

BULLETIN FILE PHOTO

GSBA had a record low applicants for the coming school year, which poses a major issue for day-to-day student issues on campus.

GSBA

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Braden Bell, GSBA president for the 2021-2022 academic year, said that this is one of the biggest ways that this record low turnout can directly affect student life at GU.

“When it comes to clubs and club funding, that has to all be approved by senators, so if we don’t have quorum we can’t form new clubs or fund any clubs,”

Bell said. “That includes club sports.”

Beyond club funding, the senate votes on bills that have the potential to alter the day-to-day lives of GU community members.

“Administration was asking us about door access on campus and how students feel about that and they asked me to ask the senate,” Bell said. “That just shows how important and valued senator voices are and how important it is to fill those positions and put as much effort as we can into filling them.”

Without the senate, Bell and other

GSBA members cannot fully complete the duties of an associative student body member.

“[Accessibility for this position] was put into effect for this year’s elections,” Booth said. “Anybody who has a desire to be a part of GSBA, they have the ability to run in the elections.”

The process of running for positions in GSBA has recently changed so that all participation fees and signature requirements have been waived.

“The senate is really like the main advocating voice for students on campus,”

Bell said. “Administration really takes senator voices seriously and they take GSBA opinion as a whole pretty seriously.”

The polls are open for special elections until Wednesday.

All GU community members are welcomed by GSBA to raise any questions or concerns during the open forum or in the Center for Student Involvement in Hemmingson 304.

Kayla Friedrich is a staff writer. Follow her on Twitter: @friedrich_kayla.

OHP

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[and] believes you is critical to this conversation.”

This year, there will be no physical display of the project. Instead, the anonymous displays will be posted on OHP’s Instagram, @gonzaga.ohp, according to Tomar. The posts will include a trigger warning before the photos as well.

For Aguirre, raising awareness for sexual assault is crucial because of the fact that it is such a global issue. Although she said many people feel safe on GU’s campus, sexual assault is still a problem and people need to be aware of it.

Being aware of sexual assault and what it means is critical for people to understand, especially because men in particular often do not recognize sexual assault

when it happens to them, she said.

Tomar said raising awareness for the issue through the “What Were You Wearing When...?” project is a way to show support for survivors and educate people so they can be proactive in taking precautions. He also said with each post on OHP’s Instagram, there will be information on resources that people can go to for support.

“It’s also a good way to show survivors that they’re not alone,” Tomar said. “Yes, there’s just something so deeply bonding with another person to be able to share in that trauma — like, as horrible as it may be — but to be like ‘I don’t have to go through it alone.’”

In addition to the “What Were You Wearing When...?” project, OHP is putting on other displays and events for sexual assault awareness month.

A display on Herak Lawn detailing various statistics related to sexual assault with a focus on marginalized groups was put up on Tuesday and OHP tabled in the

John J. Hemmingson Center on Wednesday to focus on male allyship, Tomar said. April 27 is also Denim Day, when people can wear denim to show support for survivors of sexual assault.

Tomar and Aguirre also said that having the “What Were You Wearing When...?” project online allows it to reach a wider audience.

“... This can be accessed at any time and students can review this and understand that like, this exists and just because it happens one time doesn’t mean it goes away,” Aguirre said. “And I think that’s the same thing with this is just when this month ends doesn’t mean it’s over. Just like for the survivors of these attacks, it’s not over.”

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RAMADAN

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with a meal called iftar.

Sriram was concerned that because of the early and late nature of the fasting, students would not be able to get the food they needed at the correct time. He said that this might be difficult for a Muslim student, because they are most likely relying on the COG as their main source of food and may have to turn to limited outside resources.

After coming to this realization, Sriram felt an obligation to do something about it since no one else was, he said.

He reached out to Sodexo through contacts such as Pat Clelland, and eventually succeeded in creating a program that students can sign up for to receive their Ramadan meals. According to Sriram, Clelland and Sodexo staff were very willing to listen to what he had to say and felt like they took the issue seriously.

Since the introduction of the Ramadan meals, Sriram said he has noticed many positive changes enacted in the COG. For example, he noted the inclusion of dates being offered and said this was a particularly thoughtful action on Sodexo’s part. According to him, it is sometimes a tradition to begin the breaking of the fast with dates during Ramadan.

“Sodexo really did their homework,” he said.

One of the students who has benefited from the new program is Dylan Tantomo, a sophomore business administration major. Tantomo is a practicing Muslim from Indonesia and eats at the COG almost every day of the week. He said it is sometimes hard to eat halal food in the U.S. because the majority of the population is not Muslim.

However, he feels comfortable at GU and was happy when he found about the Ramadan meal program.

“The community is so respectful,” Tantomo said. “They really care about it, I think.”

Tantomo feels grateful to Sriram for helping him gain easier access to Ramadan-friendly meals and said he thinks programs like these will create a more welcoming environment at GU for future Muslim students.

“I think it is a good opportunity for incoming Muslim students coming to Gonzaga...even though it’s a Catholic university, they still respect the diversity and the religion,”



PHOTO COURTESY OF PEXELS

Ramadan friendly foods will be served for the first time at the COG this year, to support those students who practice.

Tantomo said.

Sriram believes that the integration of halal food is beneficial for everyone, not just Muslim students. He is happy to see dishes from many different countries represented and said that it shows people the authentic diversity within Islam.

“Many people think that Gonzaga is all talk, no action,” he said. “But I hope this is an example of taking action.” This is Sriram’s final semester at GU, and he said he wants to depart from the community with a lasting impact.

“I hope this becomes a permanent tradition,” Sriram

said. “I know that we don’t have a lot of Muslim students at Gonzaga, but even though I’m not going to be here, maybe my legacy, in the one year I was here, was that I made people more aware...What we need is more religious diversity here. What I want is for students of different cultures to see themselves represented here... Maybe this small effort on my part, if God accepts it, is that I want people to feel that they’re not alone.”

Lily Johnson is a staff writer.

LIGHTS

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March. The buildings with the highest percent reduction from March to April will be the winners of the competition.

Another central purpose of Lights Out Gonzaga is to encourage students to make small changes that will minimize their energy footprint. These changes include using the stairs instead of the elevator, taking shorter showers, hang-drying clothes and unplugging appliances.

“The first step to really saving energy is just awareness [and] understanding what you can do,” said Theo Labay, president of GSE and co-coordinator of the competition.

Energy consumption has become an increasingly alarming issue worldwide, according to a 2014 report by the U.N.’s Intergovernmental Panel on Climate Change (IPCC). The electricity sector is responsible for 35% of global greenhouse emissions, making it the largest contributor to the world’s total emissions.

Andie Rosenwald, the sustainability coordinator for the Office of Sustainability and lead organizer of Lights Out Gonzaga, hopes that the competition will bring this worldwide

issue into perspective for people across GU’s campus.

“Our biggest goal is setting new habits and education,” Rosenwald said. “Not only fostering care for the planet, but also setting those habits [for students] going forward.”

Rosenwald is a sophomore at GU double majoring in business and environmental studies. She came up with the idea to restart the competition after meeting with her environmental studies advisor. Rosenwald felt compelled to coordinate an event that would highlight energy conservation because she feels that is not addressed enough.

“We’ve been told our whole lives to turn the lights off, but there’s just so many other things that really do genuinely make a big difference,” Rosenwald said.

Past Lights Out Gonzaga competitions were held for one week and conserved about 2,000 kilowatt hours. Blanco predicts that this year’s Lights Out Gonzaga competition will save about three times that amount.

Like Rosenwald, Blanco believes that this event is important for students to establish habits that will benefit the planet. He hopes these habits translate to GU as a whole becoming more environmentally conscious.

“This is an ongoing process in terms of creating a more sustainable environment for our school,” Blanco said.

Blanco also hopes that this competition enhances

advocacy for the development of more sustainable buildings on campus. It is planned for Lights Out Gonzaga to be held annually once again.

This is something that Rosenwald is excited about because she considers passion for energy conservation a necessity in addressing more long-term issues like climate change.

“You can do anything for one day, one week and forget about it,” Rosenwald said. “It’s important to focus on the long-term because that’s how you’re really going to make an impact.”

As students, each of the coordinators understand how the busy college life makes it easy to overlook the importance of reducing energy usage. Therefore, it was important to them to promote Lights Out Gonzaga as a manageable challenge. They believe that the competition’s straightforwardness will allow it to endure for years to come.

“[Lights Out Gonzaga] is about inciting minor changes that aren’t a drastic burden, while also making students feel like they’re making a valuable contribution to the school and planet,” Blanco said.

Amelia Troncone is a staff writer.

