

The Gonzaga Bulletin

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GSBA ELECTION

Record 25% voter turnout brings change to GSBA

Johnston-Guzman wins presidency, MacDonald named VP, three amendments pass

By HENRY KRUEGER

Gonzaga University undergraduate students set a record for voter turnout, electing Alyssa Johnston-Guzman and Charlie MacDonald as president and vice president of the Gonzaga Student Body Association, while amending three sections of the constitution.

Johnston-Guzman and MacDonald, who earned 670 (48%) of the 1,403 votes cast, surpassed two other ticket pairs at the top of the ballot.

"We're feeling really grateful and humbled that we were elected," Johnston-Guzman said. "I think this dream of ours

has been in our hearts for a little over two years, and so we're just feeling really fortunate that the students have seen our dedication, and we can't wait to get to work."

The election met the 25% voter turnout required to pass constitutional amendments, and all three proposed changes passed.

Under one new amendment, future amendments will require a two-thirds majority of votes to pass. Madeleine Smathers, an election commissioner, said that student representatives put a



EMMA LARSON IG: @3mmalrson

SEE GSBA PAGE 2 MacDonald and Johnston-Guzman spoke at the "Spring into Voting" event in February.

Gonzaga finalizes protest policy

By SEAN LIVESAY

Gonzaga University has approved a new policy on demonstrations and overnight activity, replacing an interim rule imposed in the fall that drew protests and praise.

Six months after the implementation of the temporary policy, an editing and review process has moved past these concerns to yield a permanent policy.

The policy prohibits demonstrations during GU's designated quiet hours, 11 p.m. to 9 a.m., while barring any protests on reading days and during final exam periods. Overnight activity, including camping, is prohibited without authorization from the university and students may be required to show their student ID card to a university official while participating in a demonstration.

Noise generated by demonstrations must not "interfere with the use of nearby university buildings" or "reasonable residence hall room expectations." Alongside being prohibited from blocking or interfering with "routes of movement on campus," students are forbidden from engaging in demonstrations to "suppress the speech of another Gonzaga community member or an approved third party."

John Sklut, the chair of the Policy Coordinating and Advisory Committee, was involved in drafting this policy. He said that the policy affirmed students' rights to demonstrate on campus while also noting that it must uphold the rights of other community members to ensure that demonstrations do not adversely impact others.

Although the policy is a revised version of the interim policy and the existing demonstration rules are outlined in the Student Code of Conduct, Sklut said this policy was important for the goal of promoting accessibility and transparency between the administration and the greater community.

"We felt that there was a need to sort of draw [rules regarding demonstrations] all into one easily accessible document ... it's not a new restriction, it's actually an affirmation of older policies," Sklut said.

Multiple opportunities for community feedback have been offered throughout the process of reviewing the policy, including a student survey that gathered 270 responses, a faculty survey with 99 responses and a staff survey that had 77 responses.

Gene Budsock, the attorney general of the Gonzaga Student Body Association, helped facilitate a process that considered student criticism.

"We've tried to be as transparent as possible, putting things like open forums in the Morning Mail," Budsock said. "I tried to advertise my opening of office hours through the GSBA Instagram, but that was less of a success than I would have liked ... ideally, every single student would come in and have something to say."

Some students, such as student activist Juliana Maucione, a leader in organizing campus protests, felt that their feedback wasn't seriously considered, despite the administration's efforts to promote transparency and constructive criticism.

"I honestly don't really feel listened to," Maucione said. "I wish [the administration] held our critique and our feedback at a higher importance."

SEE PROTEST PAGE 2



SAM RAINS IG: @samuel.rains

In addition to a collaboration with ZOLA, Muv has also hosted an event at Brick West Brewery in downtown Spokane.

By NATALIE KELLER

When three Gonzaga University students started their own business, it wasn't about making money — it was about helping their peers connect with others.

Seniors Max Volle, Maximilian Brown and Cooper Stepanian have launched an app, Muv, which has amassed over 600 users at GU. The app compiles all GU events listed on the Zagtivities website and allows students to view the activities' details and add them to

their phone's calendar. The goal of the app, Volle said, is for students to easily find things to do and interact face-to-face.

"We have four years of school and college, and these are, stereotypically, the years where you make friends that last a lifetime," Volle said. "Our mission, our main goal, was getting people off their phones and getting them into the real world."

Volle and Brown formulated the initial idea for their business in the Hogan Entrepreneurial Leadership Program during their sophomore year. As part of the program,

Volle and Brown were tasked with developing a business plan for a hypothetical venture. Concerned by young adults' increasing depression, anxiety, loneliness and attachment to their phones, Brown said he and Volle wanted students to spend as little time as possible on the app and more time "doing something incredible."

"At one point, we labeled the app slogan 'If Carpe Diem Was an App,' — it's since changed," Brown said. "But in reality, it's that kind of mindset."

SEE MUV PAGE 3

Meet Noah Apprill-Sokol: The Bulletin's Spring EIC

By NATALIE KELLER

For Noah Apprill-Sokol, serving as editor-in-chief of *The Gonzaga Bulletin* this spring is just one chapter in their journey of storytelling.

Apprill-Sokol's time in journalism began their freshman year of high school, where they said they fell in love with the work. Seven and a half years later, Apprill-Sokol has found themselves at the helm of GU's student newspaper.

"For 100 years, *The Bulletin* has been doing the important work of holding student journalism on Gonzaga's campus," Apprill-Sokol said. "I am excited to stand on the backs of these giants and continue this rich tradition."

Storytelling has been a throughline in other areas of Apprill-Sokol's life. During their time at GU, Apprill-Sokol has incorporated storytelling into their studies in sociology and work at the Unity Multicultural Education Center.

"Some of my most important lessons have been how to value other people's stories, how to value



LUCY BOOTH IG: @photo_booth

SEE EIC PAGE 3 Apprill-Sokol is a fourth-year student majoring in sociology.

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OPINION

Funding Luigi Mangione's legal defense won't fix American healthcare.

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A&E

Honoring the legacy of a Spokane nun through her welding work.

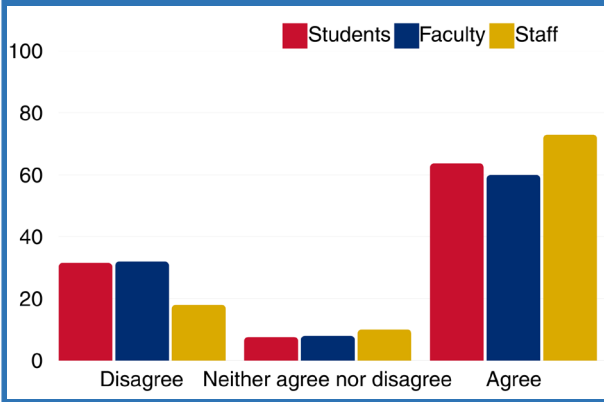
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SPORTS

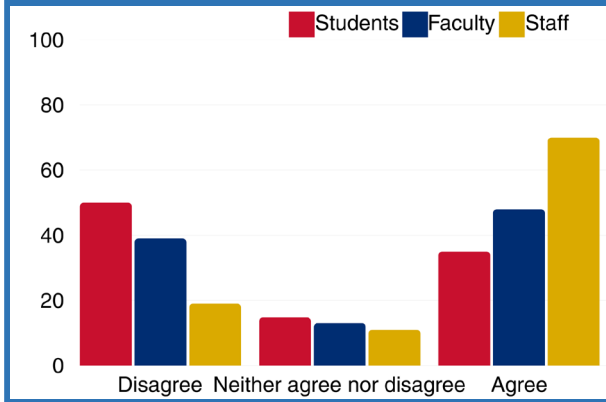
Hudson Shupe leads Bulldogs through rough season-opening stretch.

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To what extent do you agree that this policy encourages civil discourse?



To what extent would you agree that this policy was created with mission & students in mind?



Nichole Bogarosh is a 2008 Gonzaga University alumna.

Student center's new face

By ALEX HERNANDEZ

Returning to Gonzaga University after a nearly 15-year hiatus teaching communication studies at Whitworth University, GU alum Nichole Bogarosh '08 was hired as the new director of the Center for Student Involvement late last year. Bogarosh said her passion for communication studies and diversity, equity and inclusion topics inspired her homecoming to GU.

"As a Gonzaga student, I was at a point where I didn't exactly know what I wanted to do," Bogarosh said. "Then, one semester, I had an intercultural communication class that sparked something in me, and I realized my interest was in intercultural issues. Gonzaga, in many ways, just feels like home to me because I felt such an immediate connection to the classes and experiences I had here."

As the new director for the center, Bogarosh said she desires to communicate directly with students while working toward their goals. While Bogarosh said she has not found those opportunities yet, she believes they will present themselves as she continues to re-establish herself in the community.

"In my previous role as a Whitworth faculty member, I spent most of my time in classrooms," Bogarosh said. "As new as I am to this position, I've just been focused on learning and onboarding, making it difficult to form a community with students right away. With time, I believe this position will allow me to step out of that space and connect with students in a hands-on way."

