

## Is There Anything We Can't Print?

### By: Andy Carluccio, '16 Managing Editor

Once again, the winds of technological change are blowing through 19 Eye St., this time, in the form of Gonzaga's first 3D printer, which brings with it promises of unlocking student creativity and enhancing our curricular capabilities. Through the combined efforts of the Gonzaga Initiative for Student Technology (GIST), Educational Technologist I found the ability to turn something we identified the Ultimaker 2 Ex- tive, creativity, and problem-solv-Mr. Larkin, and the Network Opera- I could design in a computer into a tended Plus as the perfect candidate ing skills. Obviously there are strict tions Center (NOC), the arrival of the new Ultimaker 2 Extended Plus Edition 3D Printer marks the beginning in an exciting new chapter of Gonzaga's gradual integration of modern technology on our campus.

my many duties as senior technician, I was responsible for installing and maintaining a DaVinci 1.0a 3D printer we planned to use to expand the store's capabilities and services. extrude thin layers of plastic onto a replica of a digital model is created.

repair shop near my house. Among about the logistics of purchasing a 3D printer for Gonzaga. Having attended a Jesuit Schools Network conference that, among other items, showcased the integration of the up-and-coming "Maker Space" concept into national 3D printers are special machines that Jesuit high schools, Mr. Larkin recognized that a 3D printer at Gonzaga heated glass bed, layering different would allow our school to offer new levels on top of each other until a opportunities that had previously been unavailable. With GIST's help,

what is our plan for it? Currently, the plan is to open up the Ultimaker to the Gonzaga community, both students and faculty, towards the beginning of the fourth quarter. The significance of this approach is hard to understate. Gonzaga is allowing everyone access to this advanced tool with the hopes that doing so will not only allow teachers to enhance their curriculum but also encourage student initia-

This past summer, I had the opportunity to work at Northern Virginia Computer Repair, a small tech

plastic physical object fascinating, and because I had the opportunity to experiment with the DaVinci 1.0a through my job, I was able to learn the skills required to operate a 3D printer. When GIST kicked off its first full year as a Gonzaga club at the New Families Welcome Picnic, Mr. Larkin and I began a series of conversations

for Gonzaga's first 3D printer, and guidelines that will be set in place. In late January, the Ultimaker finally arrived at Gonzaga.

So now that the 3D printer is here,

thanks to the school administration's For example, only trained faculty willingness to offer a room on the and GIST members will be allowed fourth floor of Forte Hall to us, we to actually operate the 3D printer, had taken the first step in creating a so the Ultimaker will need to be re-Materials Fabrication Lab on Eye St. served by appointment. There will also be sensible restrictions on what

Continued on p. 2



## **3D** Printer

### Continued from p. 1

duced by the machine. Right now, GIST members are being trained on how to use the Ultimaker while a few pilot labs are being worked out in Mr. Larkin's, Mr. Duffy's, classes. Soon, student computers in the Kimsey Technology Center and the library associated with 3D modeling and printing such as Blender, Sketchup, and Cura. Keep an eye out for details about the workflow for using the 3D printer once it is open for use by the Gonzaga community.

Ultimaker, it is important to sorts of objects may be pro- remember that 3D printers are tools to create amazing and creative projects. The machine itself is not the main attraction, rather, it is the potential for students and faculty members to express their and Mr. Mark Howell's creative and practical skills in a way which has never previously been possible. The story of Gonzaga's new Mawill be loaded with programs terials Fabrication Lab will not be about the equipment that is purchased. Instead, the stories of what our community used these tools to create will dominate our technology headlines. Needless to say, it is a very exciting time to be With all the excitement at Gonzaga.

surrounding the arrival of the





### By: Cass Boehm'16 Senior Contributor

In April 2014, militants loyal to the Islamic extremist group, Boko Haram, abducted 276 schoolgirls from a small village in Nigeria. The world was outraged. We remember hearing that story and thinking that nothing could disgust us more. We remember saying, "bring back our girls." We remember celebrities making videos condemning Boko Haram. We remember posting, liking, sharing or at least seeing something on social media that included #BringBack-OurGirls. We forget that most of them never were brought back.