HPIC's annual Lū'au expresses themes of home and sharing culture

By CLAIRE TOLLAN

The Gonzaga Hawai'i/Pacific Islanders Club (HPIC) will host its 51st annual lū'au on Saturday, in the John J. Hemmingson Ballroom.

The dances, music and food will be an expression of this year's theme "O Hawai'i Kō Kākou Kulāiwi Aloha" or "Hawai'i, Our Beloved Homeland."

"[HPIC] is a cultural club that focuses on bringing awareness and creating a safe space for students from Hawai'i and also that identify as Hawaiian and Pacific Islander," said Erin Tsue, co-president of HPIC. "We're all about creating that home away from home for students that are so far away from it."

After two years of not being able to host the event due to the pandemic, preparation for this year's lū'au has been ongoing since the Spring of 2020, according to Tsue.

"This event means a lot," Tsue said. "I know just planning it two years ago and not being able to do it was one of the hardest things for us, especially because we were so close to lū'au."

HPIC is planning to host over 400 people this year for the event.

"We really want lū'au to be an expression of our culture and sharing of our culture," said Lea Cayan, the Lū'au Chair for HPIC. "For other community members, obviously Gonzaga students, and just for us to celebrate who we are and kind of hone into our identity as either Pacific Islanders or locals from Hawai'i."

According to Tsue, preparations for lū'au are a community effort. Club leaders work with G.U.E.S.T. Services to lock down logistics as well as Sodexo to coordinate food.

Along with Tsue and Cayan, Co-President Kaila Okubo, Culinary Chair Kehau Gilliland, Public Relations Officer Morgan Baricaua, Mason Daoang of the Lū'au Committee, Treasurer Trenton Uchima, Secretary Devan Iyomasa, choreographers and emcees have been working to plan the event, Tsue said.

Around 30 volunteers are also part of making lū'au a reality.

"We've had a lot of support [from] the planning committee, as well as we have a great group of underclassmen that are kind of stepping up to the plate and helping get the feel and know what lū'au is all about," Tsue said. "Because I think no one really knows except for the seniors what lū'au is, so it's everyone's first time



BULLETIN FILE PHOTO

This year's lū'au will host over 400 people.



BULLETIN FILE PHOTO

Dance practices for lū'au began in January, and there will be around 40 dancers performing.

really embracing it and planning for it to be honest."

HPIC has been tabling in Hemmingson and advertising on social media to sell individual student and community tickets, as well as student and community tables.

Tsue said ticket sale advertising for

such a high capacity event has been a challenge, especially during a busy time for other events and cultural club festivals on campus. Even so, the event is nearly sold out.

Dance practices have been ongoing since January, Cayan said. As lū'au

gets closer, choreographers Zion Vaoifi, Evan Padilla and Kaylie Ho have each held weekday practices. On Sundays, all participants gather to practice as a group.

Around 40 dancers will perform at lū'au this year.

"During the COVID year, half of our club was home, which was really hard for us to expand the club," Tsue said. "Just being able to see each other and have fun, dance, even having COG dinners together after practice are always so fun. Just building those little moments are something that are so special."

One dance, the Implements Dance, will include friends and allies of HPIC. According to Tsue, this dance gives them a chance to experience and dance hula for the first time, as well as learn something new about the culture.

Along with the sharing of Hawaiian culture through food, dance and song, the program will also tell the history of Hawai'i, according to Cayan. The emcees of the event, Josiah Saifoloi and Ikaika Isotoff, will be part of this storytelling.

"I think being at a [predominately white institution] it's been, I think, a shared experience for all of us that it was a culture shock," Cayan said. "You know, we come here and we kind of have to educate people that it's not appropriate to have Hawai'i parties or a Hawai'i-themed party where you wear coconut bras and stuff. Our culture is much deeper and much more rich than that. And I hope people see that reflected in what we put on at lū'au."

She hopes people who attend lū'au will learn about the history of Hawai'i and understand that it is more than just a paradise destination.

"Everyone on my team has worked really hard for this and I'm excited to see the fruits of their hard work," Cayan said. "...I'm really excited to just celebrate the Hawai'i community here and share that with others because these are a bunch lū'au of really amazing people that deserved to be celebrated."

Tickets for lū'au have officially been sold out. The event will take place this Saturday from 5-9 p.m. in the John J. Hemmingson Ballroom. For question or more information, contact mcayan@zagmail.gonzaga.edu.

Claire Tollan is a staff writer. Follow her on Twitter: @clairetollan.

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SCOTUS confirmation marks inherent bias

On April 7, the Senate voted 53-47 to confirm President Joseph Biden's nominee Ketanji Brown Jackson to the Supreme Court. All Democrat senators and three Republican senators voted to confirm, making history by sending the first Black woman to the bench of the highest court in the land.

Yet, while this confirmation presents itself as a landmark moment in the fight for racial and gender justice, the confirmation hearing and the mainly partisan vote demonstrates that there is a long way to go before America reaches racial and gender equality.

From Day One of the confirmation hearing, the senate questioning quickly assumed sexist and racist undertones disguised in legal formality and dramatized partisanship, a stark contrast to the confirmation hearings of the past five Supreme Court nominees.

Jackson's character and poise were challenged almost throughout all of the confirmation hearing by GOP senators, who layered their questions with rhetoric specifically designed to undermine her character and frustrate her into retaliation.

GOP Sens. Ted Cruz, Josh Hawley, Marsha Blackburn and Tom Cotton all largely ignored Jackson's judicial and constitutional views and instead focused attention on a commission that Jackson was a member of, related to sex offenders and mandatory-minimum sentencing.

"I believe you care for children, obviously your children and other children," Cruz said. "But I also see a record of activism and advocacy as it concerns sexual predators that stems back decades, and that is concerning."

Cruz would continue his aggressive questioning of Jackson, bringing up Ibram Kendi's book "Antiracist Baby," which is supposedly taught at Georgetown Day school where Jackson is a member of the school board. In a tense exchange, Cruz asked Jackson if she believed that babies were born racist.

"There are portions of this book that I find to be really quite remarkable," Cruz said. "One portion of the book says



By NOAH APPRILL-SOKOL

that babies are taught to be racist or anti-racist."

These questions by Cruz and other GOP senators are rooted in racial and gendered stereotypes and go beyond the accusations that Jackson cannot rule impartially or is an instrument of the far left. Embedded in these questions, regardless of her answer, is the absurd claim that Jackson is not female or nurturing enough.

While confirmation hearings are hotspots for political rhetoric, these claims are not a reflection of Jackson's character or the existing partisanship in government. They are an example of how racial and gender hierarchies are woven into the social fabric of the U.S.

These questions would have been considered absurd when demanded of white male nominees because these expectations or qualifications are not demanded of white men. Yet, in this situation, these questions were legitimized because they spoke to a false stereotype that Black women are not good mothers.

It is this double standard coupled with a lack of outrage that has made this confirmation hearing so problematic and concerning. Jackson's confirmation should have been an easy

appointment but was instead complicated by specific race and gender attitudes that are ingrained into our government system.

Why did it take over 200 years for the senate to confirm a Black woman to the Court? Why was it so difficult now in 2022? These are the questions we must demand to be answered before we can praise and honor the government for bringing further representation and diversity to the Court.

The process to confirm Jackson, while a step towards further diversity, demonstrates that the government has not yet grappled enough with its own implicit racism. Jackson's confirmation is not a token that can absolve anyone from this racism.

On the contrary, this confirmation process proves how entrenched racist behavior is in the systems of government and society. We have been brainwashed into accepting racist questioning as simply political rhetoric and partisanship as a reasonable excuse for preventing change.

Real political and societal change cannot only be measured on the individual level but by systemic efforts and overhauls. It is the sum of grassroots movements, the product of creative imaginations and the difference made when government policy and action meets cultural revolutions.

I do not want to diminish the great accomplishment of Jackson's confirmation to the Court. I am optimistic that her confirmation will inspire other Black women to pursue judicial careers, and I believe that her voice on the Court will lead to equitable rulings.

However, it will take much more diversity in our Courts, equity in our government and inclusivity in our dialogues before this change can be achieved. Complacency because of this confirmation will prevent systemic change. We must, instead, use this confirmation process as a case study to look at how racism persists in our government.

Noah Apprill-Sokol is a staff writer.

Does denim belong in modern fashion?

By DANIEL FORTIN

I do not like double denim. I wish I did, though. I wish I loved Canadian tuxedos. It would make my life a lot easier. But denim is a fashion trend that I can't stand behind. I can wear a good pair of Levi jeans, but denim on denim is going too far.