Looking to the future of the center, Bogarosh called for an increase in organization to address shifting student leadership on college campuses.

"In an educational environment when student leaders are constantly changing between semesters and years, it can be easy to get wrapped up in the way things have been," Bogarosh said. "Taking time to reflect on our process is critical for understanding how we should be employing our resources. We can always make some improvements to our system of doing things."

Providing increased training for student clubs was another area Bogarosh said the center could improve in the coming year. The trainings, Bogarosh said, are intended to provide students the resources they need to be successful going forward.

"I'm hoping to set things up so that our office can have expertise available for all clubs, not just GSBA and Kennel Club," Bogarosh said. "If a club wants to put on an event, they should be able to come to us and learn and gain inspiration from the experience we have to offer."

Jon Rogers, the business manager for the center, said his experience working with Bogarosh has been a positive one.

"Dr. Bogarosh brings a wealth of knowledge and experience that we lean on to answer complex questions related to working in Student Affairs," Rogers said in an email. "I appreciate that Nichole is friendly, approachable and willing to discuss any questions that arise. She has a keen mind for clear and concise communication. Whether it's a simple email or a more formal statement, Dr. Bogarosh expresses herself well and helps our department stay on the same page."

Going forward, Bogarosh said she hopes to be seen as a resource for clubs and that her experience in event planning offers important insights for students looking to become more involved.

"I can work with student groups to develop plans for their event — a process that is often much more complicated than students think," Bogarosh said. "True event planning takes a really long time and effort and is not something to be thrown together the week before."

Additionally, Bogarosh said that her studies in marketing and communication could aid clubs in attracting attention and new members through engaging social media platforms and other outreach strategies.

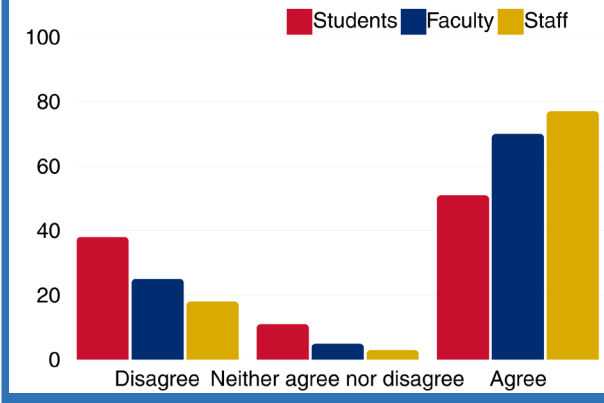
"I can help students create a really dynamic Instagram page that will sell clubs to prospective joiners and make everything seem really professional," Bogarosh said. "Maybe students want help designing a website as well. However they aim to engage with members of the larger GU community, we want other students, not just members of a club that hears about its events."

At the conclusion of the Gonzaga Student Body Association elections, Bogarosh congratulated student government and the broader GU community on high voter turnout and said she hoped to continue working toward higher rates of involvement in student elections that would impact club funding and other areas of campus life.

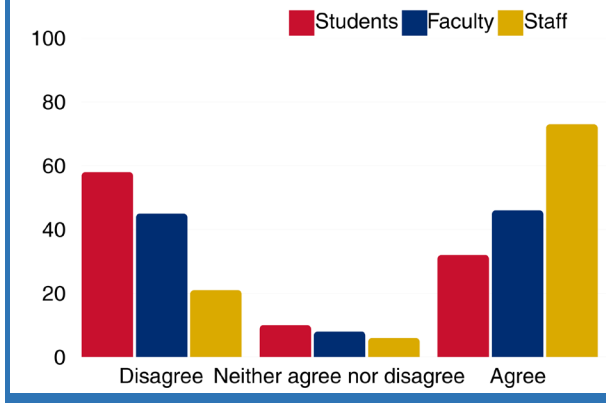
"GSBA this year has done an excellent job engaging people for voter turnout, even devoting an entire night to activities for students who participated," Bogarosh said. "As we see new and interesting opportunities that are student-driven, it is my hope that we, as a staff, can continue supporting students in developing ideas and helping them come to fruition."

Alex Hernandez is the opinion editor.

To what extent do you agree with the prohibition of Third Parties?



To what extent do you agree that this policy aligns with GU's Jesuit identity and values?



Data courtesy of MyGU

The faculty survey had 99 respondents, the staff survey had 77 respondents and the student survey had 270 respondents.

PROTEST

Continued from Page 1

Despite these concerns, Sklut maintains that community feedback was "largely supportive" of the policy and said there was an overall balance in opinion from faculty members.

"The majority [of students] felt that this was an infringement on their rights. But there was a significant minority that thought that this was well-thought-out, and they understood the reason for the policy," Sklut said.

Sklut also said the results were "remarkably balanced" from staff and faculty.

Some campus activists are still expressing concern with both the policy and the process behind its creation. Maucione described the policy drafting process as "contradictory" and expressed concern about its reception among the student body.

"There were a lot of people really confused and intimidated by it ... it sets a precedent for the future, the future nature of our community and what it stands for," Maucione said.

Although Budsock and Sklut said that it was important to affirm students' right to demonstrate, Maucione said she fears that the administration's desire to control potential disruption strips away the effectiveness of such demonstrations.

"It's just a little contradictory for the university to really say 'We love protests, but we're not going to allow disruption,'" Maucione said. "Protests are meant to disrupt. They're meant to interfere with business as usual, and they're really supposed to pull our community's attention to issues that are really significant and important to our world landscape."

Acknowledging concerns, Budsock said he is committed to remaining open to dialogue with students who feel silenced by the policy and said that the policy isn't attempting to "neuter a protest."

"I want to sit down with these different groups and say, 'Hey, what do you want to do? Let's make it happen,' because I believe this policy does make space for safe and productive protests to happen," Budsock said. "If I could hold some sort of event where we get different student groups with different opinions to protest and counterprotest respectfully within these rules, we can show that demonstrations are possible."

Sklut recognized that some students feel confused by the interim policy, but said he intends for the permanent policy to clear up confusion. The policy can be accessed on MyGU or via an email sent out to all students.

Sean Livesay is a staff writer.

GSBA

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lot of effort into drafting amendments. However, amendments have been difficult to pass due to the turnout requirement, which has been especially challenging to hit when elections are not competitive.

This year, GSBA hosted a "Spring into Voting" event to help encourage a higher turnout and had one of the most competitive student elections in GSBA's top positions.

"[Amendments pass] very rarely," Smathers said. "Last year, we were at like 500 votes for this one. So, that's why it's a big challenge to get to 25%, which we would love to have more than 25% for both. We had to do a lot of work this election to get to 25%."

Another amendment that passed will make the club funding request threshold for senate approval a set cap of \$2,100 instead of 0.05% of the gross student government budget. A third amendment transitions the treasurer position from an elected role to an appointed one, a measure that was added to the ballot this year after failing to pass last year.

"It's just a very difficult position to come in with no GSBA experience, no financial experience, all that kind of stuff, just because you got elected," Smathers said. "That's why we are hoping to make that hired position."

Johnston-Guzman and MacDonald both said they were unsurprised by the support for the amendments, with each receiving at least 78% of the vote.

In the senate race, Madelyn Derr, the incumbent, won the role of speaker of the senate with 669 votes (48%), beating out Kaillyb Headen (8%) and Steven Sanders

(42%), who was endorsed by 15 of the 23 senators.

"As speaker of the senate, I've really tried to bridge a gap between the senate and the executive body of GSBA, introducing everyone within GSBA to the senators to make them feel more engaged and wanting to perhaps collaborate with those members, as collaboration is a big part of GSBA," Derr said.

Carlos Aguilar secured the senior senator position in an uncontested race, while Lily Pearse and Abdel Ibrahim won the junior senator seats. The sophomore senate seat was shared by Chloe Corbett and Ian Aloyce.

Brandon Bernard won the senate seat for GU's School of Health Sciences, Drew Neff was named senator for the School of Engineering and Applied Sciences and Jozlynn Pyle received senator for the School of Education.

Sophia Micciche will serve as the on-campus senator, while Cam Albers will take on the off-campus senator role.

"Everybody that was on the ballot, whether they won or lost, really contributed that 25%, and we really can't stress that enough," MacDonald said of the voter turnout. "And just a huge congratulations to anybody that campaigned."

Johnston-Guzman and MacDonald will spend the next few months building their cabinet.

"In the current moment, we're going through and we're hiring our cabinet, and those are open currently on Zagtivities," MacDonald said. "And then in the summer, we work about 160 hours and really just meet with people on campus to understand what the current administration needs from us and how we plan to go forward."

Henry Krueger is a news editor.

