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Students protest admin federal response

The "Stand Up to Facism Protest" took place last Friday around College Hall and on Herak Quad.

By NATALIE KELLER

Chants such as "Say it once, say it twice, we will not put up with ICE" rang out across Gonzaga University's campus Friday afternoon as more than 100 students and faculty members assembled for a "Stand Up to Fascism Protest," pushing back against the university's response to federal changes to higher education.

The protest was organized by student groups Do Better Gonzaga, Fossil Free Gonzaga, Gonzaga Mutual Aid and Gonzaga Community for Justice in Palestine. According to a press release posted on Do Better Gonzaga's Instagram page on Friday, the protest called for the university to "stand up against hate, fascism, and attacks on higher education" and to more strongly oppose President Donald Trump's actions against international students and student activists.

"We have watched as universities and institutions have given in to the Trump Administration's demands, refusing to lift a finger to protect their students or faculty from arbitrary detention," GU student Tobin Lindstrom said in the press release. "Now is not the time for capitulation. We need them to know that the people are watching and that they will not stand for this egregious

abuse of power."

In an email sent April 7, GU announced that two international students' records had been terminated and their visas revoked, which became one of the central focuses of the protest. In one of five opening speeches on Herak Quad, student Sean Mullins said the action was unjust and called for the protesters to stand in solidarity with those students.

"[These were] students you may have passed on Bulldog Alley, students you had a class with, students you cheered with in The Kennel — full members of our community," Mullins said.

Mullins also criticized the university for failing to adequately oppose federal policies, arguing that it runs counter to GU's mission as a Jesuit institution focused on social justice.

"Can you participate in an exemplary learning community when some of your classmates fear unjust deportation or revocation of their visas?" Mullins said. "Can you receive a meaningful education in leadership and service for the common good when professors face retaliation for attending a protest or sharing their

SEE PROTEST PAGE 3

Goodbye McCullohs

Thayne's legacy of progress

By NATALIE KELLER

Four decades ago, a high school senior from Seattle visited his college-aged friend at Gonzaga University. During the visit, the student toured residence halls, sat in on classes and met friendly, intelligent students and faculty along the way. The high schooler fell in love with GU and decided that he wanted to one day attend the university.

That high schooler was Thayne McCulloh, GU's president for the past 16 years.

"It all came together pretty powerfully," McCulloh said. "I always had a very positive, and indeed very powerful, attraction to this idea that this might be a place that I could go."

Now, as McCulloh prepares to retire in July, those who have worked closely with him in his 34 years of service to the university said his legacy will be one of leadership through unprecedented circumstances, vision for the university's growth and commitment to relating with students.

"I think a lot of people take a lot of pride in the fact that he's homegrown," said Kent Porterfield, GU's vice provost of student affairs. "He grew up here. He's a part of the institution, and it makes him unique and distinct."

Although McCulloh spent his early years in the Los Angeles area, his family began moving frequently — something McCulloh said made it difficult to feel attached to any particular place.

SEE THAYNE PAGE 3

Julie McCulloh bids farewell

By KAYA CRAWFORD

Sitting in a striped sweater on a couch in her small office at Gonzaga University, one might not immediately recognize that Julie McCulloh's impact extends beyond the four walls of her office and even beyond GU's campus. Having played a role in enrolling thousands of students at GU, she has helped shape the university into what it is today.

McCulloh, now vice provost for enrollment management, spent much of her life dedicated to GU, helping it to grow through her work in admissions and enrollment. After more than three decades serving the university, McCulloh will retire from GU at the end of the spring semester.

McCulloh said that her dedication to GU comes from a love for its philosophy and community.

"I love the mission," McCulloh said. "I think Jesuit philosophy is a very helpful framework to engage the world and engage problem solving and being in community. My brain is a practical brain, so I find the mission both inspiring and practical. And I love the community. I love the people I work with and love working to help students achieve their goals. It's all good stuff."

SEE JULIE PAGE 2



Earth Month



The university celebrate the Earth with numerous events throughout April

'Rock the Planet' returns to GU

By SIENA CHADWICK

Those looking to kick back, enjoy the weather and celebrate the Earth can come join the fun at Gonzaga Environmental Organization's Rock the Planet event.

Taking place on April 25 from 2 to 5 p.m. at the Lake Arthur Amphitheater, the event will include student bands, vendors and local organizations ready to inform students about their impact on the greater Spokane area.

Senior Annie Cooper, president of the environmental club, said this outdoor celebration is catered to GU students and aims to include the community as much as possible.

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See pages 2 and 6 for more
about the environment.



GU student band The Press performs at the Rock The Planet event in April 2024.

JOSHUA GARCIA IG: flamedmedia

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JULIE

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Growing up in Helena, Montana, community and education were at the heart of the way McCulloh was raised and were what drew her to GU. McCulloh said both her parents were first-generation college students and received their degrees after she was born.

"I was the oldest, and so I got to see truly the change that education made in our lives," McCulloh said. "And my parents both just really believed in community, that you volunteered and you participated and you took care of each other, and I just found that here [at GU]."

McCulloh has worn many hats throughout her time as a Zag, though she said she never expected to spend so much of her life dedicated to the school. She first stepped foot on campus as an undergraduate student studying psychology. She said she remembers her college relationships, some that have remained valuable even years later.

McCulloh then went with her partner, GU President Thayne McCulloh, to Oxford University where she worked at a hair salon while he attended the university. She said the experience helped open her mind, and as a self-proclaimed introvert, she valued this experience.

"Oxford is very town and gown, where Spokane is not," McCulloh said. "Spokane and Gonzaga kind of embrace each other and the other colleges, but Oxford is very separate. I worked with people in the town, and then at night I was at one of the premier colleges in the world. I would go to dinner and listen to these conversations that were incredible. I just was kind of a fly on the wall the entire year, but it just burst my mind open."

When McCulloh returned to GU, she worked in admissions while earning her master's degree in business administration. McCulloh served as an admissions counselor and assistant dean of admissions before spending 16 years as the dean of admissions. She then transitioned to being the associate provost of enrollment



Courtesy of Julie McCulloh

McCulloh will retire from GU at the end of the school year.

management, and then moved into her current role as vice provost of enrollment management.

McCulloh said her time in admissions has allowed her to help support students in finding their places at GU. Her work, McCulloh said, required something she greatly values: teamwork.

"There's just such satisfaction in working together towards something and then coming to a conclusion — [a] hopefully successful, complete conclusion. Most of the time you're successful, but not always," McCulloh said. "But doing that together, you just build such great relationships along that way. So I just love the thought of working towards something with others, especially when it's for a good outcome."

Teamwork is also something that Ken Anderson, dean of the School of Business Administration, said he associates with McCulloh.

"She works really, really hard at generating consensus within a group," Anderson said. "That doesn't mean everybody completely agrees, but she works really hard at achieving consensus so that the group can move forward with a unified voice."

Anderson said that McCulloh is "one of the greatest people he has ever known" and that she has reflected GU both in her work and through her dedication to the university.

"She's not only done a great job of helping us enroll consistently great classes of students, but she has found a way to do it in a very, very Gonzaga sort of style," Anderson said. "She's never forgotten who we are and what we're all about as an institution. And so I think with each group of students, whether it's undergraduate or graduate, now, with what she does, each group of students to come in reflects her commitment to who we are as an institution."

McCulloh said that her commitment to GU has taught her to never assume she understands everything and always ask questions. She said she hopes her legacy will be reflected in the ways she has put students and the mission first. She expressed gratitude for her experience and opportunities that came from being a Zag.

"I hope it's true that I have demonstrated a desire to keep the mission — that we can both achieve our mission and do good work," McCulloh said.

Anderson said that he believes McCulloh's legacy lies in the classes she has enrolled and will be seen through the people that McCulloh said she values greatly.

"Her legacy on this campus will be seen in the alums and the current students that she helped bring here, and the good that they do both while they're here, and once they leave Gonzaga as well," Anderson said. "That will be her legacy. It will be the goodness that has come from all the wonderful students that she helped bring to GU."

Kaya Crawford is an arts & entertainment editor.

EARTH MONTH AT GU



JOSHUA GARCIA IG: @flamedmedia

Students browse thrifted clothes at last year's Rock the Planet Event.

ROCK

Continued from Page 1

"We think of it as a way to celebrate with our student body after the work they have put in advocating for the Earth," Cooper said.

This year is the first time GU has expanded its commemoration of the Earth to include the entire month of April.

"Rock the Planet will be the culminating event of that month," Cooper said. "We'll have lawn games, a food truck, good vibes and we're hoping for no rain."

Sophomore Bethany Chisholm said that the community of the Gonzaga Environmental Organization has been her favorite aspect of the club.

"My personal goal for this event is to get some new people there who aren't normally involved with GEO," Chisholm said. "It's really cool to see people come together and celebrate."