One of the major reasons that I don't like it is that I am not that into denim, and maybe living in hot environments most of my life has led to me very rarely wearing or needing jeans. However, the biggest reason that I do not like double denim is that I simply think it does not look good, and even if someone can pull it off, they don't know how to pull it off.

The two denim pieces look too similar. There is no balance and not enough contrast, making the look rather boring and dull to my eyes. In my opinion, it looks lazy and not very well thought out. When I see someone wearing double denim, I think that they are doing so because they just like denim and want to fade as much denim as possible, or they're just wearing their favorite jacket and jeans and don't really care if they look good together as a full outfit or not.

There are exceptions, of course. If the two denim items are completely different colors, I think it's fine. I wear a blue denim jacket with red and black pairs of denim jeans and I think it looks pretty good. Also, if one piece of denim is heavily faded and the other is quite new, then I think it looks OK. At this point, it's still not my favorite look, but I think that it definitely looks better than two items at the same point of aging.

To my eyes, these outfits all look more balanced and aesthetically pleasing than any form of double denim. This article is not meant to convince people that double denim looks awful and everyone should stop wearing it. Instead, it is meant to give both sides of the story.

Daniel Fortin is a staff writer. Follow him on Twitter: @Daniel_Fortin_.



Daniel Fortin and Tommy Conmy debate if denim deserves its high place in our current fashion world.

By TOMMY CONMY

Ever since Levi Strauss obtained a process patent in 1873 to put rivets into men's work pants for the very first time, denim jeans have been a core tenet of American culture. Originally called "waist overalls," the name jeans wasn't adopted until the '60s when Baby Boomers popularized the name.

Boot cut or slim straight, acid wash or distressed, jeans are a staple in the closets of Americans young and old. A pair of jeans has become a unifying cultural touchpoint so synonymous with casual fashion that they are no longer subject to the constant 52-week fast fashion cycle that renders other garments obsolete.

Yet, denim has come under fire as the creative uses for

wearing it have increased. Short and long-sleeve denim shirts, jorts or a head-to-toe drip of denim affectionately known as a Canadian Tuxedo may draw the ire of your fashion forward "friends."

Friends is in quotation marks because anyone criticizing your denim debauchery is really a hater in disguise, an ignorant soul not privy to the comfort or class of your monochrome ensemble.

If jeans are the vanilla custard of denim experiments, any combination of daisy dukes or denim 10-gallon cowboy hats are the crème brûlée. Denim not only provides an endless number of permutations to mix and match, its also a material that lends itself well to both hot and cold temperatures.

Going to Watershed on a 90-degree July day? Jorts and a denim cutoff are there for you. Walking to class on a blustery February day in Spokane? Throw on your denim Carhartt's and a fleece-lined trucker jacket with a baby-blue denim button up underneath for good measure.

If being constantly comfortable isn't enough for you, consider the fact that despite denim's ubiquity with American culture, an all-denim lineup is a statement loud enough to ignite a fiery debate over where denim does and does not belong.

Imagine the insanity of wearing a drab outfit consisting of entirely khaki-colored clothes and one starts to realize just how versatile denim really is. Instead of looking like Indiana Jones' lame grandson that works at Target, denim can transform anyone bold enough to don the distressed blue into a timeless American icon.

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It is time to get back to normal

This is not normal. The masks, the social distancing and even the vaccines. The COVID-19 pandemic that began in March of 2020 changed a lot of things, but we cannot let it change our perspective. The pandemic will have to end at some point, and it's looking more and more like that point will be one of our choosing. So why not now?

Most of us have come to terms with the idea that COVID-19 is going to become endemic, like the flu or even the common cold. We'll have a 'COVID season,' not unlike flu season. You may get a yearly COVID vaccine — and while the idea of even more COVID-19 vaccines will certainly ruffle some feathers, it will become as normal as a flu shot. COVID-19 will be something we live with. Which might be a difficult concept to wrap our heads around after being so careful for over two years.

As we reach the herd immunity necessary to lift mask mandates and return to a semblance of normal life, we can begin to come to terms with the changes we've made during the pandemic. We can begin to consider which of these are permanent, and which of these we can do away with, as long as we do so in a way that's respectful of science and in accordance with guidance from the experts we've trusted with our lives since the beginning.

Masking is a great example. Divisive for a number of reasons, but love them or hate them, they're a highly visible reminder of the presence of the COVID-19 pandemic in our lives. And while most reasonable people will wear them when requested (if for no other reason than to be



By SAM FEDOR

polite) some people will come to blows before wearing one. Now that mandates are dropping, and the masks are coming off, we're losing that reminder of the pandemic.

This is a good thing. While necessary for stopping the spread of COVID-19 earlier on into the pandemic, as we reach herd immunity, the science shows them becoming less and less necessary. Furthermore, if we ever want to move on from the pandemic, we're going to need to lose the masks eventually. From a purely practical standpoint, it's one less thing to argue over; one less thing crackpot politicians and 'protesters' can throw a fit about. And it's a visible representation of our ability to move on; a representation of the idea that maybe, just maybe, we're beating this thing.

Other pandemic-era policies are starting to be reconsidered as well. And not all of the lessons we learned from the pandemic are as limiting as only takeout and a lack of live music. The pandemic forced millions of workers across the world to reconsider their work-life balances. Now as they return to work, many are adopting hybrid schedules. And while the pandemic devastated small

business (while enriching the billionaires of the world) those that survived did so because of the dedicated support of consumers with an elevated appreciation for their local economy. Essential workers were reminded of their value and have begun to demand the appreciation they deserve — and though overworked and ill-prepared, the heroes of the medical community will emerge stronger as well.

So how did we get here? The COVID-19 pandemic that's defined our lives for the past two years has changed the way the world works. But are we ready to move on? Think back to the beginning, when we thought that it would only last a couple of weeks. Then a couple months; then some of us lost our senior year of high school; others our freshman and even sophomore years of college. Our generation weathered the storm. And we towed the line, fighting the good fight against COVID-19 even now, mandates or no, so that it will finally end. Deep down, we've been ready for this to end since it first began.

Throughout the pandemic, as we've weathered an untold number of predictions of false endings and blue skies ahead. Think of all that we've lost in that time. Think of the lost loved one. Think of the lost time with the people we love, time that we'll never get back. And while yes, we've gained and grown so much because of this pandemic, I can't imagine being grateful for it. We've fought the good fight; now that we can be confident that we're ready, it's time to move on. We've been through enough. I'd say we've earned a little normal.

Sam Fedor is a staff writer.



Adam Cook, left, and Zoe Fry, right, are route setters at Wild Walls.

Meet the climbers who set the vibes

By ISABELLA ASPLUND-WAIN

Wild Walls climbing gym is popular with GU students for its \$5 Friday deal. Spokane connoisseurs and rock climbing advocates may have also heard of the great bouldering opportunities at Bloc Yard.

But have you ever gone into a climbing gym and wondered how the holds really ended up there? Well, it turns out there's a lot more work involved in the process than one would expect.

A route is a path by which a climber can reach the top of the mountain, rock or wall. When an old route is ready to be stripped and replaced, a couple of the setters will step up to unscrew the holds.

"It's usually two people and stripping a section of the wall usually takes us about an hour. Then, another hour to wash all the holds and clean them up and get them ready for the next day," Adam Cook, a Wild Walls employee, said.

Cleaning holds is simple — Cook uses a power washer to spray the holds.

The sections that are stripped are determined by whatever has been in the gym the longest. At Wild Walls, resetting has a turnaround time of a couple of months, while Bloc Yard resets roughly every six weeks.

Once the wall is empty, making a setter's dreams come to fruition takes patience.

"In terms of creativity and problem-solving, thinking about creating different moves that are unlike other routes in the gym and will somebody who is shorter than me be able to pull this move," Zoe Fry, a Wild Walls employee and GU student, said. "Adapting the route to check those boxes — that creative element of it is something that I've taken away and then communicating with others and learning to take constructive criticism."

With 30 to 40 holds — including foot chips — a new route for top roping takes roughly two-and-a-half to four hours. Top roping, or belaying, is a climb that uses a rope attached to the top of the wall. Lead climbing is also an option for these walls.

Meanwhile, Cook noted that boulder climbing, a

type of free form climbing performed without ropes or harnesses, typically doesn't take as long to set.

"We will set a bunch of different boulder problems and then all together, climb them and just improve them as we're going. So, boulder setting is kind of an all-day thing," Cook said.

At Wild Walls, the routes are decided prior to setting by the head route setter. The team will go around the neighboring walls to evaluate what grade of climbs and hold types they need and report back to the head.

A grade is the difficulty of a climb, rated from V0 and above. Hold types include crimps, slopers, jugs and many more.