☆☆ GSBA Election Results ☆☆

<p>☆☆ GSBA President: Alyssa Johnston-Guzman ☆</p> <p>GSBA Vice President: Charlie MacDonald</p> <p>Speaker of the Senate: Madelyn Derr ☆</p> <p>Health and Sciences Senator: Brandon Bernard ☆</p> <p>Engineering Senator: Drew Neff ☆</p> <p>Education Senator: Jozlynn Pyle ☆</p> <p>Off-Campus Senator: Cam Albers ☆</p>	<p>On-Campus Senator: Sophia Micciche ☆</p> <p>Senior Senator: Carlos Aguilar ☆☆</p> <p>Junior Senators: Abdel Ibrahim, Lily Pearse ☆☆</p> <p>Sophomore Senators: Chloe Corbett, Ian Aloyce ☆</p> <p>Constitutional Amendments: Amendments passed by two-thirds — Yes 95% Appointment of GSBA Treasurer — Yes 83% Club funding request cap as \$2,100 — Yes 78% ☆☆</p>
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The currently under-construction '803 Apartments' are set to open in fall 2025.

SAM RAINS IG: @samuel.rains

New '803 Apartments' coming soon

By QUINN TEUBERT

A new apartment building located on East Sharp Avenue and North Cincinnati Street is set to open in fall 2025.

Owned and operated by Spokane local Aaron Farr, a real estate agent and investor, the 803 Apartments will offer 17 fully furnished housing units for GU students and the Spokane community.

"When I first purchased it, there was a 120-year-old home on the property, and at the time, the zoning wasn't correct to be able to build an apartment," Farr said.

The zoning and approval process took less than a year, including the public hearings paperwork. After meeting with architects and engineers, Farr was able to begin the construction process in September.

The apartment design is intended to have a modern aesthetic paired with a convenient location to appeal to students, Farr said.

"The quality and the design is much more modern and high-end feeling than just your standard kind of basic apartment," Farr said. "What you'll see in the kitchens and the cabinets and the flooring, it's all nicer material. It's overall a more modern, nicer living condition. And this is pure convenience. You literally walk across street and are on campus."

The apartment building will have a mix of unit sizes. Options include single-bedroom apartments, doubles and four-bedroom spaces. Each unit will include a full bath and kitchen.

Additional features to the apartment will include limited units to encourage a community feeling within the complex.

"You're not in this big complex with hundreds of students, so you still can have a community feel with the students there, but nicer conditions than most of the homes," Farr said.

Apartment access will be limited to residents, with entry available through a primary gate that can be opened with the tenant key fob. Safety features of the apartment will be similar to the safety features of on-campus housing.

Located across the street from GU-affiliated housing, Twohy Hall and Mantua Hall, Farr said he hopes the 803 Apartments will make for an easy transition for students who like their current housing location but are looking to move off-campus.

"There's an opportunity for students that are living in that apartment [Mantua, Twohy]," Farr said. "They're freshmen and sophomores, and it'd be an easy transition over to 803 — literally move across the street. They already know it's a good area with food and a lot of the other amenities near campus."

The 803 Apartments will be a fewer than five-minute walk from restaurants such as Pete's Pizza, Frugals and Pita Pit.

Pita Pit General Manager Scott Hatfield said he's looking forward to the apartment's opening.

"During construction, it negatively impacts Pita Pit because they're always shutting down this street, and we're kind of on this corner here," Hatfield said. "There's no real way to get here, and so it kind of makes it a pain, but when they're all done again, I'm sure it's just gonna make business go up."

Students can use their Bulldog Bucks to get food and are welcome to stay in Pita Pit for late-night studying, Hatfield said.

The apartments will be available for pre-leasing in the spring.

"We're finishing up our marketing and website so we can start pre-leasing," Farr said. "We plan to finish end of May, and so I would say in about a month or so, we're gonna really start marketing the apartments."

Quinn Teubert is a staff writer.



SAM RAINS IG: SAMUEL.RAINS

Owner and operator of the new apartments, Aaron Farr.

“

Some of the most important lessons have been how to value other people's stories, how to value justice in this work, how to commit yourself to something that's bigger than oneself."

Noah Apprill-Sokol, editor-in-chief

EIC

Continued from Page 1

justice in this work, how to commit yourself to something that's bigger than oneself," Apprill-Sokol said. "All of my life revolves around storytelling."

This sort of storytelling, the editor-in-chief said, has an important societal role to play.

"I believe the goal of student journalism is to be an instrument for peace, for justice, for hope, to uplift marginalized voices to challenge systems of oppression and to really bring our community into a place where we're better respecting the dignity of all human life," Apprill-Sokol said.

As Apprill-Sokol approaches the midway point in their time as editor-in-chief, they said their goal is for the publication to function as a learning opportunity for students, while also serving the public's need for high-quality journalism. And while Apprill-Sokol said the work can be tiring, there is a central purpose that keeps them moving forward.

"[I do this work] because I care about other people, because I care about the world, because I love other people," Apprill-Sokol said. "Journalism, for me, is an act of loving the world."

Natalie Keller is the managing editor.

Q&A with the editor-in-chief

To learn more about Apprill-Sokol's time with *The Bulletin* and the lessons they've learned along the way, check out a Q&A with them on *The Bulletin's* website.



The three minds behind the Muv app: Max Volle, Maximilian Brown and Cooper Stepanian.

MUV

Continued from Page 1

After putting the business plan on the back burner, Brown said the duo was inspired to make the idea a reality and began developing the app the summer after their sophomore year. Volle said he took the lead on creating a marketing plan, and Brown built the app itself. However, Brown said the road to completing the app proved bumpy.

"[Building the app] was such a new experience for me," Brown said. "So many times, you try to build a new feature, and you're just met with a whole panel of red error messages — and that's just a daily occurrence, frankly."

After spending several months developing the app on a website, Brown realized he would have to pivot and create a mobile app — something that would require more work and that he had less experience with. In the middle of their junior year, the duo recruited Stepanian and University of Notre Dame student Nolan Kyhl to join the team and help out.

Brown said the four students developed a sense of camaraderie through their work.

"The thing that gives us success is constant communication," Brown said. "We're so, so close to the point where we're just firing messages all day, hopping on calls a few times a week — and that just keeps us grounded."

The three students each said the process was a significant time commitment, and

Volle said they would spend an average of 10 hours per week working on the app.

"There was a while where we kind of were like, 'Are we going to continue working on this?'" Volle said. "We said, 'You know what, this is supposed to be hard. If it was easy, everyone would do it. And so, let's put our heads down and get it done.'"

After about 18 months of work, the students released the app on the Apple store in October, and over the next few months, about 80 students downloaded it.

"The initial launch was underwhelming," Stepanian said.

The students decided to expand the app's reach beyond GU events. In January, the team partnered with the owner of ZOLA, a Spokane live music bar and restaurant, who was looking to increase the business's popularity with GU students. The students and bar owner planned a collaborative event on Jan. 30, "Zags Night at ZOLA," which offered a free drink for the first 50 people in the door, discounted food and drinks, free Uber rides and a performance by GU student band Pancho. Ultimately, 540 students RSVP'd to the event via the app and about 120 checked into the event before the venue hit its capacity.

"It was a little surreal," Volle said. "There was a line all the way up the street, around the corner."

Volle said the event was successful not only because more people downloaded the app, but ZOLA also received good business and Pancho will now play at the restaurant every four weeks for the rest of the semester.

"It was kind of a win, win, win all around," Volle said.

For Stepanian, the event made all the time he spent working on the app

worthwhile.

"It was just a big sigh of relief," Stepanian said. "The most rewarding part has been just seeing people have fun. That's ultimately what we wanted."

Dan Stewart, a professor of entrepreneurship and director of the Hogan Program, said not many students go on to actually implement their business plans and that he was "pleasantly surprised" to hear about his former students' efforts.

"I was just really happy to see that they decided to keep pushing," Stewart said. "It's satisfying to me to know that they have the confidence to do it."

Meanwhile, all three students said building their business has been a valuable learning experience and that they would encourage their fellow students to follow suit.

"If there's even an inkling of the desire to create, this is the time to do so," Brown said. "This four-year period is an incredible time to learn about things and focus on things."

Since their collaboration with ZOLA, the students hosted a similar event at Brick West Brewing on Saturday. Going forward, the team plans to partner with more businesses, launch the app at Notre Dame and figure out how to monetize the business. The students also said they hope to continue improving their peers' lives and combating loneliness.

"We're not looking to make a million dollars," Stepanian said. "We just want to see people have fun and enjoy themselves."

Natalie Keller is the managing editor.

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Nanny needed!
South Hill family seeks a nanny Monday- Thursday (2:30 - 6pm, could be flexible with hours/days if need be) to pick up our 4th grader from Hutton and help him complete homework and wind down from school and then pick up our 4 year old from daycare around 5pm. If you love to cook, dinner prep would be appreciated but not day care required. Must be a very good driver with reliable transportation. We had another Zag nanny who graduated 2021. Would gladly connect you to her as reference. Hoping to hear from you!

Kate (202) 431- 2230

Flack cements legacy with her music

On Feb. 24, all-American musician, singer-songwriter and pianist Roberta Flack died at 88 years old after battling advanced symptoms of amyotrophic lateral sclerosis. In her memory, we celebrate her contributions to music, civil rights and American culture.