Cooper said that her planning for the event began in February and included reaching out to vendors and performers, booking the space and connecting with organizations on and off campus.

"Everyone that has ever been involved in Rock the Planet is always excited to be involved again," Cooper said. "And this year, we have quite a range of environmentally-minded organizations that will be tabling."

Cooper said a variety of vintage shops will be available for students, including GU's environmental organization thrift shop, where all items are \$1.

"Our thrift store is all clothes donated by the campus community," Cooper said. "We want to reduce waste and make fashion affordable for everyone."

Chisholm said that this event is important because of its emphasis on celebration.

"A lot of times we're focused on advocacy, which is super important," Chisholm said. "But also celebrating and creating communities is a way to have a positive impact."

Cooper said that her participation in GU's environmental organization was inspired by her interest in environmental impact, which began before college.

"I'm majoring in environmental studies, which I decided my senior year of high school when wildfires were close to home in California," Cooper said. "Since then, I've gotten involved in every way I can."

“

With what's currently going on in our world, I think that raising the voices of people who are working to advocate for the planet is really important.

Annie Cooper,
GU environmental club president

Cooper said that Rock the Planet is especially meaningful because it creates a space for other students to care about the Earth.

"It's really special getting to see the inner workings of it and how much work and dedication goes into it," Cooper said. "Everyone that volunteers their time makes it so special, and I'm excited to see it come together and to see all the students that get involved."

Chisholm said the club will provide unique thrifted rugs throughout the amphitheater for seating so visitors can enjoy the weather and watch the bands perform.

"I really enjoy being outside and bringing friends," Chisholm said. "It's a really good group of people."

Cooper said that in the state of our country, events like Rock the Planet are needed more than ever.

"With what's currently going on in our world, I think that raising the voices of people who are working to advocate for the planet is really important," Cooper said. "This event gives people a time for hope, especially at a time where there's a lot of despair and uncertainty."

Siena Chadwick is a staff writer.

\$675,000 goes to clean air initiative

The grant is part of a joint partnership with GU's Climate Institute and two local groups

By KYLE SWEENEY

In a continued state-led effort to help drive down greenhouse gas emissions, the Washington Department of Ecology awarded a \$675,000 grant to the university's Institute for Climate, Water and the Environment, along with Spokane's local government and a local environmental organization.

This grant, titled "Improving Air Quality for Overburdened Populations in Spokane and Spokane Valley," is aimed at providing solutions for poor air quality in low-income communities. The money will help replace 10 diesel park maintenance units with zero-emission electric alternatives, pay for the purchase and distribution of 400 portable air cleaners and create a community engagement program to educate and offer solutions for low-income communities harmed by poor air quality.

"With this grant, Gonzaga University is fulfilling its Jesuit mission by working with community partners to raise awareness and bring cleaner air to disadvantaged communities in Spokane," said Jon Isacoff, chair and professor of environmental studies and sciences at GU and the grant's principal investigator, in a press release.

Diesel park maintenance units are major contributors to poor air quality, emitting pollutants and increasing carbon dioxide emissions that leave neighborhoods with poor air quality, Isacoff said in an email.

The state's Department of Ecology pointed to Hays Park in Northeast Spokane as an example, where the community faced environmental harms from diesel-based machinery. As a result, electric, zero-emission alternatives will be provided.

Furthermore, the creation and distribution of 400 portable air cleaners will provide in-home air quality relief to low-income communities. Because some communities can't afford air safety technology, this new grant will provide the communities in need with improved air quality.

"Low income people are the least able to afford these [air cleaners]," Isacoff said in an email. "During times of bad air quality, this makes them most affected. These four hundred units will help improve air safety for some of the most vulnerable Spokane

and Spokane Valley residents."

Along with new, climate-focused technology, The Lands Council will conduct multiple community presentations and surveys that will help residents further understand sources of air pollution that affect their neighborhoods. The Lands Council, along with the city of Spokane, is included in the partnership with GU that was awarded this grant. The Lands Council will also take the lead in distributing the air cleaners.

"This funding empowers our community members most burdened by air pollution to take action in protecting their health," Lands Council Executive Director Amanda Parrish said. "By distributing 400 in-home air filters, we're addressing an urgent need for cleaner indoor air, especially during wildfire season, while ensuring that those who can't afford full home HVAC upgrades still have access to vital air quality relief. This project is all about resilience and giving people the tools to safeguard their well-being."

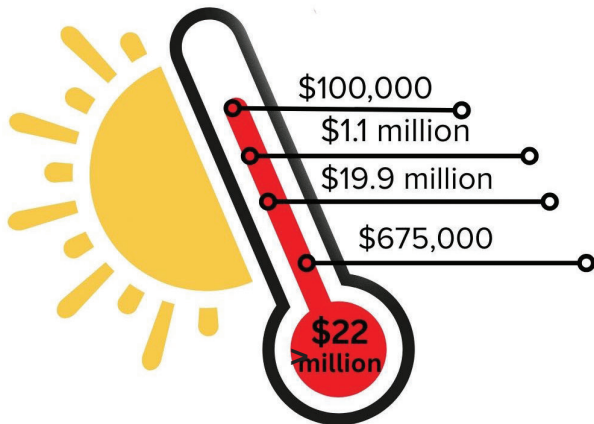
The project stems from the Washington State Climate Commitment Act, the state's effort to decrease greenhouse gas emissions, which was signed into law in 2021 under then-Gov. Jay Inslee and affirmed at the ballot in 2024. The act "caps and reduces greenhouse gas emissions from Washington's largest emitting sources and industries," according to the Department of Ecology's official website.

GU's Institute for Climate, Water and the Environment has received 22 grants and over \$22 million in funds in its continued fight against climate change. More information about the institute can be found on GU's website.

This new grant is another chapter in the institute's mission, which has an "abiding commitment to a just society and care for the planet," as found in its mission statement. The institute received a \$19.9 million grant back in July of 2024, which supported projects focused on reducing pollution and addressing environmental challenges in the Spokane community.

Kyle Sweeney is a staff writer.

Some of the Climate Institute's grants



SOURCE: GONZAGA'S INSTITUTE FOR CLIMATE, WATER, AND THE ENVIRONMENT

THAYNE

Continued from Page 1

He also struggled academically, and after graduating high school, he joined the Army and served for three years at Fort Polk in Louisiana. After his service, McCulloh returned to “this amazing, magical place called Gonzaga” that he visited as a high schooler.

McCulloh said the transition to college wasn’t an easy one, as he was several years older than most of his fellow undergraduates and struggled to shift from a military environment to an academic one.

“Like a lot of really significant changes in one’s life, you move from one environment to a very different environment, very different expectations, very different types of work, different people,” McCulloh said. “It took a while for me to figure out, ‘Is this going to work?’”

McCulloh found his answer by getting involved on campus. He participated in University Ministry, served as a resident assistant and resident director in Catherine-Monica Hall and led the Gonzaga Student Body Association as its president.

After earning psychology degrees from GU and Oxford University, McCulloh returned to GU, teaching and working in the university’s administration.

In 2009, McCulloh was asked to serve as interim president while the university searched for a Jesuit leader to replace former President Robert Spitzer. By that time, McCulloh had married his wife and had three young children, and he said he was hesitant to accept the position because he worried he couldn’t balance the responsibilities of president and father. Despite his initial reservations, McCulloh ultimately became the university’s first lay president in 2010.

“[It was] really intimidating,” McCulloh said. “You don’t really know what you’re getting into until you get into it.”

McCulloh said that serving as GU’s president has come with a host of unexpected challenges, including the COVID-19 pandemic. A number of international students were unable to return to their home countries, and McCulloh knew that GU couldn’t fully shut down like the state had asked.

“A university like Gonzaga is a place that’s not just teaching people in classes, it’s supporting human beings living on its campus,” McCulloh said. “We were obligated — because this is what we are and what we do — to do everything we could to support [students], because none of us knew how long this was going to last.”

Porterfield said he worked with McCulloh nearly every day during the pandemic and had a front row seat to McCulloh’s patient, thoughtful and pragmatic leadership style. McCulloh often spoke about the importance of supporting the community, and Porterfield said the university did not lay anyone off during the pandemic — even when they couldn’t work.

“I always thought that was a really strong example of somebody who said these things mattered, and then when it came down to making dollars-and-cents kinds of decisions, he stood behind those situations,” Porterfield said. “His words and actions align.”



McCulloh briefly spoke at a student-only event for president elect Katia Passerini.

Michael Reilly, GU’s Board of Trustees chair, said the university has grown significantly under McCulloh’s leadership with new buildings, additional partnerships and the prosperity of academic and athletic programs.

“He’s made us a player,” Reilly said. “We were a good university, and he’s taken us up another step.”

Although McCulloh points to some of these achievements as highlights of his presidency, he said he only takes partial credit for them.