Who cares though, right? I mean, I did my part, I shared the video, I did what I could to bring back our girls, I helped stop Kony in 2012, and Je Suis Charlie. Except, none of that is true; the girls are still missing, Kony is still at large, and what does Je Suis Charlie even mean? That we are going to stop Islamic extremism? That we are going to protect freedom of speech? We've done neither. Social media has the potential to be a tool of social change but that's not how we use it; instead we use it to give ourselves a pat on the back while we pretend we're actually helping and to make sure our friends know how much we "care" about the issues of the world.

the importance of bringing attention to an issue, and I understand that social media is a wonderful vehicle to shining a light on a problem doesn't make it go away. Bringing attention to an issue media because of that little community's attention, make is only the first step and there release of dopamine they get sure you ask yourself whethtwo things: either we have a believe the latter.

the moment someone posts something about a dead celebrity they didn't know about before their "tragic" death or make a difference, then the changes one's profile picture to the colors of the French flag, they have convinced themselves it is out of a feeling of grief or solidarity. But your "thoughts and prayers" I don't underestimate didn't rebuild houses on the Jersey coast after super storm Sandy, and declaring that they go out to the victims of teer and don't advertise it. Do some tragedy doesn't change that end. The problem is that the fact that some ulterior the world a better place. And motives are at work. We can't when there is an issue that forget that people love social needs to be brought to your

I don't doubt that in about whatever issue is receiving the greatest media attention.

> If we truly want to left hand probably doesn't need to know what the right hand is doing--and neither does Twitter. Surprisingly enough, God is aware of your thoughts and prayers even if you don't tell your followers about them.

Donate, protest, volunit because you want to make



needs to be follow through. I every time they see someone er you're actually trying to am forced to believe one of else "liked" their last Instagram post. We can't forget to the issue or simply to pay very short-term international that peer pressure also plays attention to you--because no memory or we never really a role: nobody wants to look cared, and I am inclined to like the only one who either ally bring back our girls. doesn't know or doesn't care

get people to pay attention amount of hashtags will actu-

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## **Environmental Advocacy Club**

### By: Quinn Aitchison `17 Contributor

If you've spent any time at all in the Gonzaga gym over the past month, then you've probably noticed the brand new water fountain in the gym lobby and rejoiced over its technical elegance for new members and arctic chilled water.

You've most likely marveled at the high-tech water dispensing machine's sleek design and shiny metallic luster.

Moreover, you've probably noticed the fact that it's eco-friendly and has a digital display showing how many water bottles it has filled. If you want to know who to thank for this monumental achievement in Gonzaga campus furnishings, then look no further than the title ers. of this article.

The Environmental Advocacy Club, dubbed the EAC by its members, was founded last year by a group of Gonzaga cross country runners devoted to saving the forests and fields they run through - and eating donuts. The club has really hit its stride over the past year

as it has sponsored an expert environmentalist to speak at Gonzaga, helped bring the aforementioned water fountain to our campus, and has big plans in store for Earth Day this year. The club is always looking and with club elections on the horizon, now is the perfect time to join. Spots up for grabs include club president, vice president, and president of communications, among oth-Club meetings are every other Wednesday morning in the fall and as announced during the rest of the year. Contact club president Michael Gold or moderator Mr. Ausema for more information.

## The Real Price of Our Cheap Krispy Kremes

### By: Luke Ritter '17 Contributor

The Real Price of our Cheap Krispy Kremes: What Walmart's Decision Means for Gonzaga

Recently it was reported that Walmart decided to scrap its plans for two new (and desperately needed) stores here in Washington, DC as a part of the big box chain's recent companywide overhaul. Although this restructuring move will see the closure of 269 stores across the nation, it will hardly affect our neighboring location on H Street. We will likely continue to enjoy low prices on our post-crew workout yogurt, our extraneous and costly protein powders, our food drive cans, and our casual after school bags of ambrosial UTZ Cheese Curls. One could happily and obliviously continue to patronize our Walmart in this fashion from now until the time they graduate. None of us would be going to Gonzaga, though, if we only cared

the impact that Walmart's de-

about how such news stories Walmart abruptly rescinded ing wage of \$12.50 an hour in money. affect us. It's important for us its offer, due to its companyas men for others to consider wide overhaul and the report of disappointing performanccision may have on the Fed- es from its DC locations. City eral City, and recognize the officials have responded with



2013, Walmart threatened to leave the city altogether un- a Jesuit college prep school less Mayor Gray vetoed the proposed action, and many claim the company owes its popularity to the low prices it is a prime example of exactly can afford at the expense of its employees.

tionable way to conduct over the optimal treatment business to say the last, as of its employees, and it's the Arkansas based retail just common knowledge that chain is effectively calling when one makes a promise it retail shots in the capital of should be kept - especially if

As students who attend and future members of the workforce, we can learn from Walmart's business model-it what not to do. The popularity and success of a chain This is a morally ques- should never take priority

has veered into.