Flack was born on Feb. 10, 1937, in Black Mountain, North Carolina, and was raised in Arlington, Virginia. There she began piano lessons at the tender age of 9 years old. As the daughter of a church organist, musical passion was instilled in Flack from an early age. At 15 years old, she earned a musical scholarship to Howard University, where she graduated in 1958 with a bachelor's degree in music education.

Although Flack pursued music early in her life, she didn't find public recognition until her 30s. Instead, she worked as a music teacher until she began performing in Washington, D.C. It was in Washington where Atlantic Records took notice of her talent and her career began to flourish.

Her debut record, "First Take," came soon after in 1969. On it, her version of "First Time Ever I Saw Your Face," skyrocketed to the No. 1 spot on the Billboard Hot 100 after Clint Eastwood featured the song in his 1972 film, "Play Misty for Me." The song claimed the top spot on the charts for six weeks and in 1973, she won Record of the Year at the Grammy Awards.

Flack's ambition brought along other hit singles like "Feel Like Makin' Love" and "The Closer I Get to You," which solidified her fame and name as one



By COOPER WELLS

of the greats.

Roberta Flack's music remains prevalent in culture today. Although much of her music has a traditional, old-fashioned appeal, her message was groundbreaking. In writing the album "Feel Like Makin' Love," Flack chose to produce the album herself, something few women did at the time. Using the alter ego name Rubina Flake, she drew little attention to her production role to retain the focus on her music.

Her pioneering spirit in music made way for her musical direction in social justice. She tackled strong social issues from the era with songs like "Tryin' Times," which speaks on racial injustice: "People always talk about man's inhumanity to man, but what you tryin' to do to make this a better land?"

Similarly, in her song, "Compared to What," she

sings: "Possession is the motivation, hangin' up the whole damn nation. Looks like we always end up in a rut, tryin' to make it real, but compared to what?" Her desire to highlight important ethical issues and refusal to conform to social norms ensured her music would be passed on for generations.

Flack's power in music is certain. She earned 14 Grammy nominations and won five, including two back-to-back Record of the Year wins in 1974 and 1975 for "First Time Ever I Saw Your Face" and "Killing Me Softly." In 2020, she was recognized with a Grammy Lifetime Achievement Award.

No words can encapsulate the impact of Flack's life and music. With her soul-stirring voice and unwavering passion, she inspired millions across generations, breaking barriers and igniting dreams. Her artistry resonated deeply, empowering women to rise confidently in the male-dominated landscape of the music industry. Through her self-produced works and socially conscious themes, she paved a path that others could follow, championing equality and creativity.

While she amassed countless prestigious awards throughout her outstanding career, her timeless music is a powerful testament to her extraordinary legacy — one that will echo through the ages in her timeless voice.

Cooper Wells is a staff writer.

Vatican's AI insights set example for Jesuit universities

As artificial intelligence evolves faster than the global community can fully understand, an unexpected voice has entered the conversation. On Jan. 28, the Vatican weighed in on the revolution in a document titled "Antiqua et Nova."

Examining AI through a Catholic perspective is especially intriguing, considering the Christian denomination's emphasis on human dignity. While there is no single author of the document, much of its content is reportedly drawn from ideas Pope Francis has expressed in recent years.

The document addresses fundamental questions about AI, including what it truly means for a machine to be "intelligent." It also lists aspects distinguishing human intelligence, such as embodiment, relationality and an innate desire for truth.

While the document is composed of 117 paragraph-long statements, the second paragraph has a qualifying message regarding the ethics of AI usage: "The Church encourages the advancement of science, technology, the arts and other forms of human endeavor, viewing them as part of the collaboration of man and woman with God in perfecting the visible creation."

In other words, if God gave skills to human beings, it would also make sense for him to accept and embrace his

creations' scientific and technological advancements. The document goes on to describe the development of AI as a "new and significant phase in humanity's engagement with technology."

As AI continues to change the modern world, the Vatican's perspective is a valuable contribution to the ethical and philosophical debate — one that aligns with Francis' legacy of progressive engagement with other contemporary issues such as climate change and immigration.

As the total implications of AI usage in the academic context remain uncertain, Jesuit universities and other Catholic institutions should heed Francis' call for action in addressing non-human cognition and its

implications for academic integrity.

Gonzaga University has taken such steps toward this forward-thinking mindset, making various on-campus investments to more fully understand the ways AI can be ethically implemented. After securing a grant to support AI research, the religious studies department will host faculty workshops in late summer.

Meanwhile, renovations are underway on the first floor of Herak Hall, expanding student space and housing a new Human-AI Collaboratory, further positioning the university at the intersection of faith, ethics and technology.

Additionally, GU now offers a graduate certificate program, Leadership

in the AI Revolution, equipping students with the knowledge to navigate AI's evolving role in society.

While GU is among the many Jesuit universities embracing AI research, the Vatican's approach is also centered on ensuring that technological advancements do not harm society's most vulnerable populations or deepen existing inequalities.

The document stresses the need for ongoing reflection on AI's influence on human relationships, labor and society as a whole. This way of thinking advocates for the prioritization of social responsibility rather than exploitation and control.

Ethical AI development must also confront the dangers of "deepfakes" and misinformation, which threaten the foundations of an informed society.

Conversations from religious institutions, universities and policymakers will hopefully create a future where technology upholds human dignity rather than undermining it.

Henry Krueger is a news editor.



By HENRY KRUEGER

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Funding Mangione's defense won't fix US health care

Luigi Mangione's legal defense fund is not the place to direct your anger at the American health care system.

Murder is wrong. That is why America's health care system and the insurance companies that run it are nothing short of criminal. It is estimated that between 40,000 and 80,000 Americans die annually due to lack of health insurance, not including the deaths or adverse medical events that occur from underinsurance or denied claims.

Understandably, the American people are fed up with a health care system that puts profits over people's health and well-being. Given Americans' righteous anger, it is not surprising that Mangione's assassination of United Healthcare CEO Brian Thompson was celebrated by many across social media.

It is also not shocking that a fundraiser for Mangione's legal defense has raised over \$500,000 so far. However, it is troubling. The anger toward our health care system is valid and celebrating an attack on that system is understandable, especially considering our politicians' refusal to address the problems.

At the end of the day, however, we must accept that Mangione is accused of killing a man. A society that accepts murder as morally justified by financially supporting it is just as broken as a society that allows insurance companies to dictate life and death. Donating to Mangione's legal defense may make a political statement but



By SEAN COUGHLIN

will do nothing to address the chaos and instability plaguing our healthcare system.

Besides, Mangione doesn't even need your money. He comes from a wealthy New Jersey family and retained a decorated private attorney as his legal counsel. It's clear he already has the resources to mount an effective and robust defense. Our money would be better spent on our own needs: those exorbitant medical costs aren't going to pay themselves.

If someone has the money to spare and seeks an outlet to support productive means of change, donations would be better allocated to political organizations that organize and advocate for health care reform. The outcome of the Mangione trial, whatever it may be, will not lower your health premiums or force insurance companies to approve claims. Organizing, protesting and building support for universal health care or expanding Medicare has that potential.

I acknowledge many are skeptical that we can achieve change by working within the system. Like I said, it is broken

and unresponsive to the people. Americans have been fighting for health care reform for decades, and genuine change remains mostly elusive. I will concede that an extra \$500,000 in donations likely won't cause a breakthrough on this issue, especially considering the current administration in the Oval Office. Regardless, there are still more productive means of expressing your opinion than contributing to Mangione's defense fund.

It is natural to be angry, especially in the face of so much suffering and pain. As the son of a nurse, I cannot tell you how many times I have heard my mother rage at her computer because an insurance company denied another patient's necessary medical assistance. The fact that insurance companies are still allowed to hold our health ransom for profit is absolutely reprehensible. However, we have to aim that anger in the right place if we want to change things. Mangione's legal defense fund is just not it.

Sean Coughlin is a staff writer.

Women whose impacts continue to inspire

COMMENTARY
By HOLLY FIJOLEK

Women today benefit from more widespread support than has been demonstrated in the past. To fully appreciate the current climate, it is important to first recognize the past achievements and dedication of women who served as an invisible hand holding up women's experiences in the present day.

Many times, female figures have gone unnoticed or opposed for their work, and as we look back at their accomplishments, we should take into account the strength needed to overcome discrimination and create positive change. These four women worked to inspire and shape the world that we live in today despite the opposition they faced.

Marie Curie

Marie Curie was a scientist known for her discoveries of radium and polonium, which won her Nobel Prizes in 1903 and 1911. She worked with her husband, Pierre Curie, to make discoveries that have been used to develop modern X-ray technology and further understand radioactive materials and their impacts. Despite Marie Curie's great accomplishments in research, which she dedicated her life to, Pierre Curie was initially proposed to receive the Nobel Prizes for the couple's work. Marie Curie was only given the honor due to his persistence that they share the prize.

Additionally, Marie Curie could not attend school in Poland, her home country, for radium work because they did not allow women into the University of Warsaw at the time. She instead had to move to Paris and attend Sorbonne University. Marie Curie's perseverance in pursuing the research that interested her and her dedication to her study led to scientific and medical advances that remain crucial to modern-day life and technology.



