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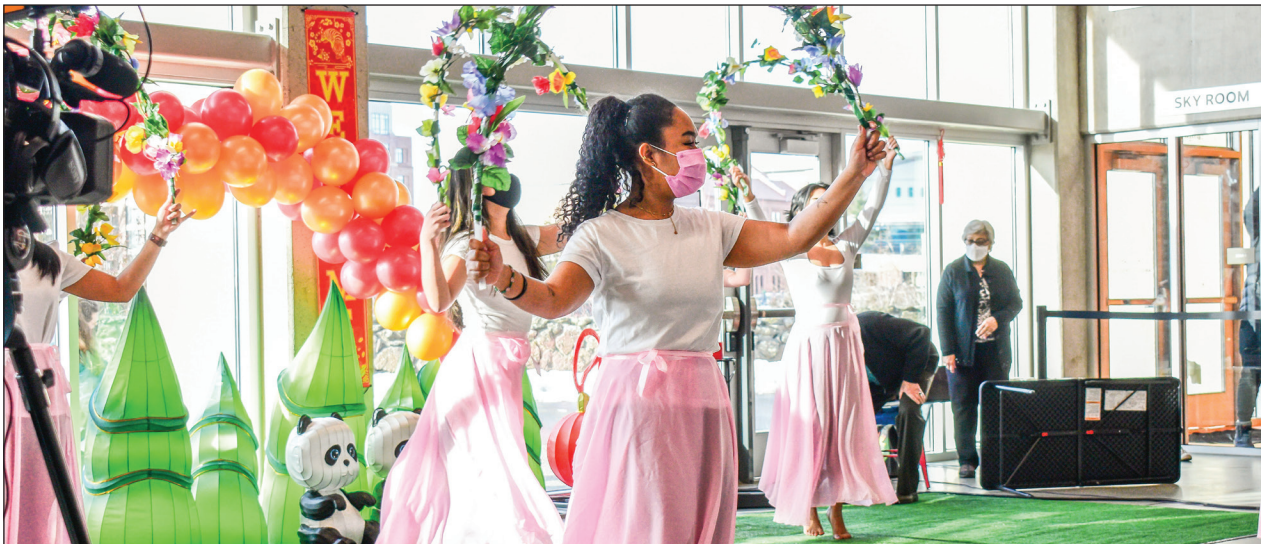
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Lunar New Year Festival returns to Spokane

Its last celebration was held in 1933, making this year's festival the first in 89 years



Asha Douglas, a senior at GU, performs at the Lunar New Year Festival.

By SOPHIA MCKINSTRY

For the first time in 89 years, Spokane hosted the Lunar New Year Festival to ring in the Year of the Tiger. Originally starting in 1888, the last time the festival took place was in 1933. Spokane was once a bustling city teeming with life and popular Asian businesses. However, when the Great Depression took place, many Asian people were driven out of their shops. This left a gap in representation, leading to the halt of the festival for decades to come. The city's past with racial discrimination and erasure of Asian voices has affected the Asian American and Pacific Islander community numerous times throughout the years. But now, this monumental festival celebrating Chinese New Year is hopefully here to stay. At the festival, Gonzaga University students and the greater Spokane community were able to enjoy live performances, tabling with information and art being sold

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Professor Gow explores identity culture through sociological lens

By SYDNEY FLUKER

The life of Jamella Gow is one of passion and lifelong learning. Inspired by her own identity and past, the Gonzaga sociology professor specializes in research on Afro-Caribbean diaspora and the intersectionality of being racially Black and from an immigrant family in the U.S. At GU, she teaches courses on race and ethnicity, culture, immigration, Black studies and globalization. "Identity is always changing and it's radical and political and personal — it's all of those things at the same time, and I like to explore that," Gow said. Born to a military family in Houston,

Texas, Gow moved frequently throughout her childhood. Soon after she was born, her family moved to California before moving again to north Florida. While both of her parents are immigrants from Jamaica, her childhood was spent driving from her home in north Florida to her family in south Florida. Starting out as a physics and astronomy major at Texas Christian University (TCU), it was a science fiction course that sparked a new interest. "The way the professor taught it, he was almost exploring the sociology of technology and how we respond to it," Gow said. "It made me think, 'this is really cool, how do I do this.' So I took a bunch of

different social science classes and ended up in sociology." As an English and sociology double major, many of her classes coincided with one other. One Irish literature class explored the history of Irish colonization alongside the literature being produced, a history of colonization Gow saw reflected in her own past. "I love sociology, and I love that it's critical," Gow said. "It's looking at injustice and how we become the way we are, but literature is doing those kinds of explorations, too... we're all just trying to figure out our existence." It was TCU that introduced her to teaching, where she served as an English

as a Second Language (ESL) instructor. Volunteering as an ESL instructor showed her the value of the connection that came from teaching and pushed her toward her current path. As her education progressed, Gow found herself enjoying the tough questions asked in sociology, sparking a passion for exploration through research. Merging her love of diverse literature with sociology led her to a cultural studies program at the University of California, Santa Barbara for graduate school. From the cultural studies program, which she described as similar to communication studies at GU, she learned

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Myrtle Woldson Performing Arts Center launches 'Season in the Spotlight'



PHOTO COURTESY OF CHAVEZ'S FACEBOOK PAGE
Gina Chavez, a bilingual Latin-folk singer will perform on March 4 at the MWPAC.



PHOTO COURTESY OF TORME'S FACEBOOK PAGE
James Torme, a pop-jazz singer will perform on March 25.

By EMMALEE APPEL

Gonzaga University's Myrtle Woldson Performing Arts Center (MWPAC), is working to bring culturally diverse performances for the spring season with its first full series: "Season in the Spotlight."

The lineup includes four music performances varying from Latin pop to a saxophone quartet and one dance performance. Each performance works to bring life to the MWPAC's mission of promoting cultural and educational excellence through inclusive collaboration with diverse communities.

The first show takes place Feb. 10 and features the Nai-Ni Chen Dance Company. The company will perform its touring show to celebrate the Year of the Water Tiger. With combinations of Asian heritage and contemporary dance, the group brings a celebration of the Lunar New Year to the community.

The Nai-Ni Chen Dance Company will also be holding a masterclass-type program for GU's dance students. Sarah Glesk, a jazz and ballet instructor at GU, will host the company on Thursday and invites others within the various dance programs and any other students who are interested.

"I would love for students to see different cultures and styles of dance, and just be aware of how many different styles of dance there are and maybe learn something about it," Glesk said.

The second performance will be the Arcis Saxophone Quartet, on Feb. 17. The group is from Munich, Germany and will perform a series of classical pieces that honor a few of the great composers of the 20th century, including German composer Felix Mendelssohn and Hungarian composer Béla Bartók.

The third performance takes place March 4, and features the 2020 Latin Grammy nominee, Gina Chavez. Chavez is a bilingual Latin-folk singer whose set will take the audience on a journey through the understanding of how her own Latin American and American cultures combine.

Director of the performing arts center, Laura Sims, said that this performance is one that she hopes appeals to a wide audience at GU and the surrounding community.

"This spring is kind of a microcosm of what we want to do more fully each season: have all these wonderful

different types of theater and music and dance that people can come see and experience," Sims said.

Sims carefully constructed this season's lineup after visiting several local conferences and showcases. Regional presenters coordinate who to bring to certain venues on certain dates and help each other decide what would be best for each program.

She must also consider academic events and student group performances, so that she can build a schedule that complements these things rather than take attention away from them.

"Whether I'm reading magazines or going to showcases, I'm always constantly thinking about what things would be a great fit with what we're doing at Gonzaga," Sims said.

The fourth performance brings singer James Torme on March 25. As the son of pop-jazz singer Mel "Velvet Fog" Torme, James began a career combining old-school jazz with contemporary jazz and modern pop music.

Closing out the season lineup will be Neil Berg's concert on May 12. Berg's show is an homage to 50 years of history of rock music and performance, in both pop culture and Broadway shows. Sims claims that Berg's style of show is unique, as he plays the piano and narrates the show while a full band and a line of singers support him.

The performing arts center is also taking several precautions to prevent the spread of COVID-19 to the community, while still welcoming people to the young program and building.

For anyone not part of GU's student body or faculty and staff, proof of vaccination status or a negative COVID-19 test within 72 hours prior to the event they attend must be provided for admittance. GU students, faculty and staff need only present their GU ID card, since vaccination statuses are recorded in GU's health systems.