"[Setters] are able to set routes that are harder grades because they're kind of replicating a harder grade from an outside route," Fry said.

Grades are determined subjectively. Experienced climbing employees will forerun a climb and give commentary regarding its difficulty to the setter.

When they seem to come to a consensus about an average, the route is graded.

"Some routes you'll get in here, you might think are super hard and other ones you might think are really easy. It's never an exact science," Cook said.

Similarly, Bloc Yard employees forerun their climbs together and tweak them to better fit the grade.

Here, their goal is to integrate at least one of each grade onto a wall. A piece of paper illustrates ideas of V0 through at least a V9 and the setters attempt to recreate them.

"Sometimes the wall dictates what your lowest difficulty is, but other than that we try and hit at least one grade," Jacob Ayers, a Bloc Yard employee and Great Northern University student, said. "If you're setting in the cave, you're not likely to get a V0."

Setting at the gym is fun, but it can also be frustrating. Fry and Ayers both reported feeling discouraged when other employees would forerun a route and received plentiful feedback.

Although, they noted they both felt pushed and were learning new techniques from the feedback received. Their encouraging and positive work environments has

also helped uplift and provide support in these processes.

"The community element of grading has helped me in acknowledging and understanding somebody else's opinion," Ayers said. "Realizing that we're coming at it from two different angles for the same goal and that tension is usually good for the gym."

Students working at the gyms seem to agree that work can be flexible and understanding when it comes to their school schedules. The hands-on aspect and time commitment setting takes, however, can make it hard to squeeze in time to finish homework and other responsibilities.

Wild Walls employs quite a few students, especially from GU. Fry said working with other students is fun because they are understanding of the work to academic load balance.

Additionally, she felt management was understanding and encouraging of employees' outside endeavors. Their organization and structure of the setting team allows Fry to reach out for support when she felt like she has too much homework without worrying about the team.

"Because our setting team is just nine of us, it's pretty easy to coordinate with others on different times to come in and help with different aspects of the job," Fry said. "So I would say it's very accommodating."

Bloc Yard also tries to adapt to their employees outside commitments. Ayers said that prior to each semester, his manager asks for a copy of his school schedule, as well as preferences about when he would like to work. From there, the pair can revise his schedule based on how the semester is going.

Bloc Yard is located at 233 E. Lyons Ave. and Wild Walls is located at 202 W. Second Ave. More information regarding Bloc Yard can be found at blocyardgym.com and Wild Walls at wildwalls.com. Fry urges climbers to try different grades and to test their limits, as you never know what you may accomplish with a little experimentation.

Isabella Asplund-Wain is a staff writer.

Yogatto be kidding me: Local studios stretch body and mind

By SOFIA SANCHEZ

At Gonzaga University, finals are fast approaching for many students in the upcoming weeks. Many students have picked up some new hobbies or activities to help them relax during finals week.

One hobby many GU students have picked up is yoga. GU offers many yoga classes for different types of students. Beyond that, Spokane offers other options for students wanting to get into the practice. This has gotten many students interested in participating in the activity because some students want to do yoga on their own free time for fun and not for class credit.

Some students attend a yoga studio called Beyoutiful Hot Yoga. This studio provides power yoga sessions for those looking to improve their digestion and calm their nervous system with multiple locations throughout Spokane. Beyoutiful Hot Yoga, which is family-owned and operated, also offers Inferno Hot Pilates classes.

Another popular yoga studio is Wild Walls at 202 W. Second Ave., which is a studio and indoor climbing gym in Spokane. Day passes, memberships and punch cards all include beginner-friendly Vinyasa yoga classes. Wild Walls also provides a variety of climbing classes, including vertical introduction, technique class, lead class one and two, private instruction and adaptive climbing. Its professional staff also teaches knot tying, commands and proper belaying for safety. Wild Walls' goal is to provide climbers with an enjoyable and safe environment.

Yoga has been very beneficial for many students because it is proven to improve mental clarity and calmness, increase body awareness, alleviate chronic stress patterns, relax the mind, center attention and sharpen concentration.

"I have struggled with my hips for a long time and after having surgery, I struggled with going to physical therapy," said Hannah Presken, a senior at GU. "Yoga has helped me consistently stretch and strengthen my body in a way that is safe and productive. In addition, I have noticed that I really enjoy introspective time with my body. I can focus on areas of pain, contemplate my day and make goals for how I want to feel spiritually."

Presken continued to describe how she had recently started to attend yoga classes this semester because her roommates all did it and there were free yoga classes at her climbing gym, so she decided to give it a shot. She'd done some yoga in the past, but nothing particularly formal.

Even though she was never taught the fundamentals of yoga, this semester of practice has helped her grow and learn everything there is to know about the practice. Presken has been taking classes at Yoga Shala as well as Wild Walls yoga and some more meditation structured classes back in her home town in Denver.

Ara Lyman is the owner of the yoga studio named Shala Living Yoga, which offers many yogic practices and events. She has been participating in yoga for over 20



GU sophomore Daelynn McInelly practices yoga frequently on her own.

years. She had always enjoyed doing yoga and even tried it when she was a child. Lyman returned to yoga as a form of exercise and to treat tendinitis, causing her to eventually open her own studio near GU at 412 W. Boone Ave.

Lyman described how her yoga practice helped her grow into a stronger person who is committed to self-improvement and living a happier life. It has changed her into a better person. It has also assisted her in addressing many aspects of her life that she was unaware of prior to practicing. She has become more aware of and started to include other healing modalities. She is a much happier and more successful person as a result of it.

"I wanted to establish a positive community focused on self-growth. Also, I wanted a space that offered the types of yoga that I like," Lyman said.

Lyman and Presken both recommended students take part in participating in yoga. Both describe how even if the student only goes every few weeks, it is very easy to see progress. It also gives them something to look forward to and an excuse to take a break from a hectic school and work schedule. This activity is for anyone who is capable of and willing to commit to self-improvement.

Many people can benefit from the practice and path of yoga because it is a tried and true system that has been around for thousands of years. Through yoga practices, many people have become aware of and incorporated the use of therapy, as well as bodywork, lifestyle changes and a variety of other things.

"Yoga is not exercise or stretching," Lyman said. "Yoga essentially means 'union,' so it's a result, not a doing. In order to attain yoga, we practice a system ... Yoga also incorporates rules or observances towards yourself and others, a commitment to practice self-study and embrace of the idea that we are all one ... The mind is our greatest tool but it's a poor master. Develop the mind to serve you in order to grow to your fullest potential. This can enable the yogi to find contentment and freedom from suffering."

Sofia Sanchez is a staff writer. Follow her on Twitter: @ItsSofia2021.



ISABELLA STOUT IG: @isabellacarlin27

Kizuri is a local gift shop that sells fair trade goods, including soaps, quilts, earrings, re-purposed flour sack clothing and more.

Putting fair trade values forward with female-owned Kizuri

By KAEALYN NEW

At first glance, Kizuri is a small, cozy shop nestled into a space in downtown Spokane, but to owner Jillian Joseph, it holds the world.

Kizuri is a female-owned fair trade business that works to uplift artisan crafters in other countries by creating a market for products in Spokane. The shop boasts a wide array of products from over 40 countries.

From bright patterned clothing to scent-filled soaps and cooking utensils, the gift shop holds nearly everything imaginable on its shelves. Many of the items at Kizuri are up-cycled goods, like old flour sacks repurposed as colorful tote bags, each with a unique tale to tell.

"Everything in the store is handmade and everything has a story," said Jillian Joseph, owner of Kizuri.

Those stories are woven into the fabric of the Kizuri business plan. According to Joseph, Kizuri upholds fair trade values including fair labor, anti-child labor and safe working conditions.

According to the World Fair Trade Organization, 74% of fair trade workers are women who are often the sole wage earners in their homes. Fair trade allows people, primarily women, in other countries to make above a livable wage by selling their goods to different markets across the globe.

For Joseph, transparency is everything. Each item at Kizuri has the country of origin on the price tag.

"I always hope that when you buy something from my store, you look at it and think about who made it and

wonder a little bit about what their life is like," Joseph said. "I hope things in our store can lead to curiosity and then eventually to empathy."

Kizuri found its start at the hands of Kim Harmson in 2008, who took over the space in downtown Spokane after another fair trade shop closed. Harmson retired in 2019 and since then, Joseph has taken the business into her own hands.

Joseph said that what sets Kizuri apart from larger corporations and chains is that consumers can know where the items they are buying originated while supporting the livelihoods of people in other countries. Fair trade helps to level the playing field across cultures and borders.