“Most of what I’m involved with requires the activism and engagement of a lot of people,” McCulloh said. “I just am grateful to have been involved.”

Porterfield also said McCulloh has remained committed to serving and connecting with students.

“I think it’s really telling that students mostly refer to him as Thayne,” Porterfield said. “I think there’s a genuine affection that students feel for him, and I think they know their leader.”

GU alum Mike Kelsey was one such student. Kelsey served as student body president in the 2009-10 school year, collaborated with McCulloh in that role and still keeps in touch. Kelsey said McCulloh has been a mentor to him and has supported him through highs and lows in life — particularly the months the alum’s twin sons spent in intensive care as newborns.

“[Thayne and Julie] were amongst the first to reach out and say, ‘We’re so happy for you, and we can’t wait to meet these kids,’” Kelsey said.

When the twins were a year and a half old, the family ran into McCulloh at the Maui Invitational.

“He scooped them both up in his arms and immediately wanted a picture with them,” Kelsey said. “And it’s still one of our more famous pictures to this day in our household.”

Reilly said that, through his leadership, McCulloh has embodied GU’s mission.

“He gets up in the morning breathing the mission,” Reilly said. “[He] is focused solely on making our education of our students better every day.”

As McCulloh nears retirement, that is what he hopes his legacy will be: improvement. And while the president said he will miss GU, he believes the university will be in good hands with his successor, Katia Passerini, and that there are benefits to changing leadership.

“People who are in the fruit business — apples and trees — they have to prune the tree every once in a while to get the best out of it,” McCulloh said. “I think organizations also need to be open to, and leaders need to be willing to, induce change for the benefit of the organization.”

Meanwhile, Porterfield, Reilly and Kelsey all said McCulloh has left a significant mark on the university.

“I think his legacy will only be elevated with the way he’s done it over the last 16 years and the inertia and momentum that the school currently has because of that,” Kelsey said. “I think Thayne will be remembered as absolutely being a key person in Gonzaga history.”

Natalie Keller is the managing editor.

PROTEST

Continued from Page 1

perspectives of justice?”

While the protest focused on immigration, according to the press release, it also highlighted what organizers called the “intersections” of broader social justice issues. Other students from Fossil Free Gonzaga criticized GU’s investment in fossil fuels and another student representing Gonzaga Community for Justice in Palestine called for the university to divest from Israeli-linked weapons manufacturers.

“While we may not see our role in this war or in this erosion of American democracy, it is fundamental that we make clear that the Gonzaga community does not stand for this,” said student Sebastian Pedinielli. “We love this university, but we want to see its investments and actions reflect its values.”

After the speeches concluded, the crowd marched to the front of College Hall. Once there, participants wrote chalk messages on the building’s steps.

One protest participant, Joaquin Oades, said he attended the demonstration to support immigrants like the ones he encountered in his hometown near the Mexican border.

“I see the value that immigrants bring to our country,” Oades said. “They’re here. They’re contributing. They deserve rights. They deserve to be treated fairly.”

Another student, Keiran Boyle, said the university should take action by divesting in fossil fuels and weapons manufacturers and standing up against entities seeking to deport students.

“I think that would be exciting to see from the university and from the next president of the university,” Boyle said.

Natalie Keller is the managing editor.



Students wrote chalk messages on the steps of College Hall.

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Miracles: Signs or just statistics?

We’ve all heard stories that defy logic. Walking away from a car crash unscathed, a spontaneous healing with no medical explanation or acing a test you forgot to prepare for are all examples of what we often label as “miracles.” But what if miracles are not entirely about divine magic or some exception to the explainable world? What if they are neither coincidence nor divine intervention, but rather a mysterious mix of both? For me, the most believable perspective is this: Miracles are real, but they aren’t necessarily supernatural or divine.

This idea that miracles are a kind of combination of coincidence and divinity is not only more believable in our rational age, but it also preserves the fascination that miracles are meant to inspire. It helps us to consider that life might be guided not by strict determinism or randomness, but by a kind of luck, if you will.

Take, for example, the story of a woman who misses her flight due to a delayed Uber to the airport, only to discover later that the plane she would have boarded crashed. Was it dumb luck or was something greater at work? These questions are impossible to answer definitively, and yet, in moments like these, many people feel a deep sense that they were saved or helped for a reason. Coincidence alone feels insufficient, but invoking divine intervention as the only explanation feels too heavy-handed. The truth, perhaps, lies blended between the two.



By **GIANNA MOSCA**

Science has taught humans to be skeptical of anything that can’t be measured or repeated, and for good reason — I think skepticism protects us from false hope. Yet, it can also blind us to the smaller patterns that play out in life. Psychologists study phenomena like synchronicity, a concept introduced by Carl Jung, which describes meaningful coincidences that seem too purposeful to be random, even though they have no obvious causal connection. In his book, Jung didn’t claim these events were miracles, but he opened the door to the idea that not all “coincidences” are without some divine reason.

As I see it, this doesn’t mean we should start attributing every lucky moment to divine intervention. It does mean we can entertain the possibility that there’s a conversation going on

between randomness and choice. One of the most powerful aspects of viewing miracles as part coincidence, part divinity, is that it does not require anyone to ignore either the logical or spiritual sides of their brain.

The scope of religious miracles often happens through ordinary people and everyday events, but they aren’t just moments when the impossible happens. Instead, they are moments when the improbable becomes unexplainably probable. They are when a chain of events, each often explainable on its own, aligns so perfectly that you cannot help but think it is linked to something more.

Of course, not everything that happens can be wrapped up neatly and tied with a bow of meaning. Tragedies occur without warning or fairness. Miracles, or the lack of them in those cases, raise hard questions. Why is one person saved while another is not? I have come to terms with knowing there are no satisfying answers to these questions. No matter how hard I look, I will only get ideas of what might be a factor, bringing us a semblance of peace, I suppose.

Miracles are the moments when the universe pays attention just enough and helps us in a way you might not expect. Maybe it was chance. Maybe it came from the divine. Maybe it is just a little bit of both.

Gianna Mosca is a contributor.

The album is dead and music streaming killed it

Streaming has killed our attention spans, and, in the world of music, the meaning of the album dies with it.

I realized this on the way to work the other day as I was listening to one of my most frequented playlists on Spotify. The problem arose when I couldn’t seem to land on a song I liked enough to listen the whole way through. I was lucky if I reached a track’s midpoint before hitting skip out of hope that the next one would fill my soul.

It didn’t.

They were all songs I loved, or at least liked, since I added them to my library at some point or another for some valid reason. The genre didn’t matter — yacht rock, indie rock, punk rock, folk rock — all the rocks. I was still getting bored.

I felt like a fraud. Music is my oxygen. Whenever I can, I listen. When I’m not listening to it, I’m either writing it, playing it or writing and reading about it.

So why was I feeling overwhelmed with boredom listening to the music I supposedly loved? Was I getting bored of the music itself or was my boredom a result of taking music as a whole for granted?

I’d like to think it’s the latter.

While social media’s additive algorithms have been widely criticized, less attention has been given to how technology has altered once-physical art forms.

Both television and music streaming platforms have their pros, the main one being easy accessibility, so it’s unlikely I’d completely detach myself from them. However, I’ve noticed that the further I dive into music as a whole, the more the cons of these streaming platforms continue to surface, and the more I’m encouraged to return to the inconvenient freedom of physical media.

Based on what I’ve seen on social media and conversations I’ve had in record stores and within my social circles, collections of CDs, cassette tapes and vinyl records have become fairly common among Gen Z —



By **LAURA ERICKSON**

which I find interesting, considering that most of our parents likely converted from physical media to MP3s or iTunes by the time we were learning to ride bikes. Within the last month, my record collection successfully filled out the box I keep them in, and just half of my CD collection takes up every one of my car’s storage compartments. I know how pretentious I sound right now and acknowledge that, but just hang on, I promise I have a point here.

Albums wouldn’t exist without records. The 12-inch, 33-RPM LP records have been housing them since their invention by Columbia Records in 1948. It was the LP’s capacity to hold over 20 minutes of music per side that allowed artists to release more than a couple of songs at a time.

Coincidentally, the new invention began to rise in popularity around the same time rock and roll did — the 1960s. Rock pioneers like Elvis and Chuck Berry began thinking and writing about music differently because they weren’t just writing singles anymore. They were writing songs that were meant to go together, that explored

certain themes and worked collectively to send a message. The Beatles popularized crossfading, where each album’s track perfectly fades into the next, creating a continuous, fluid listening experience where the only interruption occurs at the end of the A side — or the B and C sides, if it’s a double LP.

Like books or films, albums once told stories. They demanded attention and patience. There was no way to skip songs you didn’t like unless you wanted to risk damaging the record or your turntable’s needle. You would listen from start to finish, the way the artist intended you to, and in turn, you got everything you possibly could have out of it.