Ticket prices and more information about shows and times or COVID-19 protocols can be found at the Myrtle Woldson Performing Arts Center's ticketing website.

Emmalee Appel is a staff writer. Follow them on Twitter: @emm_appel.

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information



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LOGAN HOUSE

SPOKANE

Murdock grant awarded to biology department

By SOPHIA MCKINSTRY

An M.J. Murdock Grant was recently awarded to Gonzaga's Biology Department to aid a new professor in buying the necessary equipment and resources for their lab.

The \$25,400 grant is specifically called a "Start-Up Research Grant" and is provided through M.J. Murdock Charitable Trust. The nonprofit is located in Vancouver, Washington, and is known for providing grants and other resources to schools and organizations throughout the Pacific Northwest.

Moses Lee is the senior program director for scientific research and enrichment programs at Murdock Charitable Trust; the foundation has been funding research in the GU science department for many years. Essentially, it matches the amount of money that the university itself provides for the incoming faculty member.

While GU has some funds to help the professor get started, the Murdock Trust grant doubles that amount.

"Our mission is to strengthen the region's cultural, social, educational, scientific and spiritual base in innovative and sustainable ways," Lee said. "Three primary ways we bring this mission to life is through grant-making, enrichment programs for nonprofits and community convenings."

Since GU is not a research-based institution, it can be hard to compete for large grants and the university does not have a large budget available to purchase the necessary

scientific equipment for the laboratories and classrooms. With the Murdock Grant, the new faculty member will be able to set up their research lab at GU as soon as possible.

David Boose, the chair of the Biology Department, said the grant was first heard of in November 2021 and the funds will be available to use in the fall of 2022.

"When you come in as a new faculty member, it takes some funds to get a laboratory set up," Boose said. "[The grant] is for purchasing equipment and supplies and things to really get the new faculty member's research program started so that then they can involve students in the process really right from the get-go."

The benefit for students is that the grant will help provide research equipment that they can then use in the laboratory and to conduct hands-on research out in the field.

The professor who was hired for the new position is Jenns Hegg who will be stepping into a field ecology position.

Hegg is currently a post-doctoral researcher at the University of Idaho and is originally from Palouse, Washington. His lab will be located in the Bollier Center for Integrated Science and Engineering, and he will be teaching introductory courses in biology and environmental science, as well as a few of the upper-level biology courses.

"One of the ways that we here in the sciences help develop students as new scientists is we get them involved in research," Boose said. "We have lots and lots of students

who are doing research with faculty members, and of course that means that faculty members have to have a research program that is viable."

The funds from the Murdock Grant will be available for Hegg to spend on setting up his lab; while there are some bigger items that might cost \$10,000, there are also smaller things like weights and beakers that are needed in the classroom. The goal is for Hegg to be out in the field with undergraduate students by spring of 2023.

The Start-Up Grant directly benefits both faculty and students in the Department of Biology since the money will be used to speed up the process of purchasing materials. This allows for the students to get out in the field faster and get involved in more hands-on research.

"Murdock Trust Research Start-Up grants are made to help Pacific Northwest universities attract and hire the best possible faculty to educate and inspire future generations of researchers," Lee said. "We are grateful to have the opportunity to work with many outstanding research-active predominantly undergraduate institutions in our region, of which Gonzaga is among the very top. We have been proud to support their work for decades and we are excited to see how their research and academic programs continue to flourish."

Sophia McKinstry is staff writer. Follow her on Twitter: @sophvmckinstry.

GOW

Continued from Page 1

more theory and theoretical approaches to cultural studies before returning to sociology to continue studying race.

"The neat thing about research is that in some ways you're doing what you do with teaching, except you're telling more people," Gow said. "What's beautiful about academic writing is that you are both sharing these things with a larger audience and also adding your own creative spin to it."

After finishing her doctorate in sociology with an emphasis in Black studies in 2020, Gow moved to Spokane to pursue her position as assistant professor in the sociology and criminology department.

Currently in the midst of her second year, Gow is working on settling into academic life and publishing research. Her recent publication, "Reworking Race, Nation, and Diaspora on the Margins," argues for the importance of diaspora in relation to globalized capitalism.

Although she is a newer professor, Gow is heavily involved in GU campus culture. According to Dashane' Fugate, a senior sociology and criminology major, Gow has been involved with many different student-related projects, her own independent research and has led events and discussions on campus.

"Jamella is the second Black teacher I've had in my educational career," Fugate said. "As a young Black woman myself who has attended educational institutions with small populations of Black folks, she has been instrumental in my development as a student and person."

Gow and Fugate have grown close over the past year as Fugate prepares to graduate, discussing her career plans and ambitions. Gow has also supported Fugate in her work with Meals on the Margins, helping her grow further as a leader.

"Jamella doesn't just 'talk the talk' but she walks the walk..." Fugate said. "She helps make overwhelming feats seem attainable. She sees my potential, my passion and my humanity. Jamella is someone I want to be like one day and I'm so lucky to have gotten to know her this past year."

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CHIANA MCINNELLY IG: @picsbychiana

Gow earned her doctorate in sociology with an emphasis in Black studies from UC Santa Barbara.

LUNAR NEW YEAR

Continued from Page 1

by different cultural groups, food trucks and even ending the night with a "bang" thanks to a fireworks show.

GU's Filipino American Student Union (FASU) was tabling and performing at the event with information about the club, as well as advertising and fundraising for its upcoming Barrio Fiesta event. The club also had Filipino artifacts on display and was selling stickers that one of the members designed themselves.

President of the club Lyca Racho emphasized the importance of Asian representation and being involved in the event, especially since it was being put on for the first time in nearly 100 years.

"I think it's really good exposure for our culture," Racho said. "We're so used to spreading awareness about our club on GU's campus and now that we're doing this in

downtown, I think it's a really good opportunity."

The festival was put on by Spokane United We Stand, which is an organization that was formed in 2020 after the spike in anti-Asian hate crimes due to the pandemic. The mission is to share Asian-American and Pacific Islander history, traditions and culture through the lens of the arts by putting on events in the area.

"Our mission is to use the arts to share about our history, traditions, culture, and our experience in America," according to the website.

Events are free and open to the public in hopes of spreading awareness and educating others in the community.

Charity Bagatsing, the co-founder of Spokane United We Stand, was excited for people to be able to come together and see the Asian American representation.

"Part of our journey was discovering the Asian contributions of the community...of the Chinese and Japanese and other Asian community groups in building the city of Spokane," Bagatsing said. "Bringing this event back shows that we have been here in the city of Spokane beginning in the 1800s."

The festival took place on Saturday from 1-7 p.m. in the Central Pavilion at Riverfront Park. The tabling and

information booths were located inside the building, while the fireworks show and food trucks were directly outside of the building in Riverfront Park.

Groups and individuals ranging from elementary school to the elderly were involved in the performances showcasing their cultures.

The goal was to bring together different racial and ethnic groups, enjoy the many cultural performances, provide valuable learning moments for the community and eat good food.

It took a community effort to bring everything together and in the end, hundreds of people showed up to partake in the festivities.

"It takes an entire community to bring [the festival] back and we're so happy and excited to see that the community has stepped up to do so," Bagatsing said. "It celebrates diversity, it creates a sense of belonging and acknowledging reparations done to the Asian community by the city and also it allows for a learning experience so that we as a community do not repeat the same mistakes."

Sophia McKinstry is a staff writer. Follow her on Twitter: @sophvmckinstry.



JANNA PRICE IG: @jannapricephotography

The event included informational booths to learn about the Chinese New Year culture.



JANNA PRICE IG: @jannapricephotography

Groups and individuals ranging from elementary school to the elderly were involved in the performances showcasing their cultures.

GSBA survey asks: Are your friends a good match?

By LILLIAN PIEL

Have you ever wondered how compatible you and your friends really are? Gonzaga Student Body Association (GSBA) sent out a survey on Jan. 28 that gives students the opportunity to find out.

The survey includes questions on topics such as favorite types of music or movies, what qualities people most look for in a friend, whether people consider themselves to be more introverted or extroverted and what activities students prefer to spend their weekends doing.

After students fill out the survey, they will receive their results in two to three weeks detailing a list of students that they are most compatible with and least compatible with, according to the email sent on Jan. 28.