"A lot of people will enter into a typical business relationship and it's like 'you give me this and I'll give you that,' but the power dynamic has been so different between the so-called West and East that we have to look at other ways to make things more equitable," said Denise Attwood, co-founder and owner of Ganesh Himal Trading, a fair trade business that operates out of Nepal.

Ganesh Himal Trading is one of the fair trade suppliers that Kizuri sources products from. The business was founded in 1984 before fair trade was a widely recognized concept, according to Attwood.

Attwood said the purpose of Ganesh Himal Trading is to enhance the lives of people in Nepal by giving them voice and agency regarding the products they sell and their wages.

Attwood said one of the largest benefits of her job is being able to see her work throughout generations.

Ganesh Himal Trading has been in operation for almost 40 years and most of the mothers that have earned profit through the company have used the money to send their children to school.

"The women I started working with had like a first-grade education, now their daughters have masters and they have graduated from university," Attwood said.

Just as each product has a story, Attwood says that each consumer has the option to become a part of that story by supporting fair trade and making conscientious spending decisions.

Joseph said this offer extends to Gonzaga students as well.

"As a Jesuit institution, people at Gonzaga are interested in social justice, so that is a really nice intersection because we are all about economic empowerment and providing opportunities to people born into less fortunate circumstances than us," Joseph said.

As for now, Joseph says she's working on organizing a "Spring Cleaning" sale set for May 7 and a fundraiser for the Conscious Connections Foundation, a nonprofit organization in Nepal that works with girls and women.

Kizuri is located at 35 W. Main Ave. Suite 100 and open Monday through Saturday from 10 a.m. to 5:30 p.m.

"If you can't travel you can always come in here to get a little taste of the world," Joseph said.

Kaelyn New is a staff writer. Follow her on Twitter: @kaelyn_new.

Chowderhead elevates comfort food and brings soup to Spo

By ALEXANDER PREVOST

If you're somebody looking for a homey restaurant to kick back and enjoy some high quality food, Chowderhead is the place for you.

Located 825 N. Monroe St., the restaurant opened its doors on March 8, 2022, shortly after its predecessor Ruins closed its doors toward the end of 2021. Its objective is to serve lunchtime meals, and its hours of operation run from 8 a.m. to 6 p.m., Monday through Saturday.

Chowderhead's story is a tale of the stars aligning at just the right time.

Owner Travis Tveit had been working in the Spokane food industry for a long time. Working for big names such as Chef Tony Brown, he had been contacted via Facebook to cook a private dinner for a couple sometime last year.

"I wrote a three course menu for these people and I drove out to their house and prepped all of it," Tveit said. "...They were blown away at the dinner and I remember after he was like, 'if you ever want to start a restaurant, give me a call.'"

This man turned out to be the owner for one of the biggest landscaping companies in Spokane.

Months later, Chef Brown, owner of Ruins and many other restaurants in the Spokane area, began to downsize his empire. During December, Brown turned to Tveit to take over the establishment.

"I'm just really grateful that he thought to ask me first," Tveit said. "I'm next. I've been a chef in Spokane for so long and I've built a little following doing what I do. He realized that, so I'm super thankful he asked me."

Tveit reached out to the landscape owner. The two went into business together and the rest is history.

Chowderhead derives its concept from wanting to serve elevated yet familiar food. Tveit's philosophy on the restaurant is making sure menu items are simple and understandable for not just the food buffs



ANDREW LOF IG: @andrewlof_photography

Chowderhead serves breakfast items, soups and sandwiches on Monroe Street.



ANDREW LOF IG: @andrewlof_photography

Chowderhead is a lunchtime dining location that opened less than a month ago.

but for the everyday working person in Spokane.

He knew from its inception that he wanted Chowderhead to be a lunchtime dining spot. Most importantly, he wanted to serve soup.

The name came as a flash of inspiration.

"It's just so funny and a funny name," Tveit said. "It means a stupid person and it's a little tongue-in-cheek humor ... Plus, there aren't any other restaurants called 'Chowder' and if you drive by and you don't know what a place is and it says, 'Chowderhead,' on the window, you would

guess that we have chowders here."

The menu includes a plethora of staple comfort food options from different soups to hearty sandwiches to salads.

"[I would recommend] the meatball sandwich," said server Emma Tanner. "It looks so pretty and perfect and I've heard a lot of people like it a lot. It's the best one I've tried."

Chowderhead has seen great success in their opening month. Inside, the dining room displays local art on its walls and each menu item comes with a small, personal flair from whichever chef is preparing it. On the big TV by the bar, the employees are always playing different movies and shows.

Tveit fondly recalls a time when a family with toddlers came in and the kids were blown away by the fact that they were playing movies from Disney+. They were ecstatic when the staff accepted their request to put on "Mulan," claiming it to be one of the "coolest places ever."

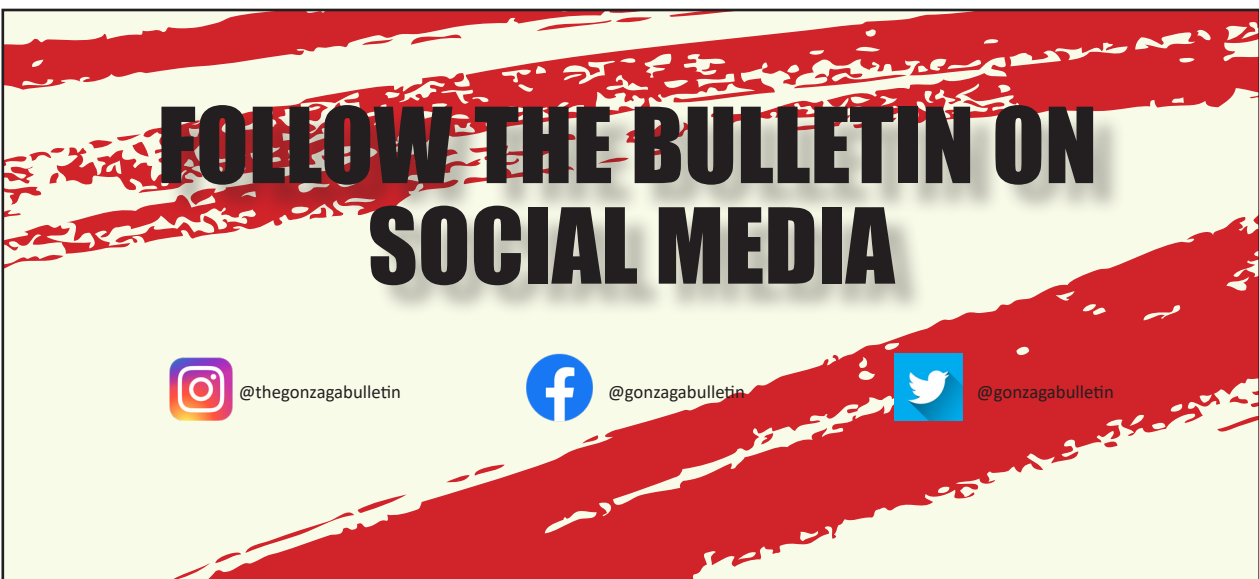
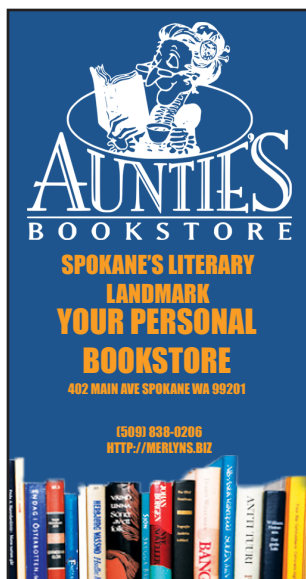
Looking forward, they're looking to capitalize on that and figure out new ways to adapt their menu for different seasons and occasions.

The establishment prides itself on being a place of vibes and class. Not only has it seen itself developing a passionate following, but it caters to folks of every kind.

Students can follow Chowderhead on Instagram @chowderhead.spokane and read more about their menu and hours on their website: www.chowderheadspokane.com.

"Chowderhead is a local business," Tveit said. "It's fine food. I've been a chef in Spokane for a long time and I hope that I get the following that I want and I hope that people care because I care a lot. That's very evident in the food and the presentation and the flavors and this space."

Alexander Prevost is an online editor. Follow him on Twitter: @alexanderprvst.



Searching the Spokane skate scene

REVIEW
By ISABELLA ASPULND-WAIN

Like many, I’ve always wanted to get into the skate scene but never knew where to start. As it turns out though, from the Logan Neighborhood to ideal locations on-campus, there’s something for every type of skater here.