According to The Washington Post, Walmart had struck a deal with the city in 2013 to build two new stores east of the Anacostia, an area that any crew or cross counneed of economic revival.

moral gray area that the chain outrage to this decision, as \$90 million has reportedly

already gone into developing land for the arrival of the big blue box store, and jobs and cheap goods have been eagerly anticipated for years. This isn't the first time the try athlete knows to be in dire retail giant has butted heads with the city, though. When This January, however, asked to pay employees a liv- seems clear: it's all about the

the most powerful nation that promise is to bring such on earth. According to The positive change.

Washington Business Journal, Walmart's first year in DC saw the creation of however, is probably not the around 1,300 jobs and the development of over 300 new housing units. In choosing to leave the district, Walmart is disregarding the positive ef-

fect it has had thus far on DC in pursuit of a greater profit of the city's relationship with elsewhere. One would hope that having grown to the size it has, the multi-billion-dollar corporation might have turned its attention to more magnanimous pursuits by now, yet Walmart's message so pugnaciously.

To picket and boycott the nearby H street location, wisest course of action, for the opportunity to resolve this issue through such demonstration (if there even was one) has come and gone.

Nonetheless, the future Walmart has yet to be determined, and we as consumers can still choose whether or not to associate ourselves with an establishment that treats its workers and clients

## Gonzaga Basketball Extra



## Gonzaga Basketball Extra



Gonzaga has long been renowned for their dominance on the basketball court, and this year is no different. The current WCAC champions have excelled even with the loss of former players Bryant Crawford and Sam Miller. To some, they're said to be more undersized than previous years, but what many do not realize is that they are more cohesive than ever. This unity has been displayed in each game this season. Their #14 national ranking in USA Today speaks for itself. They've beaten nationally ranked teams such as DeMatha and Nuemann-Goretti (PA).

With junior Chris Lykes leading the way averaging more than 20 points per game, they've been able to destabilize teams with their fast tempo offense. Multi-faceted players such as junior Eddie Scott and sophomore Myles Dread provide key defensive stops in critical moments. The electrifying Prentiss Hubb, who is entering his sophomore year as a starter, has perfected the art of distance shooting with countless 3's this season. Seniors Nigel Stewart and Jack Lawrence not only contribute physically on the court, but they change the entire mentality of the team with the experience they offer.

"We're a great team, and our potential is limitless. We just have to stay consistent as we finish the regular season and enter into the playoffs. We have to show people who continue to think that we can't defend our title because of our so-called lack of experience. What they often seem to forget is that we DO have experience winning a WCAC title." says point-guard Chris Lykes

These past few weeks have been tiring for the Eagles. Due to the recent weather conditions, they've had games pushed back and have played in consecutive days. They're beginning to feel the fatigue of a long season. Still, the goal doesn't change. Greatness requires a psychological mindset to always persevere no matter the circumstances. This is how Gonzaga Basketball continues to validate their greatness each time they step onto the court.

- Dela Adedze '17

GONLAD



## The Camino Course

### By: Holden Madison '16 Managing Editor

Mr. Laguilles offers a look at the semester long ITE Modern Language course, "Spanish Culture and Igna- HM: Who is teaching the tian Spirituality-The Camino de Santiago."

What led you to this course? Senor Laguilles (SL): I have been involved in the past with service programs like the Dominican Republic. I found them to be really beneficial for students and their growth. Being at a Jesuit school and contributing to service, it's what we are called to do. nightly reflections would be. However, there's never been I spent 10 days walking 20 an actual class that's offered for credit where you're doing both outside service, with the exception of the Social Justice course. The Camino Course combines the traditional academic view of the course and doing a pilgrimage. It's more of a capstone **SL:** It's been about 2-3 years course, allowing students in the making. to step back and reflect as to where they've been, how they've grown, and where the class been so far? they currently hope to be. I've been a big supporter of experimental learning and the gap year concept. I wish I had done a gap year after high school. It's really important to explore what's outside the classroom. This course kind of does that on a small scale. There's a lot of reflection in the course. There are topics to study, but A lot of good discussion.

the actual pilgrimage is the HM: Does this course examtime when we're gonna be over there as a group walking, being pilgrims, unplugging, living simply.

course with you?