Amanda Anderson, the weekday events coordinator for GSBA, said she was inspired to create the compatibility survey after several events planned for February fell through. Her high school had done a similar activity on a smaller scale, and she thought a compatibility survey would be a good option because it is virtual, making it easy for a lot of people to get involved.

Anderson originally planned to use a company that would run the survey for GSBA, but it turned out to be an expensive option and Anderson said many of the questions on the company's survey used gendered language and were not inclusive. The original survey was also romantic-relationship-oriented, so she wanted to make it more about friendships.

"We just eliminated all of the gendered questions out and all the ones that had to do with physical preference and things like that, and turned it into what it is today, which is I think a lot better than what it would have been if we had paid for it," Anderson said.

The compatibility survey is open until Thursday, and after the survey closes, Anderson and her team will go through the results and do the calculations by hand. Each person who takes the survey will receive a list of names of the top 10 people they are most compatible with, and the bottom three results as well. The results also include the grade level of each person on the list.

"I think it would be cool, not that this necessarily has to happen, but if somebody saw somebody on their list and they were kinda like 'oh, I kinda know them,' and went and became their friend or something like that and a relationship grew out of this. I think that would be really cool," Anderson said. "That would be the ultimate goal, is everybody makes a new friend."

Allison Gadd, a senior business administration major who helped Anderson with the data analysis and formulas for the survey, said that the questions in the survey are weighted, so compatibility is calculated based on answers that are more indicative of whether or not two people would get along.

Gadd said she thought the compatibility survey was a good idea because she hopes it inspires students to meet new people who might not run in their circles.

"It's just a fun way to kind of introduce people in a way that they wouldn't have expected before, and I thought it was a great idea just to kind of have people break out



BULLETIN FILE PHOTO

GSBA's survey prompts discussion around compatibility and what goes into a successful friendship

of their bubbles a little bit, or maybe learn more about somebody who you've never really interacted with or thought of before," Gadd said.

Colby Richards, a senior at GU, said he was intrigued by how the survey includes both the people who you are compatible with and the people you are least compatible with. He said that while he feels like he gets along with most people, he wants to find out who his "enemies" are.

"I do want to meet them (the people in his survey results), you know, I'm curious," Richards said. "I'm fascinated. I'm fascinated by why people took this survey, who took it, what do they want out of it. I know what I wanted. Drama."

Maddie Ediger, a first-year student on GSBA's street team, said that she was excited to take the compatibility

survey and see how she matches up with her roommate group, especially with on-campus housing selection right around the corner.

She also said that it's fun to see the reactions of people who come to GSBA's office to see their results, and that many people want to compare their results with friends to see how accurate they are.

"Everyone wants to make new friends, wants to make more friends, so you never know what could come out of [the survey], so something as simple as a 30 second survey could spark new memories," Ediger said.

Lillian Piel is a news editor. Follow them on Twitter: @lillianpiel.

Intergroup dialogues blend theory with experience

By ALEXANDER PREVOST

To build foundational understanding of one another, to be able to relate.

This is the goal of intergroup dialogue.

Originally pioneered by the University of Michigan in 1998, Intergroup Dialogue curriculums were designed around blending theory with personal experience. Centering around discussion and understanding, Intergroup Dialogue was created as a means to prepare students for living in a diverse world and making choices that advance justice and equity in the world.

Since 2013, Gonzaga University has been offering Intergroup Dialogues to students, centering on a variety of topics.

Students can take Integrated Dialogue in a number of ways.

"We've done [it as a] core integration seminar once, and this is, I think, the third iteration of the first year seminar," said Dr. Juliane Mora. "And so they do kind of rotate. We've done the first year seminar, as far as I know, every spring for the last three years."

In addition to taking 3-credit courses offered by the Communications Studies Department, students can partake in

1-credit, 10-week co-curricular courses offered in partnership with the University Multicultural Education Center (UMEC) and the Lincoln LGBTQ center every Tuesday.

In order to sign up for the first year or core integration seminars, students have to fill out an interested party form as a prerequisite. This serves as a kind of application for the course, and it probes students about various aspects of their identity and why they want to take the course to help the professors get an understanding of who their students are.

"I send them this message and go, 'Hi, thanks for your interest,'" Mora said. "This is what this class is about. We are going to be digging into our understandings of race and ethnicity. This is the type of stuff we're going to be talking about. If you are still interested, respond; let me know so that I can put you on the list and have you added, so it's not meant to be a barrier so much as it's meant to make sure people know what they're getting into."

The courses begin with numerous activities to get to know the students. These icebreakers help build trust, flesh out one's perspective and bring one's identity to the table fully. From there,

students dive in. Reading various texts, engaging in conversation, participants in the class learn to connect to one another while focusing on a central topic.

It's structured around incrementally building upon what was previously discussed in class. What makes it unique from other courses is that it deconstructs the typical syllabus structure. Every class is adaptable; it evolves in the direction of previous conversations.

Historically, Intergroup Dialogues have centered conversations of race and ethnicity, but previous first year seminars have also covered issues surrounding race, gender, class and more.

"The class was a time every week where I was able to learn how to be comfortable with getting uncomfortable," said GU sophomore Grace Buchanan. "I so appreciated the courage of my peers to share very vulnerable parts of themselves and allow others to help them grow. It was facilitated by such thoughtful and caring leaders, who empathized with our journey."

Through topical conversation, Intergroup Dialogue distinguishes itself by asking its participants to bring the unique facets of their identity and examine why

there are differences in one another — not just in society, but on socio-political issues, too.

"What we're trying to figure out is: how many [policies] have affected life experiences of you all in this room, and how does that help us understand each other and have empathy and care for each of us around this particular topic differently than we did at the beginning," Mora said.

Students can find out more information about the Jesuit Association of Student Personnel Administrators award-winning course on the UMEC page on the GU website. The next freshman year seminar course will be offered in the spring semester of 2023.

"The ability to be empathetic and forgiving to ourselves and others and centering the perspectives of people of color are necessary ingredients to foster a safe learning environment for anyone who wants to explore the topic of race and ethnicity," Buchanan said.

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

Zags help Zags... even after graduation

By BAILEY WHITE

This year, 1,591 students are getting their master's degrees at Gonzaga University, about a quarter of the total student body.

"Most students are not thinking about a graduate degree as they're in the middle of their undergraduate experience," said Julie Krallman, director of marketing at the Graduate Enrollment Management department. "The folks who are thinking about it are the ones who want to go to law school, or are in accounting or business. When it comes to other programs, I don't think there is a huge awareness on campus."

For example, people may not know undergraduate students can simultaneously take graduate-level classes and complete both degrees in as little as five years.

According to Brittany Stone, associate director of recruitment at the Graduate Enrollment Management department, undergraduate students can take classes in five different programs: the Master in Communication and Leadership Studies program, the Master in Organizational Leadership program, the Master in Teaching program, the Master of Science in Taxation program or the Master of Accountancy program.

In order to take these classes, students must be either majoring in communication arts, dance, international studies, theatre arts or accounting, or minoring in

leadership studies. However, there are exceptions.

"We've worked with at least four students in the last two years in majors that had nothing to do with the [listed majors], and we've been able to get them in," Stone said. "I had one student who was majoring in sports management as an undergraduate, and it seemed like a clean fit with master's in communication and leadership for what he wants to do with his career. We were able to work with the dean of the school to get him an exception."

There are currently 32 undergraduate students taking graduate-level classes, according to Maxwell Kwenda, the director of Institutional Research and Assessment. Taking part in these programs can save students up to \$10,000.

Cost-saving isn't exclusive to undergraduate Zags; GU employees can also save money by utilizing the employee tuition waiver benefit. If a person has been employed by the university full time for at least a year, they are eligible for a tuition waiver that they can use to earn their undergraduate or graduate degree, though this doesn't apply to student employees. This tuition waiver can also be used by their children or spouse.

According to the GU Human Resources Office, this year, 38 employees are using the tuition waiver to take graduate-level courses.

"It's an amazing benefit," said Stone. "It's the reason some people work here, and work here for a long time."

Stone is using the tuition waiver to get a master's

degree, along with her colleague Carmen Dela Cruz, a student services specialist in the Graduate Enrollment Management Department.

"In my opinion, it's one thing to be in student services and have a background in higher [education] and working with students, but when you yourself are in the program, it's a much different perspective to offer to students," Cruz said. "You can speak to what it's actually like to take classes here."

This year, "U.S. News & World Report" ranked Gonzaga's graduate accounting program 26th in the nation and the Master in Business Administration program in the top 55.