“If you look around Spokane, you’ll see a bunch of people [skating],” Max Cannata, GU sophomore, said. “Ripping the local shops is still a paradigm which is awesome, and the skate community is just exploding. From what I’ve heard, it just continues to get bigger and bigger in Spokane.”

Some skaters at GU find the skating scene rather underwhelming, while others rave about it in comparison to their hometown. Either way, the boarders always seem to find a way to push their limits.

Madeline Ricks, a GU junior, prefers to street skate the most. Though, she’s learned how to trick skate and longboard.

She’s found campus to be difficult to skate due to the amount of bumps and cracks. Thus, Ricks has enjoyed exploring the Logan Neighborhood and trails on her wheels the most.

“Riverfront is always paved so smoothly — you can go down little hills here and there,” Ricks said. “The new skate park they set up it pretty cool but because it’s Riverfront, you never really know who’s gonna be there.”

The path from Jundt Art Department and Museum to Riverfront Park consists of a multitude of hills and smooth pavement. Ricks compared it to a little roller coaster ride.

In comparison, the Centennial Trail offers good opportunities for skaters with good wheels due to the little holes lining the route. Overall, Ricks said she has found the Logan the most ideal for the lowkey cruising she likes. She noted the deeper into Addison Street and Astor Street one gets, the better-paved the streets are.

“If you want to wipe out really bad, do the hill from CM to Coughlin. Which is typically fine, but I’ve had a



DYLAN SMITH IG: @dylansmit.h

Skater Tae Sanchez rides at Riverfront Park.

couple of friends mess up their hands and stuff,” Ricks said.

Cannata and his friends also mainly street skate and are lovers of flat ground tricks, ledges, stairs and rails. On-campus, Cannata said their favorite place is a roundabout near Jundt.

The junction squeezed between the MWPAC and Dussault has smooth concrete, solid ledges and curbs, and a staircase leading down that’s perfect for practicing their tricks.

Similarly, Bulldog Alley is a good resource for skaters

trying to get around. For the most part, the pavement is smooth – though, Cannata warned there are a couple holes in the pavement to watch for on your route.

If you’re less interested in flat ground skating and want to integrate more tricks, Crosby may be the place for you. Cannata said the big cracks greeting the entrance makes the pavement frustrating, but the foliage, stairs and ledges are great for putting your skills to the test.

The RFC has a good driveway, some well-paved flat ground and a makeshift manual pad. Manual pads are flat, concrete obstacles which are raised typically a few inches off the ground. They are good for practicing various types of wheelies.

“You can get some really good slides down by RFC,” Cannata said. “There’s some small stairs, there’s great curbs — just a really good spot to skate with good ground.”

Off-campus, Cannata enjoys the obstacles he finds at Riverfront skate park. However, he felt it didn’t have the best beginner transition skating, whereas Joe Albi offers better opportunities for those just getting into more advanced techniques.

Next year, Cannata wants to build a mini ramp that they can transport near or around campus to elevate their community’s skating. He mentioned that going to the skate park can be hard at times — a good skatepark is hard to come by unless you drive a while out, especially if you just want a nice mini ramp.

“We welcome everyone to come skate with us,” Cannata said. “We think it’s awesome if people that come over want to skate. We have extra boards, extra supplies, and we’re always happy to have people come over and try skating.”

For those who want a more organized skate structure, the Womxn Skate Club stages applications on their Instagram: @womxnskategu. The form in the bio will help to connect students.

Isabella Asplund-Wain is a staff writer.

What's in a recipe: Beef stroganoff brings home to any place you go

By GWEN MITCHELL

Comfort food has a central place in all of our lives. It centers us into a common peaceful place. It is one of the most vital elements in making a place your home.

For my family, beef stroganoff was our comfort food. It was originally found back in 1973 when my grandmother snagged it from McCall’s Great American Recipe Card Collection. Transferred onto a sheaf of stained, crumpled graph paper by my mother, this meal has been a central part of my childhood and my family’s collective identity. Whether it’s a birthday, holiday or other family celebration, this meal has always been the mainstay.

This recipe was also the first thing that I ever cooked with my mother and the beginning of my love of cooking in general. I can remember standing in the kitchen with her, a loud fan blowing above

us and cars speeding through the evening Juneau rain. The house would always be abuzz with my sister and father nearby, constantly watching to see when we’d be done. It was in those moments that I felt most connected to my mother.

Now, this recipe is not the easiest thing to make. When cooking, be sure that you have plenty of space to work with. I would suggest pre-preparing the ingredients and cooking utensils that you will need prior to cooking. You don’t want to be stuck figuring out where your garlic is while your butter burns in the skillet.

Some of the ingredients may be difficult for everyone to have access to. If you have to, you can substitute white wine vinegar for white wine. Additionally, you may substitute one and a half teaspoons of dry dill if you have trouble finding a tablespoon of fresh dill.

Ingredients:

- 2 ¼ lbs. flank steak
- 6 tablespoons butter
- 1 clove of garlic, halved
- 3 cans button mushrooms
- 3 tablespoons flour
- 1/8 teaspoons pepper
- 3 beef bouillon cubes, crumbled
- 1 can beef broth
- ¼ cup white wine
- 1 tablespoon fresh dill
- 1 cup low-fat sour cream
- 2 cups jasmine rice
- 2 cups water

Directions:

Place steak in freezer for 15 minutes (it will make it easier to slice).

Trim off excess fat. Slice steak one fourth inch thick across the grain. Cut long strips into two and a half inch pieces.

In a large skillet, heat two tablespoons butter until very hot. Add pieces of sliced

steak just enough to cover the bottom of the pan. Brown slices quickly on both sides. Remove slices from the pan as they brown. Continue until all slices browned.

Place jasmine rice and water into a rice cooker. Let cook.

Add remaining four tablespoons butter to the skillet. Sauté garlic, onion and mushrooms for five minutes. Remove from heat and discard garlic.

Stir in flour and pepper until smooth. Add bouillon cubes. Gradually stir in beef broth.

Bring the mixture to a boil, stirring until thickened. Reduce heat and let simmer for five minutes.

Over low heat, stir in white wine, dill and low-fat sour cream. Add browned beef slices. Heat slowly until thoroughly hot. Serve over cooked rice.

Gwen Mitchell is a staff writer.

Los Angeles Times

Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

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4/17/22

IN RE

By Jeffrey Wechsler

ACROSS

1 Beat decisively

5 Evoke an "Ewwl," maybe

13 Venetian

14 Renaissance painter

19 He played Klaatu in "The Day the Earth Stood Still" (2008)

20 Inferior accommodations

21 Common cone color

22 All caps in an angry blog?

24 Glutinous

25 Christmas in Rome

26 Eina output

27 Nonsense

29 Artist friend of Dalí

30 They usually have frames

32 "Untoward behavior shall call for appropriate countermeasures," e.g.?

36 Trig function

37 Word with tax or L.A.

41 ___ martini

42 Put away

43 Frilly, so to speak

44 Absorbs, with "up"

46 Barfly

47 Wiseacre mom and dad?

53 Hider's hissed revelation

55 Biblical spy

56 Means

59 Skilled at painting, say

63 Type of dog that does origami?

69 Perjurious testimony

70 81-Down friend

71 Astonish

72 23rd Greek letter

73 Capital NNW of

Copenhagen

Farsi editor's mark?

Submit a crossword, say

Nyctol competitor

"I'm not ___ brag, but ..."

Urban park snack snitcher

Finishing touch for foppish painters?

roll

Long-running CBS drama

Nose-wrinkling

Prov. bordering four Great Lakes

Formicidae family member

Mourns

Meat serving

1932 presidential election victory?

Fixed function

Gator relative

White team

Shout

Heat units

"Tear down this wall!" speaker

Hush-hush

archaeological find

Long-nosed fish

Boise-to-Fargo dir.

Brush off

Make a killing on, in a way

Skyler's sister on "Breaking Bad"

Redo

Come out with a more current version of

"Chad" network

"A pity"

Most any Disney princess

Ones often seen in restricted lounges

Massachusetts motto starter

Sleeper, for one

Worker with mice products

Go left instead of right, say

One inspiring PDAs

"F Troop" corporal played by Larry Storch

Musicians' garage creations, maybe

"Mazel ___"

"Fightin'" Indiana team

It's shocking

Go up

Washer component

"Spider-Man" reporter ___ Leeds

Board members who might become mated?

Supplies order phrase

Beginner

Ivory, for one

Viking great

Tarkenton

No. 2

Entering, as data

Head of France

Significant

archaeological find

Long-nosed fish

Boise-to-Fargo dir.