Yousafzai received a Nobel Peace Prize for her work in advancing education for women.

Rachel Carson

In 1962, Carson published "Silent Spring," a revolutionary novel about the harmful impacts of human-made chemicals, like pesticides, on the environment and people. Carson approached environmental impacts in a scientific manner that eventually led to broad scientific consensus and famously started the conversation that spurred the ban of DDT, a particularly harmful chemical to many ecosystems. Despite the strong claims Carson detailed and researched, many male biologists and scientists discredited her writing, dismissing it as feminine instead of

scientific because of its poetic style that described the natural world. Without Carson's environmental activism and her perseverance through criticism, the current protections in place for people and nature against chemicals may not exist in the way they do today.

Wangari Maathai

Maathai was an environmental activist who founded the Green Belt Movement and received a Nobel Peace Prize in 2004. As a woman from rural Kenya, Maathai brought attention to the harmful societal impacts of environmental degradation, specifically on historically marginalized

groups like women and the poor. Her solution to start an organization for women to plant trees and improve their environment led to the planting of over 30 million trees in Kenya. It also provided a mode of activism for women to protect their own quality of life rather than being subjected to the damage of mass deforestation.

Maathai pioneered uniting environmental issues with political and societal injustices, making environmentalism not just a way to protect nature but also to promote democracy and improve people's livelihood. Maathai's perseverance through criticisms from the government of Kenya, political unrest and doubt of the importance of her work laid the foundation for many current conservation and political movements.

Malala Yousafzai

Yousafzai has become a global icon and activist for women's education. She rose to fame by speaking about her experience with navigating Taliban violence and restrictions in Pakistan. Girls were banned from school when Yousafzai was only 11 years old, and in the following years, she took a stance by making public speeches about women's equal right to education. Yousafzai was shot in the head in 2012 by a Taliban member as a response to her outspokenness, which spoke to the urgency of her cause.

After recovery, she spread her story and founded the Malala Fund, which creates resources for educational programming and opportunities for girls across the globe. She received a Nobel Peace Prize for this work in 2014. Her work has globally shifted attitudes toward education as a basic right that some are still denied. Without Yousafzai's activism and determination, many girls today would not receive the education that they are, making her continuing work foundational to moving toward a global environment where education is celebrated and accessible to all.

Though from different periods of time and backgrounds, these women have all demonstrated strength and perseverance, which they dedicated to what was important to them. While celebrating Women's History Month, it is imperative to reflect on how strong women's accomplishments continue to impact the things we hold important today.

Holly Fijolek is a staff writer.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

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Solution to Last Week's puzzle

2/9/25

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

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

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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
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- JM. YEAH**
By Michael Torch & Kevin Christian
- ACROSS**
- 1 Wraps (up)
 - 5 Young lady
 - 9 Last name of football brothers J.J. and T.J.
 - 13 Cuts with light
 - 18 Start to fall?
 - 19 Skip past
 - 20 Complicated
 - 21 College sports channel
 - 22 "Voyage to India" Grammy winner
 - 23 Actress
 - 24 At hand
 - 25 Braces (oneself)
 - 26 Switching out tedious people?
 - 30 1948 presidential election winner
 - 31 "Money ___": Spanish Netflix crime series
 - 32 TripTik output
 - 34 Egyptian viper
 - 35 Body art
 - 37 Classroom ennu?
 - 41 Grandma
 - 43 Verdi opera
 - 44 Cliched plot device
 - 45 Extremely powerful networking device?
 - 51 Home of Arizona State
 - 54 Company with brown trucks
 - 55 Pet food brand
 - 56 Strikingly strange
 - 58 "Likewise," informally
 - 61 Lots
 - 63 Makers of top 10 lists
 - 66 Hover (over)
 - 67 Obama daughter
 - 68 Strange guy at a class reunion?
 - 70 Roves around
 - 74 Opera number
 - 76 Use for support
 - 77 Home of the Sherpa people
 - 78 Steeplechase barrier
 - 82 "Drag Race" host
 - 85 Lugosi of "Dracula" fame
 - 86 After taxes
 - 87 Shri! cries
 - 90 "Life is short, don't drink Coke," e.g.?
 - 92 R&B singer Braxton
 - 95 Opening course
 - 97 Till stack
 - 98 Visual aids for treating snake bites?
 - 103 Rust shade
 - 104 Small ballers
 - 107 "Rocky" role
 - 108 Overjoy
 - 110 Amp handler
 - 112 Responses to questions at an anglers' conference?
 - 116 Target Field team
 - 118 Durable jacket material
 - 119 Prefix with bot
 - 120 77-Across's locale
 - 121 Carried
 - 122 Linney of "Ozark"
 - 123 Shade
 - 124 Academic acronym
 - 125 Like some enclosed stadiums
 - 126 Otherwise
 - 127 Tart fruit used to make gin
 - 128 In this place
 - DOWN**
 - 1 Peloponnesian city-state that warred with Athens
 - 2 Diamond stats
 - 3 Call from a friendly prefix
 - 4 Cook bao, say
 - 5 Password partner
 - 6 Blessing ender
 - 7 Goller Vijay
 - 8 Utters
 - 9 Got started
 - 10 Piedmont wine center
 - 11 Ruler until 1917
 - 12 Rare blood designation
 - 13 Creative displays made with toy bricks
 - 14 Barely boiling
 - 15 Few and far between
 - 16 "___ of story"
 - 17 Fishy, in slang
 - 20 Title role for Brandy Norwood
 - 27 Tarnish
 - 28 Hawaiian Punch rival
 - 29 ___ Tomé and Príncipe
 - 33 State flower of California
 - 36 Kentucky fort
 - 38 Tribute in verse
 - 39 Petting zoo cutie
 - 40 Table in the desert
 - 42 Love
 - 45 Adam Clayton's instrument
 - 46 First name in scat
 - 47 "Planet of the ___"
 - 48 "Why should I care?"
 - 49 Cybercommerce
 - 50 Bishop's hat
 - 52 ___ reader
 - 53 Environmentally
 - 57 ___ chest
 - 59 "Freak on a Leash" band
 - 60 Blob on a microscope slide
 - 62 "Born to Fly" singer Evans
 - 64 Incurred
 - 65 Skiing spot
 - 68 Corduroy ridge
 - 69 Not suitable
 - 71 Acme
 - 72 Senegal neighbor
 - 73 Poetry event
 - 75 Frozen over
 - 78 "As seen ___"
 - 79 Liberal arts college in Kentucky
 - 80 Refuse to budge
 - 81 "Frozen" sister
 - 83 Type of interface
 - 84 Factoid in a CD booklet
 - 88 1990s fad disc
 - 89 Certain
 - 91 Windows precursor
 - 93 "Put Your Records On" singer Bailey Rae
 - 94 "That one didn't hit the target" instrument
 - 96 Cocktail of tequila and grapefruit soda
 - 99 Morse code unit
 - 100 Not going anywhere
 - 101 Dent or scratch
 - 102 Double takes?
 - 104 "___ Fideles"
 - 105 Not as close
 - 106 Bagel option
 - 109 Yahoo! service
 - 111 Overflowing (with)
 - 113 "Snow Crash" novelist
 - 114 Wildebeests
 - 115 Part of A.D.
 - 116 Up in the air, for short
 - 117 Court

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- 3) JOIN THE GONZAGA STUDENT MEDIA 2025 ESPN GROUP WITH PASSWORD ZAGS2025! (ALL LOWERCASE)
- 4) CREATE YOUR BRACKET & MAKE YOUR PICKS BEFORE THE FIRST GAMES TIP OFF!

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- YOU MUST SUBMIT YOUR COMPLETED BRACKET BEFORE THE START OF THE FIRST MEN'S & WOMEN'S TOURNAMENT GAMES, RESPECTIVELY.
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Artist's legacy welded in Spokane

By ALEX HERNANDEZ

For Sister Paula Turnbull of the Holy Names of Jesus and Mary, the "Kingdom of Heaven" was one of many art sculptures to be painstakingly crafted — one weld at a time. In Spokane, which she called home for more than 45 years before she died in 2018, countless street corners, buildings and worship spaces are adorned with her ministry.

Turnbull's artistic legacy was first created with her whimsical "Garbage Goat," a trash-eating sculpture of a billy goat crafted for the environmentally conscious Expo '74 in downtown Spokane.

Although initially decried by goat farmers in The Dairy Goat Journal as a reinforcement of stereotypes that "goats would eat anything," the sculpture has become a beloved Spokane landmark and prompted other goat-themed attractions and businesses throughout the city.

For Turnbull, the magic of the "Garbage Goat" was in the joyful reactions of the children who interacted with her project through the years.

"When I meet children now, and they learn I was the one who made the goat, well, I suddenly get to be 10 feet tall in their eyes. It's very nice," Turnbull said in an interview with The Spokesman Review in 2007.

Born in 1921 in Seattle, Turnbull spent much of her childhood on the beach near Alki Point searching for interesting objects that turned up in the tide. Jere Mansfield, an administrative assistant for the Sisters of the Holy Names and friend of Turnbull, said Turnbull's fascination with art began during this time on the Seattle shoreline.