It’s the level of commitment the medium requires that draws me to it and makes me realize why owning Spotify or Apple Music has made me so attuned to ignoring the importance of the album, even if I stream it.

Maybe it’s because I only own my favorite albums on vinyl, but I find that I don’t feel as inclined to skip a song when I listen to it the old-fashioned way compared to when I listen to it on my phone or laptop. It slows me down and puts me right where I want to be.

Too much of anything is a bad thing, and having access to so much all at once shortens my attention span and increases my need for instant gratification.

Maybe it is just the sound or the coolness I feel when I pull the black disc out of its sleeve, carefully remove its dust and release the needle, admiring the art on the cover while I hear the initial cracks before track No. 1 begins. I can’t put my finger on it, but there’s just something about it that’s better.

Or, who knows, maybe I’m just another pretentious music geek who needs to touch grass.

Laura Erickson is a news editor.

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Contact Info:

Email: bulletin@zagmail.gonzaga.edu

Office phone: 509-313-6826

Advertising: 509-313-6839 or adoffice@gonzaga.edu

www.gonzagabulletin.com

Social media thirsts for your time

Why do we choose to live in a world constantly surrounded by the opinions and facades of strangers — where social approval is paramount and connection is superficial?

Individual human beings are not designed to absorb the problems of billions of people; one’s own challenges are more than enough to handle. Disconnecting yourself from the tireless updates of social media allows more time to focus on what you can control.

The supposed benefits of social media are not as they seem. Many argue that social media opens opportunities for connection and interaction, yet the communication it promotes only symbolizes human connection — it doesn’t form the connection itself.

Although arguments describing social media as a convenient and efficient medium for communication and social life are undeniably true, it’s important to consider whether convenient access to quasi-social interactions is beneficial to your happiness and flourishing as a human being.

People are supposed to jump through hoops and make strong commitments to spend quality time with each other. Committing to enjoy another’s company is an endeavor that reveals reliability, trustworthiness and a genuine interest in others. Through this process, we form deep and meaningful communication before our hands even shake.

I deleted Instagram from my phone about a month ago. Endless scrolling was an addiction for me, both physically and mentally, as it is for most young people today. I noticed that even with the app deleted



By **SEAN LIVESAY**

from my phone, I found myself mindlessly tapping my phone screen in the vacant space where the app used to be placed.

That’s what scares me the most: the mindlessness of it all. Not a single thought transpired in my mind while my thumb was attempting to open the social media app seemingly all by itself.

I caught myself frequently scrolling through Instagram for a few moments before even consciously recognizing it. The decision to open the app never crossed my mind beforehand; it was like I had suddenly woken up and found myself on my phone.

Social media websites, especially short-form video platforms like TikTok, Instagram Reels and YouTube Shorts reek with a sense of anxiety, like a frequency of anxiousness is constantly humming out of the platform while you use it. The catchy music, the quick cuts in video editing and the Subway Surfers gameplay in the visual background of a post all scream for attention by using every trick in the book to generate human stimulation, all at once. Using a short-form video platform is like seeing someone jumping up and down, waving their arms and screaming at the top of their lungs at every street

corner you pass. Of course, it’s entertaining, but it’s so surreal and so inaccurate a display of real social interaction that it detaches you from your ability to enjoy healthy entertainment, essentially training your mind to solely be fascinated by the most outlandish, unlikely and physically stimulating occurrences.

All the while, these unhealthy forms of entertainment are seemingly endless in scope and selection, and they are so convenient to access that only the slight movement of a finger is necessary to watch the next one in the endless conveyor belt of free and unearned stimulation. Imagine a cigarette carton that was not only free but magically bottomless.

Social media addiction is not the fault of the addict, however. These platforms are intentionally designed to be as addicting as possible; they are voids with tremendous gravity that are often able to suck you in before your conscious mind has any time to resist.

Social media platforms depend on engagement to achieve their primary goal: to push the limits on how much advertisers are willing to pay. It is well within their interests to make their platforms addicting since an increase in user activity grants them more leverage when negotiating with advertisers, their primary source of income. They do not have your best interest at heart, only a thirst for your time.

Sean Livesay is a staff writer.

BRUing up a good time

By HOLLY FIJOLEK

BRU Coffee Hause works to serve smiles alongside its house-made coffee, energy drinks and snacks. The coffee stand with bright orange cups opened in August with some unique curb appeal, as it is located inside an old grain silo.

Every detail of the business, such as its location and branding, comes directly from the shop's owner, Sigrid Houske. Houske said the silo itself was in her possession and stored for years before the entire vision for BRU came to fruition.

"I actually found the silo on Craigslist, and I was like 'I don't know what I'm going to do with it,'" Houske said. "I had this vision and I didn't know where I was going to put it, but I just went ahead and bought it."

Houske said she chose the silo because circular objects have been shown to promote happiness and positivity, something she has worked to make a large part of BRU's identity. Houske said her main goal with opening BRU was to bring fresh perspective and gratitude to people with the first thing they do in the morning — grabbing a coffee.

Asking customers what they're grateful for and creating personal connections is a part of the branding that sets BRU apart from other coffee stands, said Grace Mathews, a barista at BRU.

"[Houske] is so big on positivity, and every customer I have come through, regular or not, we try to make it a positive point of their day or their week," Mathews said. "Everyone's attitude is always really good."

Something else that sets BRU apart is the fact that nearly everything the stand offers is made from scratch, including its coffee roast and some of its milk.

"We make everything in-house. We kind of joke about it, because even our marketing is me and we do that in-house," Houske said. "Our almond milk and our oat milk is made in-house. We don't even have Oatly or anything like that."

Fresh, alternative milk options are accompanied on the menu by savory sandwiches and sweeter treats, including mini waffles and beignets. Mathews said the mini waffles are the most underrated food on the menu.

"It's a little pack of waffles, and they're covered in cinnamon sugar and powdered sugar," Mathews said. "You can dip them in Nutella, buttercream or maple and they are so good because we make everything in-house, so they're really fresh."

The coffee itself is something that Houske said she put a lot of time into choosing because of her own picky nature when drinking her morning brew. Houske said this led her to the current Kona Blend, which has notes of hazelnut and milk chocolate.

"We're our own roaster, our own distributor and we have our own beans," Houske said. "It's a Kona Blend, and that's what makes our coffee so different, because we are one of the only stands in Spokane that carry a Kona Blend."

BRU-Booster, BRU's own energy drink, is another unique and house-made aspect of the menu. Houske said



RACHEL TRUSSELL IG: @racheltrussellphotography

BRU offers fresh brewed coffee, house energy drinks and homemade milk substitutes at 9803 N. Division St.

the drink is made from green coffee beans, which hold twice as much caffeine as a Lotus, and has additional vitamins and amino acids.

Houske said the planning for the energy drink took years of testing and working with a team to complete her vision for the drink.

"I met with vendors from Texas, from China, from California and had monthly meetings and taste tests with them," Houske said. "We did all of these things and then it came down to the color of my cup. All the minute details are crazy. You wouldn't even think it would take that long."

BRU has a number of signature drinks and a monthly rotating drink menu with seasonal creations from the mind of Houske and the baristas. Mathews said this has been a popular aspect of the drink menu.

"More than 75% of the customers that come through order one of [Houske's] recipes off the menu, which is kind of unique," Mathews said. "Normally at the stands I've worked at everyone just has what they like. But no, we have a lot of orders off of our 'BRUskis,' which are our signature coffees."

As BRU continues to grow its regular customer base throughout the year, Houske said she feels happy that Spokane has loved the shop as much as she does because

coffee is truly a labor of love for her and the team.

Mathews said the success of BRU can be attributed to Houske's thoughtfulness and careful planning, which has made it a good environment for customers and baristas alike.

"[Houske's] leadership with everything she's doing, she's trying to make it the best and do it the best for everyone involved," Mathews said. "She cares a lot about her customers and the product she's putting out. She cares a lot about her baristas, which is really unique and cool to see in a coffee stand, because sometimes owners won't be as involved."

Houske said as she looks toward BRU's future, she hopes for an opportunity to expand to new locations and keep selling coffee in Spokane.

"Our mission is so much more than just coffee. People come through solely just to talk about what they're grateful for," Houske said. "That, in itself, is such a reward to me and my soul and my heart, just knowing I'm doing what I'm supposed to be doing."

Holly Fijolek is a staff writer.

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EARTH MONTH AT GONZAGA

Finding sustainable styles

Thrift stores in Spokane with fashion bargains

COMMENTARY
By BROOKS COLEMAN

Of the numerous trends that have swept the country in the past decade, none have stuck quite like thrifting. Whether it's the reduced prices, the variety of styles or simply the feeling of gratification that comes from finding a hidden gem, there aren't many better ways to spend an afternoon.