SL: Mr. Szolosi, the director of Campus Ministry, is also HM: Class structure? Holden Madison (HM): teaching the course. He had done portions of the Camino de Santiago. I also had done the Camino de Santiago to The class consists of a lot do research. I wanted to do it myself, and then also imagine what it'd be like to have students with me. From logistics like where we'd stay, travel to imagining how miles a day in June 2004. I started talking to Mr. Szolosi, putting something on paper and proposing the class to the council.

> **HM:** When does this project date back to?

**HM:** How's the dynamic of

**SL:** It's been great. There's 10 students in the class; they each bring something different to the classroom experience. They're the pioneers, so we're really dependent on them to really improve on the class once we finish the semester. So far, it's been going really well. We finished our first section on pilgrims.

ine other pilgrimages from other faiths?

**SL:** Yes. That's what we've done so far. We've looked at what it means to be a pilgrim and examined pilgrims from other faiths.

SL: This is a student-led HM: How long is the whole course, and Mr. Szolosi and I facilitate the conversation. of readings and videos, followed by discussion. In the spirit of reflection and personalizing the material, we are better prepared and in a more thoughtful mood for the Camino.

HM: The Camino itself? SL: A big part of this experience is living simply. What we bring with us is just what we need and looking to what we can live without. Will be walking 10 to 15 miles a day, so it's also a matter of comfort. Sometimes we can be so caught up in the excesses. There will be opportunities to wash clothes and get things over there if need be. For the itinerary, we will fly into Madrid and take a train to Sarria, which is 100 kilometers (~70 miles) east of Santiago de Compostela. Sarria is the closest point for a pilgrim to embark on the journey, so that the pilgrim may receive his compostela certificate, a certain mind set. Part of which proves you have done the pilgrimage for spiritual reasons, walking.



pilgrimage?

SL: The whole pilgrimage, starting over in the Pyrenees to Santiago de Compostela, is about 500 miles. We're doing a little less than 100 miles. For my research, I did about 200 miles. Mr. Szolosi has done different portions of it.

### **HM:** Will the pilgrimage be tracked via GPS watch?

SL: Yes. I am a data nerd when it comes to that sort of thing. I do plan on bringing my GPS watch, for my own curiosity in terms of what walking pace we'll be doing. My watch has an 8 hour limit. I'll be able to upload our trek to Strava. Track the journey at the end of each day.

### HM: Health and safety on the journey?

the table. A pilgrim could experience blisters, chafing, soreness. Part the idea of a pilgrimage is suffering, which can really put us into this reflection is how we deal with physical suffering in our lives, and we can look to Je-

sus. It'd be one thing if it's an easy walk, but how do we react when things aren't going so well. In daily life, we have bad days and some extent of suffering, and how do we deal with it? We'll prepare as much as we can prepare, but there will be pharmacies available, if need be.

HM: What are you most excited about?

SL: Just being there to witness the experience with the students. When we're over there, we have a lot different ideas of the actual pilgrimage. Some days they'll be walking alone, some days they'll be off in pairs, some days we'll send them off as a big group. You don't want to overplan for the trip; you want to get on the ground and see where the experience takes you. We're all walking the same path, but we're going have 12 dif-SL: All possibilities are on ferent stories at the end of the trek. We'll dedicate certain portions of the walk to certain people. We'll be carrying our own offerings. First time creating a course from the ground up. We'll reflect and see what can improve again for next year.

## Marching for Life

### By: Charlie Goetzman '17 Contributor

but the March always hap- real estate.