"She told me she used to go for long walks on the beach in search of materials," Mansfield said. "Often, she would use black tar from the beach to illustrate pianos on rocks. Her love for art began at a young age."

After joining the Sisters and receiving her education, Turnbull taught at several Catholic institutions in Spokane and Seattle. For 35 years, she organized an annual month-long art study throughout Europe and South America for students interested in art. Mansfield said she recalled Turnbull's reputation during these trips as being indefatigable and intense.

"Paula was not one to waste time in her pursuit of education," Mansfield said. "She was known for walking fast and giving out little quizzes to ensure that her students were making the most of the opportunities abroad."

When she wasn't teaching students or studying abroad, Turnbull could be found in her studio, which had been specially designed for her in the convent. There, among



Turnbull's "Garbage Goat" sculpture has become a Spokane icon and is one of her many pieces across the city.

myriad collected oddities hanging from the walls, she gave life to art that was distinctively her own, Mansfield said.

"She had a technique that utilized copper tubing to give a waving, flowing appearance to her art," Mansfield said. "Part of her original purpose for using copper tubing was to make statues and art more affordable for the churches that purchased them. It certainly was a defining characteristic of her work."

In her later years of life, Turnbull, despite declining health, maintained her dedication to her work. Rick Davis, a local Spokane sculptor who assisted Turnbull with some of her final works, said she had a "childlike wonder and joy."

"After a session in the workshop, Paula would often walk me down to a ravine behind the convent to a rusty bridge," Davis said. "She loved to admire the graffiti and regularly checked to see if anything new had come along. She was well into her 90s at this point, but she had such an admiration for art in all its forms."

In addition to her metal sculpting, Turnbull explored her voice in other mediums, including wood carving and landscape painting. Davis said he recalled a time during a visit to his home when Turnbull displayed her abilities on canvas.

"I remember her sitting with a brush and a canvas looking out my front window," Davis said. "We have a beautiful view of trees and hills, devalued slightly by our neighbor's unsightly tin roof. I remember how she took

the concept and color of the roof, and her brush translated that into a running stream. She had an eye for the beauty in everything."

One of Turnbull's most intricate pieces, "Cosmos - In The Beginning," originally located above the Altar of the Convent of the Holy Names chapel, used Hubble Telescope imagery to depict galaxies in outer space. Turnbull used copper to represent the heavens and showed lenticular, elliptical and spiral galaxies, said Sister Joan Christine Von Bank, SNJM, in Turnbull's funeral program in 2019.

"The total piece is like a womb full of being — no two creations the same yet interdependent and made for oneness," Von Bank wrote. "Love is the beginning, and love is the end as well as our life's companion in the ever-expanding universe."

As was common in her artistry, Turnbull turned to the natural world for inspiration as she worked on "Cosmos."

"She once showed me a broken beehive that she had come across on one of her many walks," Davis said. "She told me that she found her inspiration for her piece 'Cosmos - In The Beginning' within the geometry of that old nest. She had a vision and an incredible eye for detail that enabled metal scraps to become something extraordinary."

Alex Hernandez is the opinion editor.

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The bubblegum pink drive-thru stand offers coffee, dirty sodas and Lotus energy drinks at 1717 W Garland Ave.

Muggies Coffee Co. is 'for the girls'

By KAITLIN SMITH

When driving down North Ash Street in Spokane's Garland District, a small drive-thru coffee stand is not an uncommon sight. However, a pink, bubbly, welcoming coffee stand with artistic, handcrafted drinks and sandwiches along with free donuts on Mondays can only be found at one place in this coffee-obsessed city: Muggies Coffee Co.

Muggies was taken over by current owner Madison Hare in 2023. Hare had worked at the coffee stand when the COVID-19 pandemic furloughed her from her full-time job as a wedding photographer.

Once the pandemic allowed, Hare moved to San Diego and opened her own wedding photography business. Shortly after, she got a call from the former owners of the coffee stand asking if she would be interested in buying it.

Hare said that she originally had the idea of opening a drive-thru coffee stand in San Diego, and thought that having a stand in Spokane would help jumpstart this vision.

"Coffee is so different here than it is

anywhere else in the world, besides maybe New York," Hare said. "There's so many coffee stands. It's just not like anywhere else."

When Hare took over the business, her time in California influenced the direction she took with the Muggies marketing. Seeing how coffee companies in San Diego used social media in different ways from here in the Pacific Northwest inspired Hare to apply these strategies to Muggies.

"I took what I knew from being in California and brought it up here, because I noticed that there's not a lot of places here that take social media seriously," Hare said. "And ultimately, the reason why Muggies has become what it has become ... is because of social media."

Muggies' Instagram account has amassed over 6,300 followers in just over a year of being active. In addition, Muggies has tripled its sales since the first year of operation, Hare said. Kelli Ballinger, who has been working at Muggies for 19 years, said this change has been noticeable since Hare took over the company.

"Everyone is always talking about how cute the posts are, with all of the

girls that [Hare] shows drinking coffee from Muggies," Ballinger said. "I think it's just a very cute idea. It's refreshing and something new."

Muggies is known around town for its signature pink shed and feminine, girly touches. Hare said that this was not a part of her original vision for the coffee shop, but as she began to design Muggies, pink just felt right.

"It stands out, it's different and I hadn't seen any other place do it," Hare said. "I've always loved women, supporting other women and lifting other women up. That's what I want the concept to be, that Muggies is for the girls."

Hare, as a Spokane local, said she has faced some adversity as a woman-owned small business in her hometown. Despite the challenges, Hare said that there are parts of being a small business owner that are very rewarding for her, especially when it comes to the community around Muggies.

"I definitely think that there have been a lot of struggles," Hare said. "But on the opposite side, there's been such great things with being a woman-owned

business, because I think a lot of people want to rally around that."

Another notable factor of Muggies is the foundation of faith the company has. Hare said she is a Christian and attributes a lot of the success in her professional life to these values.

"I wouldn't be here without the faith factor," Hare said. "The moment that I shared my business with God was when I started to see some really cool things start to change in my business."

This foundation shows in the environment that has been created for Muggies employees and customers, as Ballinger said Muggies has a welcoming structure.

"I just love how family-oriented we are as a group of our employees, and our customers are so amazing," Ballinger said. "We treat them like family as well."

The drive-thru coffee business is well-established in Spokane, with many competitors in close quarters to Muggies. Despite the high volume of coffee stands in the area, Hare said it's important to work with other businesses in the community.

"Community over competition has always been my motto," Hare said. "I know that business is hard just going through it, and I just want to be a friend, a leader, a mentor to anyone that needs it or wants it."

While working with other coffee companies in the area, Hare said she prides her business in being able to offer customers a unique experience. Muggies aims to bring a nostalgic feeling to its clientele and uses its online presence to fulfill this goal.

"We serve a great product, but the heart behind what we do is much greater," Hare said. "To give back to people and to love on people and to let that five-second interaction with someone impact their day is worth so much more than you actually think."

Hare said that she wanted to spend her first year focusing on the curation of Muggies as a brand. Another goal she has is to expand not only within Spokane but also around the country.

"I'm about a year-and-a-half in now, and I think I want to expand," Hare said. "I honestly want to take it U.S. wide. There are so many dream destinations that I could totally see an up-and-coming drive-thru coffee shop in."

Kaitlin Smith is a staff writer.

Tasty treats at Sweet Frostings

By MADELEINE THOMPSON

One might assume that working with family presents an array of challenges, but mother-daughter duo Sally Winfrey and Jessica Atkinson have proven otherwise with their bakery, Sweet Frostings Blissful Bakeshop. The bakery, co-owned and operated by the pair, has two locations in Spokane, one at 15 S. Washington Street and the other at 10406 N. Division Street.

Winfrey originally founded the bakery in 2011, just before the cupcake craze swept the nation. From the moment Sweet Frostings opened its doors, the Spokane community embraced it, Atkinson said.

Before opening Sweet Frostings, Winfrey sold homemade treats to grocery stores. During her time as a vendor, Atkinson said her mother encountered common commercial ingredients that could pose serious health risks, which fueled her passion for using better quality ingredients.

"When she learned about these harmful ingredients, she would educate stores on it," Atkinson said. "She learned people didn't care, they just wanted a cheaper production cost."

When the opportunity arose to open her own bakery, Atkinson said Winfrey seized the chance to provide Spokane with delicious treats made from natural, wholesome ingredients.

Atkinson said she became involved in the business at a young age. She started baking bread with her mom in the kitchen and slowly realized that working with her in a shared passion was something she could continue doing.

"I was 14 at the time Sweet Frostings opened, and I thought it was so cool," Atkinson said. "I just joined my mom on all of her adventures."

Atkinson said baking had always been a shared passion between the mother-daughter duo. As she grew up in the kitchen with her mother, she spent countless hours helping her mom fulfill orders.

"My mom always encouraged me to bake," Atkinson said. "I would help her in the kitchen when she had to travel for work. We've always been really close, so working together just made sense."