Thrifting also has a significant impact on the environment, as it diverts consumers from the fast-fashion industry and prevents previously unwanted items from ending up in landfills. With Earth Day right around the corner, there's no better time to give old clothes a second life.

Here are five of my favorite spots in the Spokane area to satisfy any Gonzaga University student's vintage fix.

Chosen Vintage
7 W. Main Ave.

You're not going to find a better overall vintage selection than that of Chosen, located at the end of Main Avenue in downtown Spokane. Dozens of vendors pack the store's seemingly endless nooks and crannies with thousands of valuable vintage pieces, resulting in an almost overstimulating shopping experience.

Whenever I'm looking for a specific article of clothing, I can always rely on finding it on a rack on one of Chosen's two floors. Chosen also has a nice selection of stickers, buttons, bracelets and jewelry.

Be prepared to pony up — although some affordable hidden gems can be found, most of Chosen's items are on the expensive side in comparison to other stores. As long as you have the money to spend, you won't find a better vintage experience.

UGM Thrift Store
301 W. Boone Ave.

While prices might be a barrier for some at Chosen, no such problems arise at UGM, which is located on Boone Avenue near the Spokane Arena. Owned and operated by local nonprofit Union Gospel Mission, this unassuming thrift is the best place in the Lilac City to unearth a diamond in the rough.

UGM boasts one of the most affordable clothing sections in the Inland Northwest, with most pieces priced under



ISABELLA WOLFSON

Chosen Vintage offers a wide vintage selection at its location on Main Avenue.

\$15. Plenty of secondhand GU gear can be found on the store's racks, and its clothing is also regularly rotated — so if you don't find something you like the first time, you can return a week or two later and sort through hundreds of new items.

UGM has one of the best furniture and decor selections of any Spokane thrift at fairly reasonable price points. Gems can also be found often in the store's electronic section.

Shopping at UGM also benefits the Spokane community, as proceeds from sales at UGM thrift stores fund meals, shelter and recovery programs at UGM's four homeless shelters.

Collective Threadz
719 W. Garland Ave.

No trip to Spokane's delightful Garland District is complete without a stop at Collective Threadz. For my money, this is the best all-around thrift in Spokane, with a deep and versatile selection at a fairly reasonable price point.

The quality and volume of Chosen's collection makes it something of a benchmark among Spokane thrifts, but Collective offers a comparable selection at a much more affordable price. While Collective has a more intimate and scaled-down setup, it's easier to come away with a good deal here.

Music aficionados will love the left side of the store, which features multiple

racks full of vintage rock tees. Collective Threadz also specializes in "true vintage" items dating back to the '60s, '70s and '80s. With each room in the store being curated by a different vendor, you're almost guaranteed to find something up your alley.

Coolectibles
612 W. Garland Ave.

Another Garland staple, Coolectibles has a markedly different vibe from its vintage counterpart two blocks away. Whereas Collective is relatively tidy and traditionally laid out, Coolectibles looks like an attic or storage unit — and honestly, it might as well be. Owner Jim Mackenzie has spent decades building his collection, and he's more than happy to chat with customers about it.

Simply put, this store is perfect for a sports fan. Hundreds of vintage jerseys from each major league sports team hang from the ceiling along with a vast assortment of team-branded mugs, shot glasses and bobbleheads. Coolectibles has an especially deep regional selection, boasting plenty of GU and Seattle-related merchandise.

However, Coolectibles' selection isn't merely limited to sports merchandise. Vintage sci-fi toys, posters and collectible drinkware also abound, as well as a nice selection of band and movie tees.

Whether you want to pick up a vintage

jersey, a unique trinket or some quirky room decor, whatever you're envisioning can probably be found in Coolectibles' organized clutter.

Global Neighborhood Thrift and Vintage
919 E. Trent Ave.

I would be remiss if I didn't mention Global Neighborhood, which is just a five-minute walk from GU's campus and is by far the most accessible spot for GU students to spend an afternoon. Shopping at Global also helps support refugees, as the store's core mission is to provide refugees with a stable job and income as they acclimate to a new country.

Global is divided into three distinct sections — a vintage section, a Goodwill-style thrift section and a nonclothing section that features books and furniture. This allows customers of any financial situation to enjoy Global's offerings and find new treasures.

While Global's collection isn't quite as noteworthy as some others on this list, its proximity to GU can't be overstated. A trip to Global doesn't require a car, making it an incredibly convenient spot for an hourlong thrift expedition.

Brooks Coleman is a copy editor.



DYLAN SMITH IG: @d.smithphotos

Moving away from stores like H&M and Shein and supporting local business is better for the environment.

Turning away from fast fashion

COMMENTARY
By SARAH MARTINEZ

Look around a mall or take a second glance at an Instagram ad for cute pants that seem similar to what was on the runway at Paris Fashion Week. You are surrounded by fast fashion, and you might not even realize it.

In the 1990s, the term fast fashion was coined by The New York Times to describe the speed at which Zara produced clothes. Zara claimed to sell its clothes just 15 days after being designed.

Fast fashion has taken its name literally and skyrocketed since the 1990s in ways one could never predict.

First off, and most pertinent, is fast fashion's effect on the environment. Helping the environment has become more popular in the past few years. Fast fashion remains a sore subject in environmentalists' eyes for many

reasons.

Producing any product rapidly comes with major repercussions and stressors. According to Statista, in June 2020, global retail reached 22 billion monthly visits and \$26.7 trillion in sales. Not only were people bored during the pandemic clicking through websites trying to reinvent their lives, but they also wanted their packages fast. In 2020, there was not much else to look forward to.

Since Amazon has created an unbeatable promise of next-day or even same-day shipping, competitors have stepped up if they wanted a chance at surviving.

The U.N. Environmental Program said that fast fashion generates more carbon dioxide emissions than aviation and shipping combined. Mass producing clothes and transporting and packaging the product are all steps that add up negatively for planet Earth. A forest conservation group, Canopy, found that three billion trees are logged every year to produce paper packaging. Those trees would wrap around the world 1,037 times.

So, why are people falling into fast fashion so easily? With the rise of influencers and marketing through social media, trends are becoming more volatile. Viewers see a clothing item on their favorite influencer with the links readily available to the very same outfit, and it is too easy to click "add to cart." However, in another two weeks, that outfit might be shunned by the same influencer.

There are so many sales that draw buyers' attention and make them feel that now is the best time to buy. But nowadays, it seems the best time to buy is 10 different times a year. Consumers are constantly persuaded to buy more and more. We fall into the trap because why not buy the same \$5 shirt in three different colors? We think more is better, but when the cheap material from that \$5 top disintegrates and you throw it away, you are falling victim to fast fashion.

The idea that we can simply throw clothes away when the initial excitement of receiving a package wears off is becoming all too normalized. The U.N. Framework Convention on Climate Change expects that total greenhouse gas emissions from textile production will increase 60% to 1.2 billion tons annually by 2030. If you want to do your part in helping to prevent climate change, remember how much work went into producing your clothes and refrain from buying in excess.

There are many alternatives to fast fashion and methods to reduce waste. Even mainstream brands are realizing the negative impacts of clothes on the environment. Coach created a way for customers to exchange their bags to be recycled or "reimagined" called Coach (Re) Loved. Patagonia buys back preworn clothes as an alternative to throwing them away.

As for altering your everyday online shopping habits, try shopping on Depop or ThredUp for a stylized second-hand option. Instead of shopping at H&M and Shein, try looking at your local thrift to find fun pieces.

Shopping is one of the most fun ways to express yourself and spend time with your friends, but eventually the impact of fast fashion is going to catch up to us. Thankfully, we can do our part to try to undo our choices.

Sarah Martinez is a staff writer.

Practicing temperance over tea at Patera Lounge

By MACKENZIE ESTEP

With bright sunflowers painted up the exterior walls, Patera Lounge, the first and only temperance lounge in Spokane, is hard to miss.

The owners of Patera, Annie McGuinness and Darold Miller, said their goal is to have a place for people of all ages to enjoy and feel safe. McGuinness said the lounge gives people an option to have a night out that does not involve alcohol.

“Temperance does not mean sobriety or abstinence from drugs or alcohol. It just means balance and moderation,” McGuinness said. “We don’t ask that people are sober when they come to Patera, we just want to give them the option of having a hangout or a date, or a night with friends that doesn’t involve alcohol.”

Patera started as a mobile catering business around the Spokane area before the owners opened a physical location in October. Its first name was Loving Libations, which often is used to depict a cocktail, but McGuinness said that it is not always accurate. She said a libation is an offering to a deity in a Roman ceremony, and the patera is the shallow bowl or vessel in which the libations were served, being the company’s namesake.

McGuinness, who is an herbalist with a background in biology and chemistry, concocts the many beverages on the menu. She blends teas, bitters, vinegars, tinctures and many other ingredients to make them.