"Gonzaga has a good reputation as an educational institution, which is great," Krallman said. "[Graduate students] feel part of the institution on campus or online, they have a good experience, and they feel like they are gaining valuable skills that are going to help them in their future, whatever their goals are."

Graduate Enrollment Management is located in Campion Hall.

"We are constantly doing information sessions," said Stone. "Students shouldn't be afraid to reach out."

Bailey White is a staff writer.

Stockton protest fuels misinformation

In the wake of Gonzaga revoking John Stockton’s season basketball tickets, several individuals chose to protest outside of the McCarthy Athletic Center on Jan. 29 before the GU basketball game against University of Portland. The protesters certainly had a lot to say.

One of the protesters, who refused to give his full name to the media or be recorded, gave his thoughts about GU, mandates and Gov. Jay Inslee over a megaphone so that everyone in attendance could hear.

I overheard firsthand a conversation between presumably a husband and wife who were protesting and a Gonzaga Bulletin editor, in which the couple appeared to dismiss the editor’s experience with COVID-19.

The editor expressed that they have had several family members die of COVID-19, while others have been hospitalized. The couple dismissed the editor’s experience by minimizing how detrimental COVID-19 can be. Instead, the couple claimed they knew a 10-year-old girl that had suffered from a heart attack from the vaccine and then stormed off.

“I’ll pray for your soul,” I recall the woman saying to the editor as they strode away.

Other protesters waved flags, including the American flag and one spelling “My governor is an idiot.”

Yet, it wasn’t Jay Inslee who revoked Stockton’s tickets, it was GU administration. They came to the decision after Stockton refused to wear a mask at the games despite the university mandate that requires them in all indoor spaces.

I wholeheartedly support the right to protest ensured by the First Amendment’s guarantee of freedom of speech and assembly. However, I think that the spread of misinformation on forums, such as the Recall Inslee Facebook group that organized the protest, is harmful.

In my time browsing the Recall Inslee Facebook group I found heaps of false claims.

One post said, “Nuremberg Codes, Article Six, Section Three: no government can mandate or force



By KAELYN NEW

medical treatment without individual consent.”

In all actuality, this quote isn’t found anywhere in the actual Nuremberg Codes. The reference to individual consent is based on scientific experimentation by the Nazis. The COVID-19 vaccines aren’t experimenting on any individuals, as one must use their own free will to receive one. Additionally, vaccinating the general public isn’t an act of “experimentation,” as scientific trials have already happened.

The real pandemic, a different user asserted, is that the media and teachers are lying to and indoctrinating the youth across the country.

So, if we cannot trust the media, the federal government, independent fact-checkers, Democrats, scientists and state governments, who do we trust? In my own observations, most COVID-19 conspiracists trust personal testaments spread through social media.

“I have a friend who is losing her husband right now on a vent from all the protocols that are killing

people” Facebook user Nicole Faith said in the Recall Inslee group. “I cannot stand this tyrannical communist Washington government any longer. They are murdering people in the hospitals.”

Posts like Faith’s share eerie similarities with Stockton’s claim in a Spokesman-Review interview that “over 100 professional athletes” have died while playing their sport as a result of vaccines.

How is it that scientists are lying, but Facebook groups and indirect personal stories are telling the truth? I would assert that nearly all the people I surround myself with are vaccinated; how is it that not one of them has died from the vaccine?

Conversely, those who are anti-vaccine, who I would assume would surround themselves with people of the same caliber, somehow have countless testimonies of death and loss as a result of the COVID-19 vaccine.

This all serves as a reflection of a much broader issue. Growing distrust of the government coupled with increased social media use results in the breeding ground for misinformation and unfounded conspiracy theories about the pandemic.

This prompts these conspiracy theorists to put others in danger by, for example, not wearing a mask at crowded basketball games.

GU had the right to revoke Stockton’s tickets for not complying with the mask mandate that all game attendees are required to adhere to; he doesn’t get a “pass” for being a famous alum.

Additionally, I don’t believe that a protest bombarding innocent bystanders with conspiracist sentiment—all of whom just want to watch a basketball game on a Saturday night—will reverse the university’s decision.

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

By ALEXANDER PREVOST

Fellow people of...taste, Let it be known that the two-party system is, in fact, not it. Despite our differences, this is something my mortal foe Noah and I can agree upon. However, while I feel strongly about this issue, I am slightly less passionate.

But just in case, let me explain the gist of why it’s so horrible.

Like many things in our sociopolitical world, the American two-party system is a binary that exists to split us into “us” and “them” categories. It’s a means of division, and given the...uh...heightened political polarization in this day and age, I’d argue that our current party system is doing little in the way of stopping us from a second civil war.

Furthermore, our two-party system has no nuance. You are either grouped into the Republican or Democratic party; you can only vote red or blue, but your own views might exist in shades of gray. Centrism (or in my case, leftism) is grouped in with other individuals who might not be voting the way

you want them to, but because of a few hot-button issues that matter deeply to you, your votes have to go toward individuals who might not have your best interests at heart.

There are myriad issues as to why the two-party system is garbage, and I’ve only really scratched the surface here. If anything, I ask readers to consider the purpose of binaries in general in our society. Do they serve to make our lived realities easier to understand, or do they seek to oversimplify and divide?

OK Noah, take it away.

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

By NOAH DAHEIM

My fellow realists, The two party system is beyond disgusting, it is in fact choosing between two evils. On both sides you have uneducated people who are not willing to grow and develop our nation. It used to be believed that Democrats viewed the Constitution as a living document,

while the Republicans saw it as set in stone, but over the past 12 years we have seen a dramatic change in this stance.

Both parties (even if they don’t say so) are not willing to change a single thing.

Democrats: You want to be the voice of change and reason, meanwhile you are divided within your own party. U.S. sens. Joe Manchin and Kyrsten Sinema, both of you could make this party unified and work with the rest of the Senate, but it is obvious that it

is time to vote you out since you refuse to do your job.

Republicans: You worship and idolize a single human being, putting him at the center of your whole life. You also refuse to believe that the population has changed, blocking or filibustering any bill that will help the nation. The most recent instance of this was your refusal to pass the John Lewis Voting Rights Act, ensuring equal voting for all U.S. citizens, but instead you wanted to attack and diminish marginalized

communities.

So, how can we change these two evils?

We need to vote in more parties, getting rid of the stigma that voting for a third party is just a ‘waist of a vote’. We also need to stop settling for one of just two candidates, by voting for other parties in primaries, midterms, and general elections we will be able to see change.

We could also remove the ineffective Electoral College and the racist gerrymandering rules all together, but this is a conversation for another time.

All in all, the two-party system needs to end. The U.S. is falling apart at the seams before our very eyes. A constant tug-of-war between red and blue, and everytime one side wins, they undo what the other has done.

Democrats and Republicans – stop creating confusion, division, inconsistency and hate in our nation.

This is not a game...it is our life.

Noah Daheim is the digital editor. Follow them on Twitter: @noahdaheim.



CHIANA MCINELLY IG: @picsbychiana

Two editors discuss the ineffective nature of the American two-party system.

The Gonzaga Bulletin

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Skating into progress

For the first time ever, a nonbinary athlete will be competing in the Olympics.

Timothy LeDuc (they/ them), an American pair skater, and their partner, Ashley Cain-Gribble (she/her), will be competing in China for the gold this winter.

Coached by Cain’s father, Peter Cain, the duo has an impressive athletic resume.

They are a two-time U.S. Championships winner (2019, 2022), the 2018 Four Continents silver medalist and a three-time Grand Prix Series medalist. Together, Cain-Gribble and LeDuc have had success across the globe.

Growing up in Cedar Rapids, Iowa, LeDuc came out as gay at age 18 and was met by fellow Christians attempting to take them straight through conversion therapy. LeDuc rejected such therapy, and eventually their parents came around.

Now, LeDuc and their parents walk together in Trans Pride marches and Pride marches. Leduc began using they/them pronouns in 2021.

Together, LeDuc and Cain-Gribble have overcome a lot of systemic issues in the figure skating world.

Cain-Gribble stands at 5-foot-6-inches, much taller than the average female pairs skater is.

“I had a lot of people tell me I shouldn’t be in this sport because of the way I’m shaped, but this is my body, this is the way I am,” Cain-Gribble said in an interview with Team USA. “It was one of the things that almost forced me into retirement... There is a body stereotype still, and we are trying to definitely fight that.”