Another year, anoth- pens in the dead of winter Of course, er Roe v. Wade anniversary. and it's a testament to the doesn't participate in the And despite the day's apoc- power of the cause that any- March simply to sightsee; the one comes at all. event is representative of the This event reminds us of tireless call for justice for the both the unique opportunities helpless that makes up such a big part of a Gonzaga eduwe are gifted by Gonzaga's downtown backyard and the cation. With the abortion iscall for justice that embodsue often feeling cheapened ies a Jesuit education. No by pundits and others who would rather rail against Gonzaga student can go four years without taking a field abortion and contraception trip to the National Gallery, than make any attempt to making a video project on construct a viable solution to the Mall, or at the very least a complex problem, it's imstopping for food at Union portant to remember and easy Station. There is something to forget the actual problem exceptional about going to we're dealing with is the unhigh school not just in an urborn, unquestionably "life" ban environment but a few by any definition, having life taken away from them. This blocks from the political center of the world, and a protest is the worst form of injusmarch to the Supreme Court tice dealt out by society to its

of people that usually shows is a prime example of the most helpless members. This ing for the society that evup was somewhat smaller, benefits of having such prime March for Life, and however eryone, no matter how small, many more it takes, Gonzaga deserves. Gonzaga students will be seen march-

alyptic weather forecast, Gonzaga students were once again participating in the annual March for Life.

After a short Mass at St. Al's, they braved the elements and set out on the March to the Supreme Court Building. The snow held off for an hour or so after the rally at the base of the Washington Monument, but it was clear that a storm was brewing; downtown was relatively quiet, and the city actually seemed to hint that organizers should perhaps consider canceling the event, but the crowds came and the March went on. Of course the mass



## The Blue Shirt Club

### By: Lawrence Humes '17 Contributor

The Blue Shirt Club seems like a fairly simple club; however, the club's actual mission might surprise you. On the outside, the club seems solely centered around wearing blue shirts on Fridays at school, but its main goal is donating clothing to those in need.

In their first year, the club has taken many steps towards scheduling an upcoming clothing drive. Senior Nick Spurgeon, a club member, states "the color blue is random, it's really about making sure people around the school remember to donate extra clothes to those who really need it."

not seem well-recognized nothing but the best." throughout the rest of school. To test this, I asked random to offer, along with an inter-Gonzaga students what they esting dress option on Fridays. thought of the club. After a Anybody interested in joining few interviews it became ap- the club should contact its separent that, aside from the nior founders: Gabe Aguto. club's members, students had only heard of the club from Pablo Dean or Peter Marcou its mysterious name referenced on WZAG: they didn't know anything else about the open to new members. Even club.

Essentially, meetof the Blue ings Shirt Club mainly consist of socializing with fellow azure-garbed individuals. Besides organizing the clothing drive, most time at meetings is spent cracking jokes and generally having a good time. To quote member Andy

club is admirable, but it does Carluccio, "it's a club about

Clearly this club has a lot Kolbe Caterini, David Orem, for more information. The monthly meetings are always if you can't make the meetings, wear a blue shirt on Fridays to spread the word about the club's good cause.  $\mathbf{A}$ 



## From the Mat

### By: Will MacDonald '16 Contributor

The Gonzaga Wrestling Team's season has been going well so far. We've traveled from Las Vegas, to and have been very successful at each stop. A number of us have done well, with Nathan Thacker and I placing at every tournament.

We just had the WCAC Championships, with our team finishing 3rd overall, with St. John's at 2nd and Good Counsel at first. Both Nathan Thacker and I placed 1st, with Bailey Ogilvie placing 3rd and multiple kids getting 4th.

The majority of our team's starters are freshman,

so in the next few years I think we should be a contender for the WCAC Championship with our young guys getting more experience on the mat.

There are only a few tour-Georgia, to the DMV area, naments left in the season, so we are picking up the pace in the practice room to get in the best shape possible to be able to perform at the best of our abilities. With the Melee on the Metro this upcoming weekend, and DC Championships the following weekend, it will be a full schedule. Thanks to all those who have supported the team over this season. 🖈

The intention of the

## Successful Campaign for Gonzaga Wrestling

### By: Kenneth Carter '19 Contributor

This year has been a successful one on Eye Street regarding sports teams, and the success continued to grow as the wrestling team had another tremendous year. Going into the season the team had high expectations, but they were also aware that this year's team was a young one. The lack of experience didn't stop the Eagles from achieving their goals, "We talked about our expectations this year as a team, but we were hoping to exceed them," those are the words of Sophomore wrestler Nathan Thacker, who had a tremendous season along with his teammates.