“Our drinks are meant to taste good, but also have benefits to them while you drink them,” McGuinness said. “Having functional beverages is kind of our focus.”

Patera’s menu spans beyond just serving teas. The lounge serves espresso and coffee from a local coffee company, Peaceful Valley Coffee Co.

Patera also has many food items including soups, sandwiches, salads, pastries and tarts. McGuinness said to enjoy these many offerings, customers can go to Patera’s weekend brunches, where the lounge



LIZZY BENNETT IG: @lizzyjaynephotos

Patera Lounge offers teas, botanical beverages and kava at 1507 E Sprague Ave.

serves a different menu every weekend.

Miller said Patera is completely plant based and has options for those with dietary restrictions. She said the business is intentional about its ingredients.

“We try really hard to make sure that everything in our drinks and food is there with a purpose,” Miller said. “I feel like that is something that is lost in the world now. Most people don’t

know what is in what they’re consuming, or they don’t really care.”

Miller said the drinks are called conscious-cocktails, making sure that every ingredient is consciously added and customers are informed. Many of the cocktails contain kava, which is a Polynesian root that is used to treat anxiety and promote calmness. Patera is the only place in Spokane that serves kava.

“I’ve been sober for a few

years, and I noticed a growing number of people, especially young people, that have been lessening their use of alcohol,” McGuinness said. “I wanted to give people a safe space to still feel like you were going out for drinks without having to have alcohol involved.”

McGuinness said she wanted the environment and ambiance of Patera to be comforting. The store boasts bright sunflower walls, and a cozy sitting area with

couches and lots of pillows. The interior is also filled with plants and candles to make it inviting and warm.

Patera is also intertwined with the community, hosting many different types of events. Miller said the business hosts vendor markets where it invites vendors to sell different offerings such as candles, jewelry and face painting. The lounge also has a yoga studio in-house where it holds classes to further promote health and community connections.

Being open for about five months, Patera has grown rapidly. After having a client base from the mobile business, its brick and mortar store has continued to grow its clientele.

“I think Spokane has responded really well to us,” Miller said. “It seems like we’re continuing to build community with our store and getting more and more popular.”

With their continuously expanding customer base, McGuinness and Miller have plans to expand Patera. McGuinness said they hope to build a garden space in the back of the building to hold outdoor events and be able to source the business’s ingredients in-house.

“The next big thing after that is getting my teas, tinctures and other apothecary products in other stores in Spokane, and then just continuing to expand our menu and experiment with more ingredients,” McGuinness said.

For those wanting to try some herbal conscious-cocktails, kava, a curated menu of fun foods or simply want a change of pace from Spokane’s bar scene, Patera is open to all.

Mackenzie Estep is a staff writer.



Sudoku By The Mephram Group

Level 1 2 3 4

4	2		9	1				
				4	8	9		
		7						1
1				6				2
		4				6		
3				8				5
6						7		
		3	8			1		
				2	1		6	3

Solution to last Sunday’s puzzle

3/2/25

1	9	2	4	5	7	8	6	3
8	6	3	2	9	1	5	7	4
4	7	5	8	3	6	2	1	9
6	2	7	9	8	3	1	4	5
3	1	4	5	6	2	7	9	8
5	8	9	1	7	4	6	3	2
2	3	6	7	4	5	9	8	1
9	4	1	6	2	8	3	5	7
7	5	8	3	1	9	4	2	6

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit [sudoku.org.uk](https://www.sudoku.org.uk).

Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19						20					21				22		
23						24					25						
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95					96				97	98		99			100		
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106	107						108	109						110			
111						112					113	114	115			116	117
120						121					122					123	
124											125					126	
127						128					129					130	

- “USE IT OR LOSE IT” BY ZHOQUIN BURNIKEL

ACROSS

1 Stick on the grill

7 Swipe without swiping a card

12 Part of a foot

16 Dict. entries

19 Behind the times

20 Electric coil inventor

21 Person pleased to take orders

23 Fair amount of time?

25 Streetcar tracks, in Sheffield

26 Specifics, informally

27 Complete stranger

28 Gazelle, to a cheetah

29 Actress Rae

30 Arm joint

32 Shady place?

35 Composer who wrote his first minuet at age five

37 Frost creations

39 Structured gps.

40 A-list actor with A+ manners?

42 Social standing

45 Pro Bowl stats

48 Never-before-seen

49 Almond ___ toffee candy

51 Mutt

52 Dolphin’s color

53 ___-gow poker

54 Lamb’s mother

56 Source of the wisdom of the ages?

60 Olympian who loved war and battles

62 Lawn tool

64 Thompson of “Creed”

65 Error in judgment

66 Escape room finds

68 Info in a military brief

70 126-Across ingredient

72 Raga instrument

75 Low point

77 Like a bad twin

79 Anti-bullying spots, e.g.

83 Cronus, at birth?

86 Jolly little helper

87 Money left on the table

88 Pain in the neck?

89 Latin primer verb

90 Matching twosome

92 File menu choice

95 Avril follower

96 Smoothed (out)

99 Elegant partner in some split decisions?

101 Depend (on)

103 Beep or boom

105 Like some Netflix subscriptions

106 Copper thief, e.g.?

110 Mosaic artist’s binder

111 Some PC ports

112 People unlikely to fall in love, for short

113 Heraldic shade of blue

116 Deluxe hotel room

120 Cause of anxiety

122 Tent event with a “members only” policy?

124 Garden party frock

125 Hint of color

126 Active Naturals skin care brand

127 “Of course I’ll marry you!”

128 “Ah, of course!”

129 Current setting

130 Untidy states

DOWN

1 Off the market

2 “Fish Magic” painter Paul

3 Slight advantage

4 Rosé variety, for short

5 Has dinner at 10, perhaps

6 ACLU focus

7 Tube in a boba tea

8 “T,” in video game ratings

9 Cornerstone abbr.

10 Nook for reading

11 ___di-dah

12 Amazon’s home robot

13 Less well done

14 Surface dominated by Rafael Nadal

15 Bottom of bell-bottoms

16 Feature of some small purses

17 Thick

18 Weapon on Kenya’s flag

22 Gin cocktail

24 Rounds the bases after a homer

28 “Hey, over here!”

31 Pitcher of beer?

33 Chats on Discord, for short

34 Triage ctrs.

35 Grinding tooth

36 Basic skateboard trick

37 Kung ___ shrimp

38 Predator that hunts in pods

40 Baby Bear’s dad

41 Arduous journey

43 Some fighter pilots

44 Omega-3 source

46 Speaker’s platform

47 “Auld Lang ___”

50 Collector under a sink, perhaps

52 Hold tightly

55 “I’m innocent!”

57 Head of cabbage?

58 Castaway’s home

59 Alphabetical order?

61 Enjoy a rink

63 Eid al-Fitr cash gift

67 Notable span

69 Petty criticism

71 Fettuccine sauce

72 Thailand, before 1940

73 Empire centered at Cuzco

74 Lingerie pieces with smooth cups

76 Bajillions

78 Wang of fashion

80 Hardly original

81 “Save Me” singer Mann

82 X-ray ___: novelty wear

84 Ports of call for sailors

85 Badgers

91 Deep anger

93 Not reserved at all

94 Helps grow

96 Pipe bend

97 Fades to black

98 “How ___ look?”

100 Gave a hoot

102 Made simpler

104 Bold alternative

106 Like many a summer cabin after a long winter

107 Lauder of cosmetics

108 Became apparent

109 Like Vikings

110 Color of mint, moss, and money

114 Lose focus, with “out”

115 Org. that runs the Opens

117 Coats with frosting

118 Pull some strings?

119 Those, in Spanish

121 ___ Lanka

122 Exec at an AI startup

The beauty of McIlroy's Master-piece

COMMENTARY
By KYLE SWEENEY

As Rory McIlroy lined up what would be the tournament-winning putt at the Masters, I sat in my living room with a flush of emotions.

Then, as McIlroy's Masters-winning putt dropped into the hole, I felt that I witnessed golf history in real time as he let out 11 years worth of emotion on the 18th green, earning a green jacket and completing golf's greatest achievement, the career Grand Slam.

The historic Sunday at The Masters was a picturesque reminder as to what makes sports so beautiful: McIlroy's walk through the crowd after dropping to his knees in celebration, exchanging hugs with family members and rival golfers alike and the sportsmanship from playoff opponent Justin Rose after a tense duel. All of Sunday's events gave fans a reminder of the positive impact sports has on people.

The 29-time PGA Tour event winner displayed one of the most riveting final rounds in Masters history, as McIlroy's performance level swung back and forth from masterful to pitiful. McIlroy's iconic snap-hook shot on the 15th hole left him a short eagle putt that happened two holes after he shanked an 83-yard wedge shot into the water hazard at the par-five 13th.