In such a heavily gendered sport as pairs figure



By SYDNEY FLUKER

skating, where the traditional arrangement is man-woman and the roles emphasize the gender differences, breaking that norm is scary.

“Gender and sex are different things, and gender expression is different from gender,” Cain-Gribble said in the same interview. “Gender is more of an internal sense of self — man, woman, both or neither. Gender expression can be an extension of that, but it doesn’t always have to be. Yes, I have a beard, but in competition I wear makeup. I can portray parts of masculinity and manhood, but I also feel a connection to femininity. It’s a process of letting that out and letting people see that.”

While the pair builds each other up in the face of negativity, their coach emphasizes their need to be on the ice. The final three words he says to the duo before every competition are: just be you. LeDuc is doing what I wish so many people could do — they are publicly comfortable with being exactly who they are.

Before I go any further, I want to acknowledge the role of allyship in this narrative. To be comfortable coming out as a nonbinary person, there needs

to be knowledge of acceptance of said gender identity. Coming out is scary, especially in the face of queerphobia, and knowing there will be people to support you is a much bigger deal than people might realize.

LeDuc could have waited until after their ice-skating career ended to come out as nonbinary, but they didn’t. Even in a heavily gendered sport, with a common theme being that of heterosexual romance, they made the decision to accept the hardships that come with proper expression.

Being nonbinary means accepting whatever uneducated comments come your way. From my personal favorites of “you look like a woman” and “then why is your hair long?” to the plainly cruel flat-out rejection of using my pronouns at all, I hesitate every time I say my pronouns despite the self-authenticity I crave.

LeDuc spoke about their experiences which deeply mirror my own — in the Team USA interview, they described getting asked “if you’re nonbinary, then why do you have a beard?” frequently.

Honoring representation is good, but normalizing it would be even better. The fact that LeDuc came out as non-binary and it was a big deal shows how much progress we have yet to make. But the fact that LeDuc is able to come out as nonbinary at all is a sign of progress itself.

“My hope is that the narrative shifts more to, queer people can be open and successful in sports,” Leduc said in an interview with NBC Sports. “We’ve always been here, we’ve always been a part of sports. We just haven’t always been able to be open.”

Sydney Fluker is an A&E editor. Follow them on Twitter: @sydneymfluker.



ANDREW LOF IG: @andrewlof_photography

Feast World Kitchen is a nonprofit restaurant that is located on 1321 W. 3rd Ave. in Downtown Spokane.

Dine on diverse food and divulge in culture with Feast World Kitchen

By KAEALYN NEW

With their slogan “Less Fear, More Falafel,” Feast World Kitchen is striving to make the world more compassionate one meal at a time.

This food stop is inviting the Spokane community to dine on diverse food and divulge into different cultures.

The nonprofit restaurant was founded in 2019 by Maisa Abudayha, Ross Carper, Dan Todd and other community leaders. The founders, with the help of the First Presbyterian Church, came up with the funds to rent the space downtown that would eventually become Feast World Kitchen.

“We never could have imagined the community support to create a space like this in Spokane,” Carper said.

Both Carper and Todd worked on their own food businesses — The Company Breakfast Wagon and Inland Curry respectively — before joining forces in 2019 to create Feast World Kitchen.

The kitchen strives to be an area of mutual respect without borders by enlisting the help of immigrant and refugee chefs. The chefs plan the menu for the day that they work, buy the ingredients required, cook the food and serve it to customers.

“A lot of times the people in the back of the house — the cooks and the dishwashers — are folks that are making the least amount of money and doing really hard work,” Carper said. “Often those people are immigrants and former refugees.”

Carper and the other founders set out to flip this business model on its head. At Feast World Kitchen, the chefs, all of whom are either immigrants or refugees, get to bring home the bucks.

Every day, the menu and chefs rotate. With over 70 chefs enlisted by the kitchen, each day offers unique cultural food and perspectives from Brazil to Syria and to so many places in between.

Abudayha, one of the founders who helps coordinate with the chefs, knows the struggle of being an immigrant in the U.S. all too well, as she is an asylum-seeker who came to the U.S. from Jordan with her family in 2013. She knows how integral opportunities, like those presented at



ANDREW LOF IG: @andrewlof_photography

Feast World Kitchen features rotating menus and chefs.

Feast World Kitchen, are.

“It’s not just only helpful to me and for them (the chefs). It’s for our kids, for the next generation,” Abudayha said.

Although she is a fluent Arabic and English speaker, Abudayha says she thinks of food as a universal language. Food is a central part of life no matter what language one speaks, what culture one comes from or what country one lives in.

“Food is a bridge,” Abudayha said. “This is how I build relations and communications here.”

Food is a bridge, a bridge that both Abudayha and Carper hope will mend misconceptions about immigrants and refugees in the Spokane community.

“A big part of why we started this was because of anti-immigrant and anti-refugee rhetoric in our society,” Carper said.

When legislation limits the number of refugees and immigrants welcome in the U.S., communities lose diversity, but for those immigrants and refugees, it can mean life or death, according to Carper.

“You can get really mad about that on social media or you can write your congresspeople and advocate. All of that is fine, but one of the things the founders of Feast [World Kitchen] felt is, ‘what if we started something that was just positive, and we show every single day how much value, hard work and flavor people bring to our community,’” Carper said.

Abudayha says the chefs, herself included, are all grateful for the opportunities that the U.S. has provided them with and she hopes to return the favor by doing good.

“I want to feel that I’m human, that I’m doing something good for humanity,” Abudayha said. “And in this building, I do not care what you believe, I care about your culture because I want to learn.”

In exchange, the founders of Feast World Kitchen ask customers to try and learn more about the immigrants and refugees in the community.

“Part of our motivation was to create a positive space where you might actually get to know some of these folks and understand more about them, so there’s less fear on both sides,” Carper said.

Feast World Kitchen is open for takeout or dine-in, Wednesday through Sunday. The kitchen also offers catering to anyone interested. As a nonprofit, they are always looking for volunteers and accepting donations on their website.

To learn more about Feast World Kitchen or see the menu of the week, go to FeastWorldKitchen.org or visit 1321 W. 3rd Ave. in Downtown Spokane to taste the cultural cuisine in person.

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

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Beautifying Spokane one mural at a time

By SYDNEY FLUKER

The arts scene in Spokane has exploded in recent years. With nonprofits like Terrain and Spokane Arts working to get small and local artists in the spotlight, opportunities for creatives to show their skill are expanding.

You may have noticed them around Spokane, as their presence grows and they take over buildings. That's right, Spokane is investing in murals.

Maple, Stevens, Division, Cedar, Monroe and Lincoln are all Spokane streets with breathtaking murals.

Susan Webber and Shelby Alison answered an artist call for a 160-foot-long mural on Stevens Street three and a half years ago.

Webber and Alison are two Spokane artists who have branched out to muraling over the years. Webber, a tattoo artist and overall artist, had done about 10 murals on her own before partnering with Alison, an illustrator.

"We had done some other art projects together, but none this large," Webber said. "We came into it together knowing our styles would complement each other and that we work fast together, so tackling something really large sounded like a fun challenge."

Since then, they've done murals for private businesses, families and other public walls. Their most recent mural is a sea goddess at Zona Blanca on Howard Street, which is Alison's personal favorite.

"Once you get in the door, it's easier for people to be like 'oh, I like this work, let's see what they could do for us,'" Webber said.

The majority of large murals on busy streets in the area are done through an application process posted by the city. After the interviews and proposals are finished and approved, the artist(s) can begin the process of bringing their vision to life.

The timeline of painting a mural depends on factors like size, weather, permits, extra conditions, etc. For Webber and Alison's big murals, bringing the vision to life tends to take about six weeks. Painting the mural requires working around their other jobs and commitments, so sometimes only a few days a week can be dedicated to the project.

But when it's all said and done, the finished result is worth every second.

"When you're an artist, to be able to see your work so large is such a good feeling," Alison said.

Another muralist in Spokane is Melissa Cole, whose work is found on Monroe and Lincoln streets.

According to Cole, these murals were created in 2009 with a group of "at-risk" and volunteer young adults ages 12-17 years old over a period of six weeks.

"It was meaningful because my role was as a mentor rather than a leader," Cole said via email. "It was great to watch the 'kids' gain confidence with designing and application."

The mural on Monroe follows the theme their group created of Big River (native animals) and Wild River (global species). On Lincoln, they painted Manito Koi to highlight Manito Park.