Brush off

Make a killing on, in a way

Skyler's sister on "Breaking Bad"

Redo

Come out with a more current version of

"Chad" network

"A pity"

Most any Disney princess

Ones often seen in restricted lounges

Massachusetts motto starter

Sleeper, for one

Electrolysis

Pixar film set in Mexico

Distant

Need to pay

Permit

Fragrant compound

Top names

Prohibition words

Privy to

Concert piece

Pt. of an age calculation

Storied bear

Unworldly

PepsiCo sports beverage

1970 Kinks hit

Driver of "BlackKkKlansman"

Dot follower?

Choler

Prefix with event or issue

Nerve

Valuable things

Swing voters: Abbr.

Lightning simulators

Yuletide display

Really awful

Early Mexicans

Basil-and-pine-nuts sauce

Lauren Hutton has been on its cover 26 times

Modern greeting

Rejoice

"Superman & Lois" network

Burn a bit

Solemn event

Belgian river

Hi-___ image

Video game letters

Agnus ___

Binge-watcher's device

Ideal NFL drive endings

Sudoku

By The Mepham Group

Level

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Solution to last Sunday's puzzle

4/17/22

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

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).

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Freshman shines for nationally-ranked Bulldogs

First-year third baseman Cade McGee leads the No. 12 Zags in home runs, batting average and on-base percentage

By TOMMY CONMY

For most college baseball prospects, junior college represents an opportunity to improve a player's craft before facing off against the stiff competition that is Division I baseball.

However, Cade McGee is not most college baseball prospects.

McGee eschewed the junior college route and jumped straight to the D1 level from Salpointe Catholic High School in Tucson, Arizona. McGee played for the Western Nebraska Pioneers of the Expedition League between graduating from high school and enrolling at Gonzaga University.

"[Nebraska] was a really big jump. Especially because I had never played that many games in a row," McGee said. "It really helped me understand that there's failure in the game because in high school, it's not as difficult and once you get into collegiate baseball, you're gonna fail. That's the game. It was a really good experience for me to just basically learn how to fail and understand how to get myself back up and keep working."

McGee hit .306 with 31 RBI and three homeruns to help guide the Pioneers to a playoff berth, but his contributions didn't stop there. McGee posted a 3-4 record as a pitcher with a 2.14 ERA and 25 strikeouts in 21 innings pitched.

That's right. Not only did McGee catapult straight to D1 baseball, he did so as both a position player and pitcher. Thirty-one games into his freshman campaign, McGee boasts an average of .342 with 20 RBI and four homeruns to complement his eight innings pitched with nine strikeouts and an ERA of 6.75.

GU's coaching staff has developed a penchant for recruiting players skilled in both pitching and hitting, with preseason All-American Gabriel Hughes doing both until this year where he has focused primarily on pitching. Current Seattle Mariner and former Bulldog Marco Gonzales marked the start of this trend, hitting .311 with 26 RBI in addition to racking up a record of 7.3 with 2.80 ERA in 106 innings pitched in his junior season after winning the WCC Co-Player of the Year as a freshman.

"Coming out of high school, we thought we had somebody that not only can help us on offense, which he is as a freshman right now, but potentially, you know, going down the road and helping us on the mound as well," said GU Assistant Coach Sean Winston.

McGee admits that he came into GU as more of a thrower than a fully-formed pitcher. As a high schooler, McGee ranked in the 92nd percentile of Perfect Game's fastball velocity rankings at 92 mph. Hughes threw 90 mph for Perfect Game as a high school senior.

McGee hasn't been heavily relied upon as an arm due to the depth of GU's pitching staff. The Bulldogs had four pitchers named to the Top 150 Midseason Rankings released by D1Baseball.com, including Hughes, William Kempner, Trystan Vrieling and Brody Jessee.



EMMA PATENODE IG: @emmapatenode

Cade McGee has appeared in 32 of Gonzaga's 34 games this season, including two starts on the mound.

However, McGee has pitched the most innings (8.0) of any freshman pitcher on the team, indicating his future lies as much at third base as it does on the mound. In a sport that requires such a high skill-level, McGee has leaned on the team's veterans for guidance.

"[Gabriel Hughes] taken me under his wing and told me about a lot about time management and just getting the hang of things and being able to manage your workload," McGee said. "That's something he really helps me out with. He was more of a pitcher who was able to hit, I think I'm more of a hitter who's able to pitch."

McGee is top 10 in the WCC in batting average and has made a strong case for WCC Freshman of the Year as the Bulldogs have sole possession of first place in the conference. Despite being a star freshman, McGee is still a first-year player that makes youthful mistakes.

In the Zags' last series against the University of Portland, McGee got caught frozen on the basepaths after a hit to the shortstop. Unsure whether to stay at second or advance to third, McGee waited too long to make a decision and was thrown out at third after he started the inning with a standup double with

no outs. In the decisive game three of the series, McGee had an error at third that allowed the Pilots an additional baserunner in a tie game.

An occasional mistake is simply a reminder that McGee is still in his first season playing collegiate baseball. It is not a reason to keep him out of the lineup. McGee has featured prominently in some of the crucial moments of GU's season to date.

In a series sweep over current No. 3 Oklahoma State, McGee hit a go-ahead homerun in the top of the 10th to put GU up 2-1. The Bulldogs wouldn't relinquish that lead on their way to a marquee series clinching win over one of the consensus top programs in the country.

"Individually, he seems to get better when the big moment shows up. It just seems like he's continuing to put himself in a good spot. He just seems to kind of rise to the occasion when the game is on the line," Winston said. "I think he's going to be a really special player down the road."

McGee's talent was widely recognized in recruiting circles as he had a number of suitors from the PAC-12 and the WCC in hot pursuit. Ultimately, McGee chose GU because of a connection with head coach

Mark Machtolf over hunting and fishing.

"The thing that really stood out most to me was the family environment that coach Machtolf talked about," McGee said. "It was something that I really wanted to be a part of. I didn't feel that way about any other program."

With his spot as the team's everyday third baseman and cleanup hitter secured, McGee is free to focus on improving individually as one crucial piece to the Zags' quest for a repeat WCC championship. The Bulldogs are projected to host a postseason regional due to their hot start, and the road to the College World Series has never been clearer for the Zags under Machtolf.

"We always talked about protecting our championship because obviously before my time they had won several WCC championships, and that's something we have in our sights and are continuing to work towards," McGee said. "We all have the same vision in mind of making it as far as we possibly can. In order to accomplish that, we all have to be brothers and come together and get it all done."

Tommy Conmy is a copy editor. Follow him on Twitter: @tommyconmy.

Julian Strawther declares for NBA Draft, preserves college eligibility

By HENRY KRUEGER

Gonzaga wing Julian Strawther announced he will forgo his junior season and declare for the 2022 NBA Draft on social media Monday.

Strawther becomes the second Zag to enter the draft, following junior forward Drew Timme. Both players are using NCAA certified agents which allows them to maintain their college eligibility if they withdraw from the draft.

"Playing in the NBA has been my dream for as long as I can remember," Strawther wrote in a statement posted to his Twitter and Instagram accounts. "After talking to my family and coaches, I have decided to declare for the 2022 NBA Draft."

The Las Vegas native helped the Zags reach the NCAA Tournament in his two seasons. He served a significantly greater role this past season when GU reached the Sweet 16.

Strawther started all but one game during the 2021-2022 season, averaging 11.8 points, 5.4 rebounds and 1 assist per game. He shot 36.5% from 3-point range and was second on the team in total 3-pointers with 54 after working on his shooting mechanics over the offseason.

However, it wasn't just his outside shooting that led to his breakout season, Strawther was equally efficient on 2-pointers, converting 65.9% of his attempts.

Standing at 6-foot-7, Strawther used his length to make contested shots and finish over smaller defenders. His size also allowed him to keep players in front of him on defense and corral 5.4 rebounds per game.

For part of the season, Strawther was



JOE O'HAGAN IG: @ohagandaz

Julian Strawther started all but one game during the 2021-2022 season, averaging 11.8 points, 5.4 rebounds and 1 assist.

seen as someone who raised their draft stock considerably, but a shaky NCAA Tournament performance lowered expectations that he would hear his name called on draft night. Strawther shot 1-for-14 on 3-point attempts and scored in the single digits twice during GU's three tournament games.

While Strawther isn't listed on most NBA Mock Drafts, Bleacher Report has

the sophomore as the projected No. 59 selection. He's No. 32 on CBSsports.com's big board, ahead of players like Duke's Trevor Keels and UCLA's Jaime Jaquez and Johnny Juzang Jr.

Strawther has until June 1 to withdraw from the draft, which is scheduled for June 23 at the Barclays Center in Brooklyn, New York.