COURTESY OF @MASTERS ON INSTAGRAM

McIlroy celebrates on the 18th green after winning the green jacket at the Masters.

McIlroy took sports fans on an exhilarating ride that concluded with a deserved, emotional sendoff on his way to the clubhouse. Legendary broadcaster Jim Nantz let the moment sink in, not talking for over five minutes as fans got to indulge in history.

McIlroy's unifying moment allowed fans to cheer in support for an athlete who finally got over an enormous

mental barrier. People from all over the world came together for a truly special moment in not just golf history, but in the history of all sports. In a current climate dominated by political turmoil and the stresses of daily life, people can lose sight of what true community looks like.

At the end of the day, if the winner was McIlroy, Rose or any other golfer who competed at the Masters, life would go on.

The earth keeps spinning and no one — aside from McIlroy — is affected by the outcome of the golf tournament.

But what draws me to the beauty of sports is that they can have such a lasting, genuine impact on people, as they evoke raw, real emotion. Fans can have their own differing opinions, their own perception of how things should be done or what player is better than the next. There's so many different sports and each outcome is completely unpredictable — that's what makes it so fun.

Political headlines can drive people against each other, as decisions that impact a wide range of people are implemented each and every day. Sports create an outlet for people and communities to come together and root for something that everyone can agree on fighting for.

In this day and age, it's rare to see that. In a time period where March Madness just wrapped up and the NBA and NHL playoffs are set to begin, golf reminded us of the true beauty that sports can provide.

As fans watched mind-boggling shots and puzzling errors from McIlroy, they witnessed the highs and lows of golf on its grandest stage. Yet, we were reminded of the grace of it all, and as I watched history unfold, I couldn't help but marvel at the positivity in a time of turmoil.

McIlroy summed it all up while speaking to the media after capturing the historic win.

"I think all that sort of comes back to me," McIlroy said after his Masters win. "Remembering why I fell in love with the game."

Kyle Sweeney is a staff writer.

NCAA portal benefits athletes

COMMENTARY
By THEODORE FERRO

Since its adoption in 2018, the NCAA transfer portal has completely changed college athletics. The end of each season is now similar to free agency, with many schools losing their entire roster.

This year, 750 college basketball players entered the portal before the NCAA tournament was even finished. While this transformation may feel chaotic or even destabilizing to some fans, college sports are better off in their current state than they were under the previous restrictive system.

For many years, student athletes were required to sit out a year after every transfer. The NCAA later gave some leeway, allowing a one-time, penalty-free transfer. Today, players are free to transfer year after year. Former

Zag standout Khalif Battle played at three other schools before GU — Temple, Butler and Arkansas. This type of career was impossible just 10 years ago.

Critics argue that the portal has created a "moneyball" effect where bigger, richer schools can poach the best talent from smaller schools. This concern is not entirely unfounded. Many standout mid-major players and coaches have left their schools to chase the money and the spotlight.

But transfers do not flow in only one direction. High-major athletes regularly move to lower-tier schools, often flourishing with a longer leash and more playing time.

Transfer portal critics point to its purported impact on underdog upsets and Cinderella stories of March Madness. In the 2025 NCAA Tournament, all four No. 1 seeds reached the Final Four, and no mid-major programs made the Sweet 16. Critics claim that the big, Power 5 schools are just too hard to compete with these days.

But the 2025 NCAA Tournament was an outlier in the transfer era. Recent tournaments have had plenty of chaos and unpredictability. These were all in the transfer portal and Name, Image and Likeness era of college

hoops. Upsets aren't going anywhere.

But in the end, the strongest case for the transfer portal comes down to athlete autonomy. The previous policy requiring a full redshirt season for each transfer effectively punished players for seeking better opportunities. Some players ended up just fine after their redshirt season — Nigel Williams-Goss, for example. But other players end up burning a whole year with little to show for it.

Fans love their teams, and everyone wants the best players. But entering the portal is nothing personal. Athletes are just trying to put themselves in the best situation to succeed. One season of sitting out might seem trivial, but for athletes with professional aspirations, that can radically alter their career. Age is often a factor in the NBA draft decisions.

The transfer portal may bring volatility, but it also introduces accountability and fairness. The real discussion to be had is NIL money regulations. But the current transfer rules are fine, and they will likely stay. It forces programs to earn their players' loyalty rather than assume it.

Theodore Ferro is a staff writer.



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Yvonne Ejim ended her GU career with an 81% winning percentage, including four NCAA Tournament appearances and a trip to the Sweet 16 in 2024.

Yvonne Ejim departs GU after five years

Ejim leaves GU with Olympic legacy

Fever dream

By KYLE SWEENEY

In the second quarter of a conference game at Saint Mary's, Gonzaga University women's basketball forward Yvonne Ejim received an entry pass from guard Tayla Dalton on the left elbow. Ejim caught it on the bounce, landed with two feet, then quickly fired a jumper in a swift yet smooth manner, with the ball catching a tick of the back rim before falling in — marking Ejim's 15th point of the half.

With that shot, Ejim not only helped the Zags build on their 10-point lead, but she broke GU's all-time scoring record, a historic milestone from a player who perfectly encompasses the GU spirit — both as a hooper and as a human. As the five-year GU player prepares to graduate, it's hard to overstate the impact she will leave on Spokane.

"Being able to play for the school, play for coach Lisa [Fortier] and the rest of the staff I've had, old and new... that's just been a huge honor on its own," Ejim said.

Growing up in Edmonton, Canada, Ejim took to the tennis court as her first athletic endeavor, taking big inspiration from one of the all-time greats in American sports. "[Tennis] was my main sport. I had a whole trainer and everything," Ejim said. "I was trying to get into that with big inspiration from Serena Williams and wanting to be the next up in that realm."

Despite her early forays as a tennis player, Ejim got her start in hoops when Ejim's mother was told to have her try basketball. To help get a start on the hardwood, Ejim attended a Steve Nash camp, helping kickstart her basketball career with the help of a fellow Canadian pro and two-time NBA MVP.

"From there, it just kind of got the basketball world snowballing," Ejim said. "Just trying out for different teams, getting more involved in my community to doing more club team stuff and then trying out for Team Alberta, which got me exposure to Team Canada. They kind of all compiled on top of each other."

Ejim began to play basketball year-round in high school, playing a mix of school and club basketball during the school months, then participating for Team Canada in the summers. Early on in her high school career, GU head coach Lisa Fortier took notice of Ejim, and a strong bond began to form.

"[Fortier] and the rest of her staff really committed to me, even before grade 10 and just giving me a chance whenever I got out there on the court," Ejim said. "The reason I'm grateful for her is that she gave me that opportunity, and it allowed me to grow in this environment. She wants to pour into people and pour

into everybody, including her coaching staff, not only players. And you get the benefit of that when you put in the hard work and pour back into what she's doing for you."

The benefits were felt on both sides. Ejim found historical dominance on the court and GU found continued success during Ejim's tenure.

After a freshman season where she averaged only 6.5 minutes a game, it seemed as though Ejim broke another GU record each time she stepped on the floor. Ejim holds the GU women's record for box plus/minus, defensive rebounds, offensive rebounds, total rebounds, field goals, effective field goal percentage, player efficiency rating and, of course, total points (which she has since extended to 2,385, the most by a man or woman in GU history).

Ejim also recently won her second straight West Coast Conference Player of the Year and Defensive Player of the Year awards, becoming the first player in WCC history to ever record 2,000 career points and 1,000 career rebounds. In her five years under Fortier, Ejim has a combined 134-31 record, good for an 81% winning percentage.

And on top of all of that, Ejim is an Olympian. Ejim represented Team Canada in the 2024 Olympic Games in Paris, where a Canadian team loaded with WNBA talent lost in the quarterfinals to Nigeria. Despite not medalling, Ejim said she will never forget the incredible experience representing her country.

"It's a once-in-a-lifetime opportunity. It was amazing just being able to step out there at such a high level and play with amazing athletes, not only on my team, but on other teams," Ejim said. "It was an honor just to be able to do [that] for my country and be there and represent Canada."

The rocket ship of pure excellence on the court has launched Ejim into the GU record books and into the Olympic sphere. Yet, those around Ejim have been struck by her incredible humility and personality off the court.

"Yvonne is [one] of the most humble, hard-working [players], the kind of player you want to play your best for because you know that they're giving their best," Fortier said. "She's greatness. She showed people the way, the way to give everything you have, and never, never would she ask for anything in return. She's just been a really, really joyful person to coach. I've enjoyed every minute of my time with her."

Ejim will take that greatness to the next phase of her basketball career, and while she will no longer be playing in the Kennel, her basketball dreams are set to continue in the WNBA.