Balancing a mother-daughter bond with a business partnership can be difficult, but Atkinson said the two always rely on the foundation of their relationship.

"We always come back to the fact we're best friends, so we're going to figure it out," Atkinson said.

Atkinson said there was nothing she loved doing more than working with her mom. Having someone with her mother's experience is great to have when seeking advice, she said.

Though they had distinct roles in the business, they valued collaboration, Atkinson said. Now that Winfrey has retired, Atkinson runs the bakery on her own.

Atkinson said the duo could normally be found laughing in the kitchen, creating a new recipe, but it is now a rare occurrence. The kitchen is now filled with people carrying on Winfrey's legacy.



SAM RAINES IG: @samuel.raines

Sally Winfrey, left, passed the torch to daughter Jessica Atkinson, right, to operate the bakery.

"She misses it sometimes, so she'll ask if she can come in for fun," Atkinson said. "She just wants to hang out, and I'm like, 'Well, I have to bake, so do you want to help?'"

Sweet Frostings offers a variety of baked goods, including fire-breathing dragon cakes and classic chocolate chip cookies. Atkinson said the bakery is a collection of specialized teams working together.

"We have a baking department, a decorating department and so on," Atkinson said. "So if you order something special, like a Victorian-style cake with your face on it, we have talented artists who can make that happen. I think that really sets us apart — that's not something you'll find at a franchise."

Lisa Daniels, a longtime Spokane resident and Sweet Frostings customer, said it is obvious the bakery is dedicated to quality and creativity.

"I love coming here because everything tastes homemade, but even better," Daniels said. "You can tell they care about their ingredients, and that makes a difference."

Daniels also said she appreciates the bakery's artistry. "I ordered a custom cake for my daughter's birthday, and it was incredible," Daniels said. "Not only did it look amazing, but it tasted even better. They executed what I wanted to perfection. You don't get that kind of care and craftsmanship at any old place."

Beyond the quality of its products, Daniels said Sweet Frostings has created a welcoming environment for the community.

"The second you walk in the door, you're welcomed with the aroma of fresh-baked treats and a warm greeting from the staff," Daniels said. "It feels like a happy place where people can connect and celebrate life's little moments."

Atkinson said that using quality ingredients is a top priority, even if it brings the cost of goods up.

"We get a lot of complaints about our prices, but you cannot make a high-quality product for cheap," Atkinson said. "When you buy a cookie from a chain, you're not getting real butter, eggs or anything natural. You're getting chemicals and substitutes. You can taste the difference,

and you can feel the difference in your body when you eat it."

Beyond serving up sweet treats, Sweet Frostings is deeply involved in the Spokane community, Atkinson said.

Sweet Frostings contributes to organizations including the Ronald McDonald House, Wishing Star Foundation and Make-A-Wish. It also supports Lutheran Community Services Northwest. Additionally, Atkinson serves on the Business Improvement District Board.

Running a business with family has taught Atkinson valuable lessons, she said. Learning where to draw the line is important to be able to maintain working and family relationships.

"You have to set boundaries," Atkinson said. "The business has to come first when I'm working, and sometimes that means making tough decisions. But it's important to maintain balance."

Atkinson also said she encourages people to support local businesses when they can, as all profits go back into the community.

"If you shop local, that entire dollar goes back into your neighborhood, supporting families and small businesses," Atkinson said. "Even if you can't afford to shop locally for everything, prioritizing it when you can has a big economic impact."

Daniels echoed this sentiment and said it is important to support businesses that truly care about their customers.

"When you buy from a place like Sweet Frostings, you're not just getting a product — you're supporting someone's dream," Daniels said. "You're helping a local business thrive, and that's something really special."

Sweet Frostings Blissful Bakeshop is open Monday through Friday from 8 a.m. to 6 p.m. and Saturday from 10 a.m. to 5 p.m. at its downtown location. The Whitworth location operates Monday through Sunday from 10 a.m. to 6 p.m.

Madeleine Thompson is a contributor.

Baseball's top batter Shupes for the stars

COMMENTARY

By BROOKS COLEMAN

After several weeks of frigid weather and overcast skies in Spokane, the clouds finally gave way to picturesque sunny weather over the weekend, bathing Gonzaga University's campus in sunlight — but GU baseball remains in the darkness.

The Zags went 2-8 with just one win in their past nine games, punctuated by a home sweep at the hands of BYU in which they gave up 40 combined runs in three games.

If not for the efforts of second baseman Hudson Shupe, the Zags could be facing an even more dismal outlook.

Shupe was a valuable contributor for GU last season, batting .289 and collecting 44 hits in 37 appearances, but his game has taken a notable leap to open the 2025 season, as the junior currently bats .400 with a 1.056 on-base plus slugging percentage. Shupe has reached base in each of GU's 10 games thus far.

During the offseason, Shupe was invited to play for the Orleans Firebirds in the Cape Cod Baseball League, which has offered some of the country's premier collegiate players a chance to hone their skills over the summer for more than a century.

Shupe excelled during the CCBL's 40-game season, hitting .310 with a .744 OPS and 11 runs batted in. He credited his time with the Firebirds for his hot start to the college season.

"It helped a lot, you know, seeing some of the best pitching you can see," Shupe said of his time in the CCBL. "Coming into the year, I was confident knowing I wouldn't see anything I haven't seen before."

The results of this offseason experience have been evident on the diamond. Shupe's 18 hits and seven runs have paced the team this season, and he's performed



LUCY BOOTH IG: @photo_b00th

Hudson Shupe has made his way on base in all ten of GU's games so far.

in a variety of spots in GU's lineup.

"He's been consistent every single game — he's been on fire," said GU head coach Mark Machtolf. "We've moved him around in the batting order. He's hit one, two, three [and] five, so I think he'll settle into probably the two-hole. But he's been

outstanding."

Shupe's strikeout rate has plummeted this season. Last year, he struck out 28 times in 152 at-bats; this year, he's been punched out just four times in 41 at-bats. Machtolf has spoken about wanting hitters to be "tough outs" at the plate, and

Shupe has tried to embody that through an aggressive approach in the batter's box.

"For me, that's just not striking out, looking for my pitch early to hit and get on base with," Shupe said on being a tough out. "But once you get into a two-strike count, [it's] refusing to go down to strikes [and] putting pressure on the defense."

Shupe also worked to improve his hitting against off-speed pitches over the offseason, and he credits this adjustment as a factor in his hot start to the year.

"I've always been able to hit against fastballs," Shupe said. "But really working this offseason against breaking balls, especially from a right-handed pitcher, has helped me get off to [this] start."

Some of the Zags' biggest games thus far have brought out Shupe's best. He picked up three hits in their extra-innings win over Baylor on Feb. 23, including a first-inning RBI single in an eventual 8-7 victory over the Bears. Shupe also went 3-for-5 in the Zags' season-opening win over UC Davis, picking up an RBI and scoring on a Mikey Bell triple.

No matter where Shupe hits in the lineup, he aims to produce at the exact same level.

"My mentality is, wherever I'm at, to go perform [and] do what I can," Shupe said. "I love being in the two spot. That's where I feel most comfortable, but wherever [Machtolf] puts me in the lineup that day, I want to go out there and help the team win."

Shupe will look to continue his on-base streak and help the Zags get back on track after a 10-8 loss against Seattle University (3-9) on Wednesday.

Brooks Coleman is a copy editor.



LUCY BOOTH IG: @photo_b00th

Head coach Mark Machtolf meets with a group of Zags on the mound in a game against BYU.

Machtolf readies Zags for 12-game road trip

By KYLE SWEENEY

Mark Machtolf entered Gonzaga University baseball's recent four-game homestand just one win away from reaching 600 career victories. However, after an 0-4 showing at Patterson Baseball Complex, the longtime head coach will have to chase the milestone on the road.

The Bulldogs will embark on a 12-game road trip, starting with a visit to Tempe, Arizona, to face Arizona State (9-4) in a three-game series from Friday through Sunday.

If the BYU series showed anything, it's that facing Big 12 opponents is a challenge. BYU was picked to finish last in the Big 12 preseason poll, while ASU was picked to finish sixth in the 14-team conference.

"It's great to go to those venues and play against top-notch competition," Machtolf said. "It's a great time because we have great competition and it surrounds spring break, so our kids can focus and not be too concerned with school."

Arizona State has faced tough competition all year, including big-time programs such as Ohio State, Minnesota and UCLA. ASU split its two-game series against UCLA, shutting the Bruins out in the second game 2-0 (BYU lost to UCLA 15-4 earlier this season).

The Sun Devils boast a solid hitting lineup throughout the order, with six hitters batting .250 or above. There is also no shortage of power, as the Sun Devils have belted 18 homers this season through 12 games (GU has three total through nine). After BYU slugged 10 home runs in three games versus GU, being able to slow down the big bats of the Big 12 is the top priority for the Zags.