"To Zag nation, thank you for

welcoming me with open arms from the beginning. As soon as I committed to Gonzaga, the support from you all was unconditional. There is truly no place like Gonzaga."

Henry Krueger is a sports editor. Follow him on Twitter: @henrykrueger.

Off the beaten path: where to camp in Spokane

COMMENTARY
By SAM FEDOR

Anyone who's lived in Spokane for any amount of time knows that it's a city of hidden gems. That is to say, if you want to get to know the best spots, you have to dig a little deeper and look a little harder. So it should come as no surprise that the best campsites in the area are a bit off of the beaten path as well.

Camping, for those new to the hobby, can be a bit intimidating. After all, don't you have to be just a little off your rocker to leave the comforts of civilization for a weekend in the woods with nothing but cold hotdogs and black coffee to sustain your mortal soul? Luckily for experienced campers and first timers alike, the Spokane area boasts dozens of places to get away from the world for a while — and with so many spots, there's bound to be something for everyone.

First time campers and veterans looking for an easy getaway within half an hour of campus, look no farther than Riverside State Park. Only 9 miles from the city limits, it's a taste of the wild without the commitment of an hour-long drive or a mile-long trek with a heavy pack. Call it camping lite. With 37 miles of trails to explore and 32 campsites (fire pits included), there's plenty to do with ample availability throughout the park, you won't have to be a survivalist to find a spot at a reasonable price.

For those looking to expand their comfort zones, Coeur D'Alene, Idaho, is a favorite among GU students for its easily accessible campsites and hiking trails. Sites like Beauty Creek Campground are highly recommended by the U.S. Forest Service, that manages Idaho Panhandle National Forest where the campground is located.

"Visitors enjoy breathtaking scenery and convenient access to miles of trails," said the Forest Service website.

Many of the other campsites near Coeur D'Alene are in Coeur D'Alene National Forest, like the Honeysuckle and Bumblebee campgrounds. These both feature vault toilets and hand pumped drinking water — amenities that new campers and experts alike will appreciate. When camping near Coeur D'Alene, be sure to reserve sites well in advance as they tend to fill up quickly.

If you're looking to go a little farther from home but still bring all the comforts



CHIANA MCINELLY IG: @picsbychiana

Gonzaga Outdoors offer tents of various sizes for students to rent for their camping trips.

car camping can provide, the Sandpoint, Idaho, area is your best bet. Green Bay Campground is a favorite for prime lakeside real estate. On the far side of lake Pend Oreille from Sandpoint, it boasts multiple sites on the water. Though a bit off the beaten path, the winding dirt road is worth it. Sunsets overlooking the water are hard to beat — especially when enjoyed with good friends.

"It's probably the best campsite I've found so far," said first year GU student AJ Jackson.

For the more adventurous among us, dispersed camping is the way to go. As long as you're comfortable bringing in your water and packing out your trash, moving away from developed campsites is the best way to get a real taste for the wilderness and get away from the hustle and bustle of civilization.

Dispersed camping is available along a number of trails in the Priest Lake area, including Upper Priest Lake Trail #302 and Lakeshore Trail #294. Choose your campsite wisely, as both are a two-hour drive from campus, so make sure you're prepared.

It should go without saying that before going camping, one should prepare and take the necessary precautions. Lucky

for GU students, Gonzaga Outdoors has everything you might need for a safe and enjoyable camping trip available to rent. But gear is only half the battle.

Respecting the land and knowing how to enjoy it responsibly are integral to any camping experience. So before going out into the great outdoors, familiarize yourself with the land you'll be camping on. You should know who owns and manages the land, along with the rules you'll have to follow.

Make sure you know how to get the most out of your gear, and that you have enough provisions to last your stay. Pack out your garbage or dispose of it in provided receptacles, and make sure to leave the site a little better than you found it.

Of course, camping isn't just about following the rules and being ready for anything — it's a whole lot of fun too. Part of enjoying the great outdoors is rolling with the punches, so don't be discouraged if it rains on your parade. GU students are fortunate enough to be surrounded by natural beauty ripe for exploring, and adventure is only a short drive away.

Sam Fedor is a staff writer.

GU SPORTS CALENDAR

Thursday, April 21

- Track at Oregon Relays (Men Only) Eugene, OR., all day.
- Women's golf at WCC Championships - Day 1, Lake Las Vegas, all day.

Friday, April 22

- Baseball at Saint Mary's, Moraga, CA., 3 p.m.
- Women's golf at WCC Championships - Day 2, Lake Las Vegas, all day.
- Track at Oregon Relays (Men Only) Eugene, OR., all day.

Saturday, April 23

- Men's tennis at Portland, Portland, OR., 10 a.m.
- **Women's tennis vs. Portland, 11 a.m.**
- Baseball at Saint Mary's, Moraga, CA., 1 p.m.
- Women's golf at WCC Championships - Day 3, Lake Las Vegas, all day.
- Track at Oregon Relays (Men Only) Eugene, OR., all day.
- Women's rowing at Oregon State Invite, Dexter Lake, OR., all day.

Sunday, April 24

- Baseball at Saint Mary's, Moraga, CA., 1 p.m.

Tuesday, April 26

- Baseball at Washington State University, Pullman, WA., 6:05 p.m.

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Spokane activities that have Zags springing into action

Whether its intramurals or the many hiking trails nearby, Gonzaga and the Spokane area provide a plethora of opportunities to pursue in the spring

By SOFIA SANCHEZ

For those wanting to do some fun activities around Gonzaga University or in the Spokane area this spring, here are some ideas.

At GU, there are different intramural sports that students can get involved in, five of which include pickleball, dodgeball, tennis, innertube basketball and softball. For the intramurals, there are tournaments that students sign up for on IMLeagues with their GU credentials and click on the sport they want to join and either create a team or join one by clicking create team or join.

“Next year, I plan on joining the intramurals for tubing basketball because it looks fun to be a part of,” said Connor Robitaille, a freshman at GU. “I love being in the water and having fun with others. It’s also another way of making memories as well as getting to know the other students that attend GU.”

There are many students who have learned that intramural sports and games are just not for them. To make up for this, many students have bought frisbees, volleyballs and spike ball kits. This is so they can still be outside while it’s nice and have fun with friends on campus.

Brooke Bowen, a first-year student, said she’s not that big of a fan of the intramural sports, so she prefers to play volleyball, Frisbee or even spike ball with some friends on the Foley Lawn or even in the small area in front of the Welch dorms.

In Spokane, there are many parks, hikes and water activities to do for anyone. Spokane is known for holding Hoopfest as well as other outdoor activities. One of the parks that many students and families go to for a nice stroll and viewing is the Manito Park.

Manito Park is roughly 90 acres, including six gardens, each with a stunning array of plants. This park is only a few minutes from downtown and is a must-see for both visitors and locals.

Manito is much more than a typical park. The park is visited by nearly 150,000 people each year, with the spacious manicured lawns, playgrounds, walking and biking paths, abundant flowers, topiary shrubs, ponds, scenic drives and picturesque gardens.



BULLETIN FILE PHOTO

Approximately nine miles from Spokane, Riverside State Park is over 9,000 acres in length with nearly 200,000 feet of shoreline along the Spokane and Little Spokane Rivers.

“The Manito Park is one of my favorite places to visit,” said Maricia Hernandez, a freshman at GU. “I had gone with my mom and roommate at the beginning of last semester. I would highly recommend going to the park to do homework, have a picnic or even going for a walk or bike ride.”

Another famous place that many students go to when wanting to get away from the homework or studying sessions is the Spokane River Centennial Trail. There are multiple trailheads that are grouped into one. Depending on the activity, each trailhead leads to a different route with varying levels of difficulty. Most north and south roads between Mission Park and Kendall Yards, such as

GU, River Point Campus and Riverfront Park, lead to trails between 20 and 23 miles. There are numerous viewpoints of Spokane Falls, a spectacular urban waterfall, on the Riverfront Park section of the trail.

One of the most popular hiking and biking trails is Iller Creek, also known as Rocks of Sharon Dishman Hills Conservation Area. This creek is a favorite short hike for the locals. It is generally regarded as a moderately difficult route, and it takes an average of three hours to complete. This is a popular area for hiking, mountain biking and snowshoeing, and it’s almost a given to run into other people while exploring. The trails cover approximately 900 acres.

Several trails lead to beautiful views of Spokane and the Spokane Valley.

“Explore the Iller creek hiking area and go down to boulder beach,” Robitaille said. “If you are looking for more intown activities, then maybe just take a stroll through Spokane or stay on the GU campus. The walk by the Spokane River and pond are very beautiful for a daily walk.”

Sofia Sanchez is a staff writer.

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