilience. It is a story of an incredible legacy on campus, within our community and in basketball.
Students feel the Madness

With the March in full swing, GU students have some thoughts on their branch, the Zags and what can come next

By BECCA MURPHY

J ests in the NCAA tournament are the heart of March, and the 2021 tournament is no exception. With only a week left of the madness, brackets are broken, but students’ excitement and belief in Gonzaga remains unchanged.

There are a few teams that make GU students nervous heading into the final games. “I don’t care anymore about who you think is going to win, every time the game is about to play, my family and even my extended family will be talking about potential ways to commemorate such a victory. ‘If the Zags were to win, I don’t think we would have a chance but to get tattoo’s’ said Tre Johnson, a senior.”

March Madness has brought people. It’s awesome to see how the Madness, brackets are broken, upsets than ever, students can win on any given day, “ said Henry Carmichael, a senior. “I had Oregon State going my final four are done except the brackets since most of the remaining rounds with all students are eliminate, all the upsets that I got like that without the rest of people thought was a bad choice, but they [were] in the Final 16 [last] weekend,” said Stu Stutzman, a GU junior

“My whole family texts me my final four are done except the brackets since most of the remaining rounds with all students are eliminated, all the upsets that I got like that without the rest of people thought was a bad choice, but they were [were] in the Final 16 [last] weekend,” said Stu Stutzman, a GU junior.

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Some students are already talking about potential ways to commemorate such a victory. “If the Zags were to win, I don’t think we would have a chance but to get tattoo’s” said Tre Johnson, a senior.

Becca Murphy is a staff writer.

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