This year the wrestling team competed in the Bissell This tournament host some of the best wrestlers in the country, but that didn't phase the Eagles, who went out and dominated in their respective weight classes. Phillip Firehock, a Junior, placed 5th, Sophomore Nathan Thacker took home 1st in the 120lb weight division, and classmate Austin Davis placed 4th in the 220lb weight division. The future of the wrestling program at Gonzaga is bright. Both freshman, Gordon McMillen and Tim a 5-4 decision. Sophomore Marcille, placed 6th in their Nathan Thacker defeated Narespective weight divisions.

Gonzaga beat DeMatha for the first time under coach championship. Milton Yates, which was a the team finished 3rd bethe team as the season con-

Invitational in Pottstown, PA. tinued, and WCAC championships quickly approached. In the WCAC championships Good Counsel and a school on Military Road have been dominant, but this year Gonzaga refused to go out without putting up a fight.

Senior William Mac-Donald had never won an individual WCAC championship during his three years in the wrestling program, but that all changed on February 6th when he defeated Good Counsel's Bailey Thomas in thaniel White from DeMatha In WCAC competition in a 4-3 decision to claim his second individual WCAC Overall huge confidence boost for hind Good Counsel and that school in Northwest.

there were questions wheth- task for the Eagles this seaer or not some people could son is DC States on February hold their ground on the mat, 20th; with a win the Eagles but those questions were could bring home their secquickly answered early on in ond DC State title in the prothe season. With the success grams history.  $\bigstar$ of the underclassmen this season the future is bright for

Coming into this season Gonzaga Wrestling. The last



## One Acts

By: Liam Burke '16 Editor in Chief

dates, and Up For Debate, a average GDA show. Some of Sidekick, a musical about Claeys '15, Check Please, the previous shows include: senior year written by Brian a play about awkward first play about politics in Idaho

Everyone at Gonzaga should appear on the Warman Stage at least once. But what if you play sports and cannot commit to the schedule of the GDA plays or musicals?

Fear not, because coming soon is the 5th annual One Acts Festival.

One Acts are student directed plays, sometimes written by students, and are played by students. One Acts, because they are student directed, have a much more relaxed atmosphere than the



written by Luke Mullen '15.

This Festival is hosted and moderated by the Head of the English department, Ms. Miller.

All are welcome whether you have been on stage your entire life, or don't know how to tell Stage Left from Stage Right.

Be sure to keep an eye out for flyers and announcements on WZAG for when auditions are.  $\bigstar$ 

# **CHECKLIST FOR A SUCCESSFUL** ST. Patrick's Day

BY: PETER BROWN `17



Coming up in the month of March is a very important holiday that I believe deserves more attention than it has been receiving. This is egregious. I am shocked that St. Patrick's Day isn't considered to be a national holiday. Not only is it on the same level as other major holidays such as Christmas and Easter, it far exceeds them. Not only for Irish people, but for all people (but still, this is mainly for Irish folk). St. Patrick's Day is meant to be a day of celebration, which in itself makes it the most valuable holiday on the calendar. And to ensure you get the most out of your holiday this year, I cooked up a helpful checklist for both Irish and non-Irish folks in order to help you have a joyous and successful St. Patrick's Day.

- Take the day off. In fact, consider taking the whole week off. This is your day, make it your week, even if you are not Irish (which you should be, it's great)
- Wear a big green jacket with a big goofy-green hat to show off your Irish pride to those around you in your community. Can't find a green jacket that fits your style? Consider winning The Masters
- Eat authentic Irish cuisine
- Research what authentic Irish cuisine is
- Carry around a vial of green dye in order to bring holiday cheer to those around you and remind your classmates that it's your day
- What the heck, put that green food coloring into everything
- Find out what authentic Irish cuisine actually is, and think to yourself "mmm, I'd rather not"
- Think about what Jesus would have done standing next to the green Chicago River. Walk on it? Turn it into wine? Fish? Sing The Fields of Athenry?
- Drink green tea with grandma, or grandpa, or a leprechaun
- Kiss the Blarney stone and try to stay silent for a whole day
- Consider giving up your dreams of going to college and making a pilgrimage to the Holy Land
- Dye your local river green because c'mon man all the cool kids are doing it
- Potatoes
- Give your pet a cute little green bucket hat with a cute little shamrock on it and post humiliating pictures of them on your Instagram
- Whatever you do, for the love of God, don't injure yourself in any of the traditional Irish pastimes. That means no hurling, caid, rounders, gah, fisticuffs, camogie, or horse racing.