GU plated eight runs and 14 hits in the series finale

versus BYU and ended up losing by nine runs. Despite the bats showing a spark after a stone-cold start (.218 team batting average going into the game), the GU pitching staff was roughed up throughout the series, continuing a trend of imbalance between success at the plate and success on the mound to start the season.

In a four-game stretch from game two against UC Davis to game two against Baylor, the GU pitching staff only allowed 17 total runs, matching the game three total against BYU. However, GU only plated four total runs in that span. In the final two games against BYU, GU scored 14 runs, only to be doubled up by BYU's run total of 30.

Prior to conference play beginning on March 21 against Pepperdine, GU has multiple opportunities beside ASU to right the ship. GU will head to Seattle to take on the Washington Huskies from March 14-16 before its opening conference series against Pepperdine from March 21-23. One-game stands at Utah Tech (March 11), Seattle U (March 17) and Washington State (March 25) finish off the lengthy 12-game road trip.

GU will return home on March 28 for a three-game series against Pacific — something second baseman Hudson Shupe said the team is already looking forward to.

"It's nice to have the routine, be able to sleep in your own bed, not worry about going to a different gym, waking up in different time zones," Shupe said. "So just having that feeling of being home is nice."

Kyle Sweeney is a staff writer.

Nembhard, Turner end season with top NCAA marks

COMMENTARY

By CAM MCCANN

After another year of high-level hoops, both Ryan Nembhard and Allie Turner ended their seasons with top NCAA marks and multiple West Coast Conference Player of the Week awards.

Nembhard nabbed his second WCC Player of the Week award after dishing out 15 and 16 assists on the road against Santa Clara and San Francisco to close the regular season. Nembhard was the first Division I player to record back-to-back games with 15 or more assists since 2011 and set a conference record with 311 dimes on the year. That number is also good for No. 13 all-time in the NCAA. He ended the season on the All-WCC First Team and averaged a double-double in points and dimes.

Nembhard, a recent snub on the Bob Cousy award list of finalists, has been a steady hand over the GU offense ever since he arrived in 2023, averaging 35.5 minutes during his two-year tenure. His consistent offensive load for head coach Mark Few has been a black sheep among GU point guards, as Few has opted for a frontcourt-centered approach in the past. With Graham Ike and Braden Huff trading playing time, Nembhard has become one of the only guards to be the face of GU's offense. His feat of totalling over 300 assists in a season is something only done by 20 others.

Turner's season has been far and away the golden standard for WCC first-years, winning her eighth Freshman of the Week award on the season before coming away with the Freshman of the Year award soon after. The Missouri native averaged 14.5 points, 3.0 assists, 2.0 steals and shot 73.3% from the field in the two games played last week. Her game at Santa Clara saw her best shooting performance on the season, going 9-for-10 from the field and 5-for-6 from 3-point land.

Turner's 45.27% clip from behind the arc is good for No. 7 in the nation, and the next freshman on the list, Lexi Carlsen, sits 14 spots lower at No. 21. Not only is the new Bulldog shooting with efficiency but with surprising volume as well, making the eighth most threes in women's college basketball.

Yvonne Ejim was another Zag who ended her season with top NCAA marks, but unlike Turner, her work mostly came from inside the arc.

Ejim finished with the fifth-most field goals made in the country, and ended at No. 9 with 642 points scored across the season. Not only did she set top NCAA marks but broke a plethora of career marks at GU.

In her fifth year, the Canadian amassed the most points and rebounds of any women's basketball player while shooting the best field goal percentage. After the 2025 conference awards were announced, Ejim became the only Bulldog to be named WCC Defensive Player of the Year in back-to-back seasons. Not only is she a two-time DPOY, but also the recipient of WCC Women's Player of the Year in the past two seasons.

As both teams go into the WCC Tournament with the coveted quadruple-bye, Turner, Ejim and Nembhard will need to continue providing top-level performances for their teams to come away as WCC victors, earning the necessary auto-bid to ensure neither team will be waiting for the selection show to see their tournament status.

Cam McCann is a sports editor

GU's shrewd Pac-12 move

COMMENTARY
By BROOKS COLEMAN

Following UCLA's home win over Iowa in January, Bruins head coach Mick Cronin was asked by a reporter whether he felt sympathy for the Hawkeyes, who had to travel over 1,400 miles to Los Angeles for their game. Cronin's exasperation was palpable in his response.

"We've seen the Statue of Liberty twice in the last three weeks while we were landing," Cronin said. "And we've still got to go back, and then we've got to go back for the Big Ten Tournament. They do it one time."

College basketball fans nationwide have dragged Cronin time and time again this season for some downright immature press conference quips. But I'll give him a pass here, because the frustrations he expressed are entirely warranted.

UCLA moved to the Big Ten this season alongside USC, Oregon and Washington as part of a round of conference realignment that reshaped college athletics more than ever before. Century-long rivalries came to an end and regional alignment went out the window in the name of revenue and competitiveness.

UCLA and Oregon are two shining examples of the negative consequences of conference realignment. The Bruins' four-game doomsday losing streak in the middle of the season lined up with the most strenuous stretch of travel on their schedule.

Over the course of 10 days, the Bruins traveled to Nebraska, returned home to face Michigan and then flew across the country to play Maryland and Rutgers — logging over 7,700 air miles and losing all four games.

Meanwhile, the Ducks had a promising 15-2 start that saw them ranked as high as No. 9 — all of which was undone by a disastrous midseason run in which they lost six of seven games, a stretch that included four road games. Oregon could have also very easily been winless on the road in conference, as its average margin of victory in conference road wins is 2.25 points.

Oregon and UCLA both entered Big Ten play in legitimate contention for the conference title and quickly dropped out of the race, and it's not far-fetched to suggest that their travel schedules were the culprit.

It's just as bad for Stanford and Cal, who feature putrid 3-6 and 2-9 road



ASH ELLIOT IG: @ashpotatophotos

Gonzaga and Washington State will move to the Pac-12 conference in July 2026.

records this season as new members of the Atlantic Coast Conference. Their schedules included regular road trips across the country to states such as North Carolina, Florida and Virginia — all of which are at least 2,000 miles away from both schools' campuses. While Cal and Stanford aren't contenders by any means, their travel demands haven't helped them find their footing in an especially weak ACC.

Women's basketball programs have dealt with similar issues. Stanford is coming off a historic run under retired head coach Tara VanDerveer, so some regression was expected, but the Cardinals have sunk to the middle of the ACC thanks to a 2-9 road record that included blowout losses in Virginia and North Carolina.

Contrast this with former Pac-12 teams that migrated to the Big 12, a conference with most of its members centered in the southwest region of the U.S.

Arizona men's and women's basketball teams both have winning road records this season, allowing them to break into the top half of their respective conferences. Utah women's basketball also boasts a 7-4 road record.

All of these trends bring a new perspective to GU Athletic Director Chris Standiford's rationale for making the move from the West Coast Conference to the Pac-12 in 2026. Among other reasons, Standiford stressed the importance of geographic location in his press conference following the move last October.

"The regionality can't be over-

emphasized, just because it creates more opportunities for us to do more with the resources we have," Standiford said. "It doesn't stretch us too thin. It allows our fans to be more engaged in following our teams."

GU fans have been understandably frustrated in the past with the Zags' rejection of offers from more competitive conferences such as the Big 12 and Big East, but it makes a lot more sense for the Zags to play in a conference that prioritizes location, especially given Spokane's relative remoteness.

Had the Zags accepted either of these invites, they'd regularly be taking over 1,500-mile road trips, putting the Zags at an immense disadvantage in marquee road matchups against teams like UConn, Houston or St. John's. In the Pac-12, their farthest road game will be San Diego State with 1,027 air miles.

The Zags have set an incredibly high standard for themselves in both women's and men's basketball over the past two decades. GU would likely continue to thrive in a different conference, but cross-country trips would put immense strain on players and coaches, making it much harder to reach the programs' lofty expectations.

Winning on the road in college basketball is already a daunting task, but it's been further compounded for some programs by conference realignment. GU fans should consider themselves lucky to continue to play in a competitive conference that alleviates these concerns.

Brooks Coleman is a copy editor.

GU SPORTS CALENDAR

Friday, March 7

➤ Baseball at Arizona State, Tempe, Arizona, 5:30 p.m., (three-game series)

Sunday, March 9

➤ Women's golf at Tulane Classic, New Orleans, Louisiana, (three-day tournament)

➤ Men's tennis at UC San Diego, La Jolla, California, 2 p.m.

Monday, March 10

➤ Men's golf at Surf Club Invitational, North Myrtle Beach, South Carolina (three-day tournament)

➤ Women's basketball at WCC Tournament Semifinals, Las Vegas, Nevada, noon, (opponent TBD)

➤ Men's basketball at WCC Tournament Semifinals, Las Vegas, Nevada, 8:30 p.m. (opponent TBD)

Tuesday, March 11

➤ Women's tennis at Liberty, Tampa, Florida, 9 a.m.

➤ Baseball at Utah Tech, St. George, Utah, 5:05 p.m.

Wednesday, March 12

➤ Women's tennis at South Florida, Tampa, Florida, 7 a.m.

Home games in bold



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