For Cole, the murals are special because of the environment they were placed in and the people she did them with. According to Cole, they were in contact with many people living on the streets in a way that was beneficial to everyone. Those residents even ended up working with the group at times.

"Now it is 22 years later and more of [the murals] have been tagged, but I've talked to people living near the murals and they say the color adds something to their lives," Cole said.

Other murals in the area include nature scenes on Division Street by Tom Quinn and a collection of artists coming together for the headshot-focused Maple Street mural.

For those who prefer the more casual and taboo alternative to muraling, Spokane boasts loads of graffiti.

While random tagging can be found around Spokane, the city has recently been giving graffiti art a chance to thrive.

The owner of the building that houses Boots Bakery opened their wall to graffiti with permission from the city, creating a rotating graffiti wall space. Complete with a manager who invites local artists to come tag, the wall shows the beauty of what graffiti art has to offer.

Graffiti art is not random names and harmful sayings, but rather an anonymous form of art central to a city's culture. It can be personal, emotional, political, etc., but all true graffiti is detailed and crafted by the artist.

"I love graffiti art," Webber said. "I love the idea of doing art and getting super good at it, but it's always in a discrete way."

Alongside train tracks and under bridges there is often colorful graffiti covering the walls. While some may sneer at the art form, it can bring a healthy dose of color and art to the blank walls filling our cities.

Unfortunately, random tagging often happens on the walls of small businesses. One way that cities combat this issue holistically is by offering more public walls for graffiti artists to cover. An open space can act as a beautification tool to the bare wall and would keep private walls more clean.

Public art does more than beautify a city — it creates a common culture. The more opportunities we can get local artists to get their voice out, the better.


Sydney Fluker is an A&E editor. Follow them on Twitter: @sydneymluker.





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Despite some community pushback, Spokane has found ways to help graffiti thrive.

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Donald Hackney enrolled as a student at Gonzaga University in 1966 and has been working at the university since 1974.

Business Law professor 'Law Dog' approaches 50 years at GU

By TOMMY CONMY

When Donald Hackney first enrolled at Gonzaga University in 1966, the kid from Kennewick, Washington couldn't have imagined his office 47 years in the future would sit in a coal dumping ground by the river.

Through a few twists and not too many turns, the Jepson Center was erected in 1987 and the "Law Dog" settled into his office on the second floor of the business school, where he was hired full-time by GU in 2006.

Notorious for teaching Business Law to sophomores — either to their delight or their chagrin, depending on who you ask — the roots of the "Law Dog" nickname are ambiguous. Colleague and Director of Graduate Accounting Andrew Brajcich accuses Hackney of bestowing the nickname upon himself.

For what it's worth, Hackney doesn't remember if it was him or a student that came up with the moniker. All that's certain is that the name has stuck, so much so that the beginning of every lecture features a slide with the official "Law Dog" logo of a snarling bulldog.

Hackney has the unique distinction of having nearly every business student at GU pass through his classroom since he began teaching in 1974. If Hackney misses a student in the classroom, he also gives a speech to prospective GU students over GEL Weekend on business as a calling as a precautionary measure.

"I had him for Business Law when I was an undergraduate, so I met Professor Hackney in 1979," said Interim Provost and 1981 GU graduate, Ken Anderson. "He's taught every single section of Business Law for most of the time he's been here, certainly since he's been full-time. Because of that, he knows so many people."

Outside of Business Law (once called Law, Business, and Society), Hackney's fingerprints are all over the education of Zags within the school of business. To create an exhaustive list of Hackney's involvement at GU may be impossible.

Not only was he one of the main advocates for the Law and Public Policy concentration, Hackney has served on the GU Board of Trustees for over 25 years. He is also a club advisor for Alpha Kappa Psi and an active member of the GU Alumni Association, all while conducting

research on the Logan Neighborhood and bankruptcy filings in Washington.

Hackney's journey began in the Pacific Northwest on a family peppermint farm outside of Kennewick where he started working with his parents and siblings at the age of 7.

As he explains his roots, Hackney moves methodically throughout his office. The walls are filled with biographies on Alexis de Tocqueville and Benjamin Franklin among other books like "The Federalist." He pauses to admire a picture amid the thick white binders containing legal jargon on Natural Law. The black-and-white photograph is of a young Hackney with his aunt, uncle, parents and siblings on the farm.

"I grew up in a lifestyle that's basically gone in the country," Hackney said. "From the time you're old enough to do anything, you're a part of an economic enterprise because everybody works. You know, I look back and I think how fortunate I was to learn how to work. I don't consider I was punished by having to work in the fields, it was a blessing for me."

Through blissful ignorance and some slight divine intervention, the self-described "cradle Catholic" made up his mind that he would attend GU and become a lawyer at the age of 14.

"I've never had one ounce of hang back or fear in me," Hackney said. "I remember going up to some Jesuit that was visiting from Gonzaga back when I was in junior high. I went up and introduced myself to him and said, 'I'm coming to Gonzaga.'"

Hackney attended one year at a junior college in the Columbia Basin before transferring to GU as a sophomore.

The "Law Dog" left GU for a brief two-year stint in the army at the height of the Vietnam War following graduation. Hackney was initially deployed to Fort Riley before training in war games in Germany, finally settling at Fort Benning in Georgia.

"There's my Infantry School Airborne certificate, which means I've jumped out of perfectly good airplanes," Hackney said, pointing to his shelf with a laugh. "I got to Fort Riley and they ran down their officer strength so low there because they were shipping people to Vietnam. They froze orders for a while to build things back up, and that kept me from going to Vietnam."

Within two weeks of returning from

the military, Hackney was enrolled in law school at GU and hasn't left since. Although he practiced in Spokane as a lawyer for decades, he began teaching the infamous Business Law course immediately after graduation as GU was pressed for adjunct faculty.

"I think he has a deeper understanding of what it means to be a Zag more so than anybody else who's here," said Director of the Hogan Entrepreneurial Leadership Program Dan Stewart. "He's seen it from both sides as a student and as a faculty person and as a trustee. He understands the history and the roots of the school."

Hackney's tenure at GU is one of benchmarks. Since arriving in the late '60s, Hackney has seen the peaks and valleys the university has endured throughout the latter half of the 20th century as the Jesuits and their counterparts fought to keep the doors open at GU.

"The basketball team was on the ascendancy and in 1999 the whole thing took off," Hackney said, referring to the Zags' first Elite Eight run. "We went from classes of 500 people up to close to 1,000. People can pat themselves on the back all they want. The reason Gonzaga is a name that people know is because of basketball."

However, Hackney is quick to credit the work of former Gonzaga presidents Fr. Bernard Coughlin S.J. and Fr. Robert Spitzer S.J. for their integral role in developing the GU campus into its current form. Hackney estimates that Spitzer constructed close to 50 buildings on campus during his tenure.

"I mean, [Coughlin] kept the heat on, he kept the place open," Hackney said. "He straightened some things around and went out there and hustled money. Barney is in the pantheon of Gonzaga saints. He's in the front row for having done it."

While Hackney shared the GU campus with those patron saints of GU, he was also busy running a promotions company, various construction outfits, developing land and running his own law practice as the senior partner. The "Law Dog" endured his fair share of dissolved partnerships, but despite the rotating cast of names from Lawson to Delaney, Hackney's name always remained on the sign out front.

"We all take these psychology tests that tell you what you are. Well, I'm an entrepreneur," Hackney said. "I have a kind of affection for people who go out

and make things and do things. People that jump into ships and try to discover new worlds. My sympathies are with those folks."

Not one to backtrack, the "Law Dog" is incredibly comfortable in the life his 14-year-old self put in motion in junior high. As he leans back in his office chair, a small glass jar of pure peppermint extract sits in front of his computer to remind him of his agricultural roots in Kennewick.

"There's a real tendency, when you're a 20-year-old to just kind of put off all of the big questions and just sort of spend your lives distracted. Nobody wants to get too serious," Hackney said. "I would tell people to carve out quiet time where you're not distracted and get in touch with your inner voice. That's how God speaks to us. If you're just around chaos, loud music, nonsense, video games and social texting and all that stuff, you can never reach into that quiet spot."

When he isn't marshaling his Business Law students in the Wolff Auditorium, he can be found in his office, whether it's a weekend or a holiday. During the COVID-19 pandemic when campus was without students, Hackney and Stewart would indulge in a beverage as they walked around the campus that the "Law Dog" has watched rise out of its former industrial modesty.