Indiana Fever selects Ejim with the 33rd pick of the WNBA Draft

By ZACH WHITE

Former Gonzaga University women's basketball standout and all-time GU basketball leading scorer Yvonne Ejim was selected in the third round of the WNBA Draft by the Indiana Fever on Monday night.

The 33rd overall pick, Ejim is the 11th GU women's player drafted to the big leagues, joining former teammates Brynna Maxwell and Kaylynnne Truong as WNBA draftees from the 2023-24 team that reached the Sweet 16.

"I couldn't be more grateful to my teammates and all my staff here at Gonzaga for putting me in the position I am at today," Ejim said in a press release. "To say that I would be able to be in the WNBA Draft looking ahead to the start of my professional career is a dream come true. I'm proud of myself and the people that have supported me, my family, friends, and my team. The work is only about to begin and I am excited for what is to come next!"

In her final season at GU, Ejim became the highest-scoring Zag across both programs as she totaled 2,385 points.

The Canadian Olympian joins an illustrious Fever draft class that includes Florida State's Makayla Timpson and South Carolina's Bree Hall.

The opportunity to be on the Fever may have looked different than it would have before last year's draft class. Indiana reported far and away the highest attendance rates last season, even setting the single-season home attendance record with 340,715.

WNBA superstar and celebrity Caitlin Clark has led this surge in attendance. The Fever's attendance rose from 4,067 the year before Clark joined to 17,036 during her rookie season.

Ejim took to her Instagram story to give Fever fans a succinct yet powerful message.

"I'm so ready Indiana," Ejim wrote.

The message comes as no surprise. Ejim's game is ready to take the next step, but making a WNBA roster is harder than one might think.

In 2023, only 15 of the 36 draftees wound up on their drafted team by the season tip-off. In a league with 12 teams and minimal bench spots, Ejim has her work cut out for her, but if anyone can do it, it's the playmaking Canadian.



Zach White is a sports editor.

WBB lands Boise State transfer

By ZACH WHITE

Gonzaga University women's basketball secured its first transfer portal addition of the offseason, welcoming former Boise State standout Teryn Gardner to its ranks.

Following the departure of junior guard Bree Salenbien to Ball State and sophomore guard Claire O'Connor's transfer portal entry, the Zags bolstered their backcourt depth with Gardner's signing.

Last season, the 5-foot-9 Gardner played a limited role for the Broncos, averaging 3.6 points per game on 34.9% field goal shooting, while dishing out 2.2 assists. She scored in double-digit figures on five occasions last season, including a 10-point and nine-assist outing against Utah Tech last December.

Gardner boasts strong Inland Northwest ties, hailing from Spokane and having graduated from Mead High

School. At Mead, she was named Greater Spokane League 4A/3A Most Valuable Player during her junior and senior years, while also being named the league's Defensive Player of the Year during her senior season.

A four-time All-GSL Team honoree, Gardner also led Mead to a runner-up finish at the Washington State Championships in her senior year of high school.

GU will remain active in the portal following the losses of all-time program top scorer Yvonne Ejim, Maud Huijbens, Esther Little, Salenbien and O'Connor. Head coach Lisa Fortier will look to shore up a Zag program that aims to win its 21st West Coast Conference regular season title in the upcoming season.

Zach White is a sports editor.



COURTESY OF IG: @boisestatebroncos

Gardner returns to her hometown of Spokane, Washington, for her sophomore season.

Women's rowing to be tested

By HENRY KRUEGER

For nearly a decade, Gonzaga University women's rowing has ruled over the West Coast Conference with an iron fist. The Bulldogs captured their ninth straight conference title in 2024, extending their league trophy count to 22.

But that dominance may be coming to an end.

With Oregon State and Washington State joining the WCC as affiliate members in women's rowing for the 2024-25 and 2025-26 seasons, the league's competition has shifted, said GU head coach Andrew Derrick.

"We've always appreciated our regional rivalries," Derrick said. "It just takes on a little new meaning when we're sharing a conference — whether it be WCC for the next couple years or eventually the Pac-12."

GU got an early look at that new reality on March 29 at the Dexter Lake Invite. While the Zags opened their spring campaign with three wins, they placed second to Oregon State in both the first and second varsity eight races.

If the results in Lowell, Oregon, weren't enough to signal the changing power dynamics within the WCC, the preseason coaches poll provided no doubt. OSU topped the poll with 58 points, just ahead of GU at 57, with Washington State close behind at 55.

That trio now forms the backbone of a premier mid-major conference in women's rowing, drawing from years of battling it out across the Northwest.

"All three crews traded races last season, and then there's also a lot of good other teams in the conference, so it's going to be a great, competitive year no matter what," Derrick said.

The next test for Derrick's group comes in the form of tradition with the Fawley Cup — the team's only official cup race of the season. The trophy is contested between GU and WSU and has been held for more than 30 years, though the Bulldogs' first varsity eight boat has historically struggled to win the race.

"I know our seniors are excited — they have not won one yet," Derrick said of the cup race. "It wasn't that long ago that we weren't excited about the Washington State race and perceived it as sort of a foregone conclusion. The seniors don't feel that way



KAHLOMO CUNNINGHAM

Women's rowing will continue its spring season at the Fawley Cup on Friday.

Three of those seniors — Ella Beck, Camille Ruhlin-Hicks and Amanda Triebensee — were named to the All-WCC Preseason First Team, and all row in the Bulldogs' top varsity eight boat.

For Beck, the cup race has been circled on her calendar for a long time.

"Last year, all of our boats except for the varsity eight won, which was exciting — a little hard for varsity, but I think this season we have what it takes to win the Fawley Cup," Beck said. "If we do win it, that would be a really exciting stepping stone for the conference [championships]."

That belief was bolstered by GU's final race of this past fall season, when the first varsity eight boat edged Washington State by just 0.401 seconds — 16:59.432 to 16:59.824 — to take fourth place at the Head of the Lake competition in Seattle.

After the Fawley Cup, GU travels cross-country for the Lake Wheeler Invite in Raleigh, North Carolina, from April 25–26, followed by the Windermere Cup in Seattle on May 3. But the primary focus remains on the WCC Championships in Sacramento, California, set for May 16–17.

"When I came in, we had been the WCC champions for six years in a row ... so going for a 10th title this year would be really exciting," Beck said.

This season's goals extend beyond just winning the conference, however. Derrick said his rowers are eyeing a national profile

by collecting wins that can earn them an NCAA bid, even without the conference's automatic qualifier.

"The goal is to be competitive such that even if we didn't win the conference championship, we've assembled a resume that's good enough to get a bid to a national championship," Derrick said.

That long-term approach also shaped this year's schedule. GU started racing later than usual, aiming to be at its best in May. The Bulldogs started their 2024 spring season on March 10, but Derrick opted to begin later in March this year.

"We started racing a little later ..." Derrick said. "We're really looking to peak late."

GU finished 17th at nationals last spring — its best finish since 2016 — with every boat advancing to the C Finals for the first time in program history.

As the program evolves during ongoing conference realignment, the seniors hope their legacy is about more than just winning.

"Our team culture has been one of the most important parts of my experience here," Beck said. "Everyone's just really supportive. I just want that to continue into the future."

Henry Krueger is a news editor. Follow him on X @henrykrveger

GU SPORTS CALENDAR

- Thursday, April 17**
- Women's golf at WCC Championships, Fairfield, California (three-day tournament)
 - Track and field at Whitworth Twilight Meet, Spokane, Washington
 - Baseball at USC, Irvine, California (three-game series)
- Friday, April 18**
- Women's rowing at Fawley Cup, Silver Lake, Washington, 9 a.m.
 - Men's tennis at Santa Clara, Santa Clara, California, 11 a.m.
 - **Women's tennis vs. Santa Clara, 11 a.m.**
- Saturday, April 19**
- Men's rowing at Fawley Cup, Pullman, Washington
 - Women's tennis at Portland, Portland, Oregon, 10 a.m.
- Monday, April 21**
- Baseball at No. 6 Oregon State, Corvallis, Oregon (two-day series)
- Thursday, April 24**
- Men's tennis at WCC Championships, San Diego, California (three-day tournament)
 - Track and field at Drake Relays, Des Moines, Iowa (women only)

Home games in bold



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Tuesday, April 22, 6 pm
Hemmingson Auditorium

EcoHarmony Yoga

Wednesday, April 23, 12 - 1 pm
Herak Quad (subject to change)

"The Week"

April 23 and April 30, 3:30 - 5 pm
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+ conversation. Register Here!



Wash Smart, Waste Less

Thursday, April 24, 4:30 - 5:30 pm
Career & Professional Development Seminar Room

Prints Against Pollution

Thursday, April 24, 6 - 8 pm
Lake Arthur Amphitheater

Tree Planting with the Lands Council

Friday, April 25, 10 am - 2 pm
Register here!



Rock the Planet

Friday, April 25, 2 - 5 pm
Lake Arthur Amphitheatre



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