Although Hackney didn't divulge any sort of retirement plans consisting of rides into the proverbial sunset, when he does inevitably decide to hang it up, GU will lose over two generations of experience. A portal into the past will close and a new elder statesman will assume Hackney's post. Some acts are impossible to follow and as he approaches his 50th year, Hackney has made the job of his successor incredibly difficult.

"The good Lord only gives each of us so many years, what I refer to as this side of the grass, you know, and I've had a wonderful life," Hackney said. "I've been able to work into years where many of my peers are retired. I think people need work and were made to work and I enjoy it. I love teaching. I derive a great deal of personal satisfaction from being able to do those kinds of things."

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

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ALYSSA HUGHES IG: @alysahughesphoto

Ladder Coffee uses an abundance of greenery to create a welcoming environment.

Not your 'rung' of the mill coffee shop

By SAM FEDOR

Ladder Coffee Roasters, a local coffee shop with locations across Spokane, is elevating people one cup of artisan coffee at a time. In an effort to make specialty coffee more approachable, Ladder focuses on hospitality before anything else.

“People are who we serve, coffee is the thing that we make,” said Aaron Rivkin, owner and founder of Ladder. “We want to help elevate people and help them climb their life ladder, and allow the things that I do to be like rungs in their life ladder, and use Ladder as a stepping stool to get to their next phase in life.”

Hence, the name. Though relatively new to the Spokane Coffee scene, Rivkin is no stranger to a good cuppa’ joe. The former owner of Kream Coffee in Phoenix has competed in the United States Barista Championship. But that wasn’t enough for the young business owner.

“I needed to do this again for myself and help create something special for Spokane,” Rivkin said.

Ladder began in 2017 on Rivkin’s front porch in the Five Mile Prairie neighborhood of Spokane. Initially only intending to make coffee for a few close friends, July through October saw over a hundred people come to the house every Saturday in search of good coffee. Rivkin then launched a drive-thru location, but it didn’t last. He realized that it lacked the hospitality of his front porch, and that was the feeling people were looking for.

“We wanted to create living rooms for our city... creating a place for our city to gather,” Rivkin said.

Late 2018 saw the launch of Ladder’s first sit-down location, at 1516 W. Riverside Ave. in downtown Spokane. After opening, this location won second place in “World’s Best New Cafe.” This accolade helped put Ladder on the map, and drew in customers.

“I think the city really realized the gift of hospitality that we’re trying to bring,” Rivkin said.

At the end of 2018, Ladder was approached by Canopy Credit Union in hopes of a partnership. There are now three Canopy Credit Union and Ladder Coffee Roasters locations, the first of which opened in Feb. 2020, right before the onset of the COVID-19 pandemic. But Ladder weathered the storm that killed so many other local businesses and was able to open two new locations during the pandemic, including what was once Vessel Coffee Roasters, now the 2823 N. Monroe St. Ladder location.

Ladder was also able to court new clientele during the pandemic. Though it can be easy for people to be intimidated by more expensive, artisan coffee, newer and older generations alike are coming to appreciate the craft.

“Our approach is through hospitality... getting people in the door and creating a space where they feel like they can approach this industry,” Rivkin said. “We don’t serve coffee, we serve people.”

But the coffee is no slouch. Serving a seasonal menu devoid of overly

sweetened and complicated drinks, the focus is on the coffee itself.

“It’s a little expensive, but I think it’s worth every penny,” said AJ Jackson, a first-year student at GU.

Ladder’s employees pride themselves on serving high end coffees from all over the world that is roasted eight pounds at a time and tasted regularly for quality. And while the coffee is by no means cheap, Rivkin says it’s worth not compromising to meet a price point.

“We’re going to spend as much money as we can on the best coffee that we can,” Rivkin said. “We want people to drink the best coffee possible, and part of that is by paying farmers what they deserve.”

At Ladder, serving people means more than just creating a welcoming environment and specialty drinks. Every quarter, they partner with Canopy Credit Union to support a local non-profit that’s doing well in the Spokane community. But they rarely advertise this work — it’s not for marketing, Rivkin said, it’s about helping the city.

Ladder also aims to serve its employees, one of whom is a GU student.

“We’re always hiring... our hope is that we can equip people, even if it’s a college job where you’re working for us for four years... we hope to create a space where you can grow in your leadership and take that leadership into the next level of your life,” Rivkin said.

Leadership is important to Ladder’s mission. Rivkin believes that working for a local business can help young people learn to work hard, hold themselves accountable and enter the

world equipped to do their best.

“The people who are going to go be doctors or go be lawyers, we want them to come work with us, to help them grow in their leadership,” Rivkin said. “Comfort and growth can’t coexist. If you’re looking to grow in your leadership, you’re going to have to get uncomfortable.”

Ladder is also interested in GU students after they graduate, with opportunities for business school graduates to work as business developers. Ladder also hopes to see its employees “plant roots” from which to grow in whatever craft they choose. Rivkin believes you can’t learn something through the short term, and that you learn more about yourself and your craft through long-term application.

Ladder’s mission statement says it all. “We exist to have a global impact while being a hub of influence in every city that we are planted in, by serving people and making coffee,” it reads.

Rivkin hopes that the practices that ladder uses will have a global impact to better the industry, and train and equip people to further their leadership capabilities. As for advice to aspiring business owners and coffee drinkers alike, Rivkin has only this to say.

“Take what you do seriously, but don’t take yourself too seriously,” Rivkin said. “Whatever is produced is equated to the effort that you put in.”

Sam Fedor is a staff writer.



MAKOA ALMEIDA IG: @mdaalmeida

North Monroe Business District, about 10 minutes from GU, features many local businesses, breweries and restaurants.

Shop, dine and stroll through North Monroe Business District

Commentary by
SAM FEDOR

The North Monroe Business District is one of Spokane’s hidden gems. “Where the locals go,” North Monroe is home to a number of chic vintage and thrift boutiques, homey coffee shops, local breweries and the best reviewed men’s barbershop in Spokane. Despite the attention, the neighborhood manages to hold onto some small town charm, which is a serious draw in a growing city like Spokane.

North Monroe Street provides some less-traveled alternatives to other popular Spokane essentials. Sure, downtown is full of great local coffee shops, thrift stores and restaurants, but Monroe’s local businesses are less traveled by GU students. Subsequently, Monroe’s businesses are hoping to reach out to a younger clientele — especially students.

While a little farther away, shops like Ladder Coffee and 1889 Salvage Co. provide the same friendly service and unique atmospheres that we’ve come to expect from local businesses in Spokane.

North Monroe’s charm permeates not only the businesses that line the street but the people that work at and enjoy them as well. Gonzaga students are welcome at all of these establishments and some like Ladder Coffee Roasters even offer student discounts. These local businesses understand the importance college students place on keeping their money within the community, that’s why the business district’s slogan is “where the locals go.”

The first place to stop on any trip to North Monroe is Ladder Coffee Roasters at 2823 N. Monroe St. Only a ten minute drive from campus, Ladder is a homey shop with ethically-sourced small-batch coffee. Featuring a seasonal

menu and friendly (and talented) baristas, service is at the forefront of Ladder’s business model.

Ladder’s coffee is roasted eight pounds at a time and served in drinks that Rivkin says “highlight the actual coffee.” The building, formerly Vessel Coffee, is almost as hospitable as the staff, filled with houseplants, comfy chairs and the smell of a good dark roast.

Across the street from Ladder is another Monroe staple, 1889 Salvage Co. at 2824 N. Monroe St. Home to salvaged, vintage and repurposed goods of all sorts, few shops in Spokane can boast as unique or charming an atmosphere as 1889.

A go-to for vintage home decor, clothing, jewelry, barware and more, 1889 specializes in giving vintage items a new life. GU students can find everything from dorm and apartment furnishings to used books, all at a great price.

1889 Salvage Co. isn’t the only vintage shop on Monroe. Tossed and Found, Marilyn’s on Monroe and Blossom’s Antiques are also chic and affordable thrifting spots, located at 3111 N. Monroe St. and 2415 N. Monroe St. With thrifting as popular as it is among GU students, the variety in vintage shops on North Monroe means that there’s something stylish, sustainable and unique for everybody.

Staying stylish means more than just wardrobe; a good haircut is essential. That’s where Brickyard Barbershop, on 2802 N Monroe St., comes in. The most well-reviewed barbershop in Spokane, Brickyard offers classic men’s barbering in an atmosphere that can’t be beat. Anyone looking for a specialty cut will feel right at home. Of course, it helps that Brickyard’s barbers know what they’re doing. For those who have been let down time and time again by chain barber shops, the local flair and expertise is positively refreshing.

If you’re looking for new clothes, look no further than Kingsley & Scout at 2810 N. Monroe St. A specialty men’s retailer, Kingsley & Scout provides an atmosphere for community, good music and made-in-America workwear.

“Our hope is that our products will enable our customers to get out and enjoy life to its fullest,” the website says.

With their focus on quality over convenience, their gear does just that.

The North Monroe Business District is also home to a number of restaurants, including Elliotts, an urban kitchen, at 2209 N. Monroe St. Elliotts is a restaurant and bar that features “ingredients with integrity,” featuring fresh takes on classic American dishes, with an impressive price point for the quality. Down the street is Bellwether Brewing Company at 2019 N. Monroe St. Bellwether boasts dozens of craft beers on tap, as well as specialty sodas for GU students under 21.

For those looking to furnish their spaces with house plants, The Chop Shop Plants & Oddities, located at 2808 N. Monroe St., specializes in exactly that. Purveying a wide variety of plants from all around the world, as well as plant accessories and used clothing, The Chop Shop is a one-stop shop for all things green. The Chop Shop also hosts terrarium workshops to educate new plant owners about how to properly care for their new green friends.

It’s “where the locals go” and for GU students who want to support local businesses, there’s nowhere better. The variety of local goods and services that the North Monroe Business District offers is hard to find elsewhere in Spokane. With something for everybody, any trip to North Monroe Street will surely be an adventure.

Sam Fedor is a staff writer.

Artificial intelligence and the future of art

COMMENTARY
By LUKE MODUGNO

Flying houses and cars, mailing services powered by Frockets and widespread telepathy. These “Jetson-esque” innovations represent just a few of the hilariously inaccurate predictions made in the ‘70s regarding life in the 2020s. While most of the educated guesses our temporal brothers and sisters wagered about contemporary life were miles off, they weren’t wrong about one. In fact, their prediction not only came true, but has become one of the biggest threats to all forms of original art today: artificial intelligence.

No, the robots from “Ex Machina” haven’t started curating art collections just yet. However, the recent advent of both AI-generated artwork and music has sent ripples through both industries.

Thanks to TikTok, Wombo Dream (available on iOS, Android) has emerged as one of the most accessible forms of AI artwork. Simply by typing in phrases or keywords, Wombo will generate art using AI that combines the word prompts with elaborate murals made from preexisting images. Within seconds, Wombo’s AI is able piece together intricacies in art that would take human artists hours or even days, even with specifically

vague prompts like “Galactic Archeology With Metal-Poor Stars.”

With billions of images available in an instant to an advanced AI such as the one behind Wombo, the sophistication of AI-generated artwork is startling, but nowhere near as alarming as the music it can create.

AI music’s vast capabilities span a comprehensive set of musical processes, including composition, performance, digital sound processing and even interactive composition. Plenty of websites out there can emulate something similar to what Wombo presents, offering an AI that can produce millions of songs based on user specifications. But music AI is far more intuitive as it possesses the competency to react in real time to a live, human performer. Utilized in this way, AI can replace entire live bands and orchestras by producing the same quality of music in less time, with less confusion and more harmony.

While less-advanced AIs use internet databases to power their machine learning, music AI’s use neural networks to mimic how the brain works when creating music. Essentially, if you throw bits of music at these AIs, it will learn its patterns and frequencies by repeated exposure to it.

Perhaps one of the most unsettling examples of this

technology is its utilization by one of the most musically-deprived fanbases in rap music: Playboi Carti fans.

A simple YouTube search yields plenty of AI-generated Carti tracks created with the application of this technology. Fans even created an EP for Carti using AI, titled “DIGITAL BUTTERFLIES.” The project uses Carti’s real voice, famous ad libs and even frequent Carti collaborator Pierre Bourne’s sound kit to craft a bouncy, psychedelic, six-track trap project, one nearly as polished as something Carti himself would create early on in his career.

Beside being decidedly creepy and soulless, this clearly presents a plethora of pressing issues for the music industry. From further blurring the already murky lines regarding posthumous music to opening even more avenues for artist exploitation, the mere presence of AI music in its current state can and will be an obstacle.

One way or the other, original art is about to become more scarce whether we like it or not. Much in the same way we consume social media, art will have to be viewed with the eye of a skeptic.

Luke Modugno is the digital editor. Follow him on Twitter: @lmodugno5.

Mitski's 'Laurel Hell' is a melancholic goodbye

REVIEW
By KAELYN NEW

Mitski has returned after a nearly four-year-long hiatus with an album that may very well be her last. Her sixth studio album, “Laurel Hell,” seems to be a long and complicated breakup letter to the music industry itself.

The singer decided to retire in silence in 2019, removing herself from social media and effectively escaping to oblivion, before realizing that her contract required her to release one more album. This fact seems ever-present throughout each song in “Laurel Hell.” While each song offers some emotional insight — oscillating between playful and depressing — the entire album is subconsciously tired, but not necessarily in a bad way.

In the past, Mitski’s songs have offered universal sentiments about complex relationships as her music aged from singer-songwriter material into indie-pop. “Laurel Hell” is just as emotive, but Mitski seems to command attention toward her experience with music itself.

The album — which seems to draw heavily on ‘80s synths and the work of Kate Bush — offers contrast from overwhelming and dissonant to quiet and soft-spoken.

The opening track, “Valentine, Texas,” offers listeners the first glimpse of the 30-plus minutes of whirring synths featured



PHOTO COURTESY OF MITSKI'S FACEBOOK

Mitski has developed a large following since her first release over a decade ago.

on the album. It offers a slow start with a simple melody before bursting into complex melodies and harmonies.

Several of the songs, including “Stay Soft” and “Love Me More,” are reminiscent of the work from Mitski’s 2018 indie-pop album, “Be the Cowboy.” The instrumentals are upbeat and optimistic, juxtaposing the lyrics detailing yearning and pain.

In the lead single, “Working for the

Knife,” Mitski tells her mind. The instrumental is dissonant, featuring metal clanging and an off-pitch guitar, only resolved by Mitski’s smooth vocals. The single is a testament of occupational exhaustion, an obvious allusion to the singer’s own experience.

“Everyone” directly contrasts the popular “Nobody” from “Be the Cowboy.” The latter is a danceable, complex tune about estrangement. “Everyone,” is quite

the opposite; it drones on with little vocal or instrumental variation.

“Heat Lightning” is arguably one of the best singles from the new album. The song is an ode to lost sleep and the feelings that come with insomnia, according to Mitski. Instead of writing a song about a power struggle or a strained relationship, Mitski chose to write about the gray areas of life.

If liminal spaces could take musical form, they would do so in “I Guess.” Mitski has gone on the record before to state that often her songs about strenuous relationships aren’t about actual people in her life; rather, she writes about music itself as if it were a person. Mitski utilizes only two verses to offer an indifferent, haunting goodbye.

“Laurel Hell” is a bittersweet remembrance of a career that once was. However, it remains unclear if this is Mitski’s last project or if she is just in the process of reinventing her artistry.

As for now, though, listeners can find solace in this masterful farewell.

Favorite tracks:
"Heat Lightning"
"Working for the Knife"
"I Guess"

Rating: 8/10

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

Los Angeles Times

Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

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2/6/22

MONDEGREENS

By Peter Koetters

ACROSS

1 Heat in "The Heat"

6 Pickle piece

11 Eschew

15 On its way

19 Scouting party?

20 2018 CVS Health acquisition

21 Prepare to be shot?

22 x, y and z, in math

23 Song in which Pat Benatar challenges the owner of an aquarium? (1980)

27 Trapped by a winter storm

28 It's not an option

29 Split in two

30 Song in which The Beatles say goodbye to a girl on a big bird? (1965)

35 Zipped

36 IRS exam

37 Tokyo, once

38 Peruvian pronoun

39 Gibbons on TV

41 Answered an invite

43 Song in which Johnny Rivers unmasks a Far East spy? (1966)

49 Puritan pronoun

50 Judge's seat

52 Release money

53 Big pitcher

54 Like some office jobs

58 Checkout task

59 Bit of sediment

60 Song in which Peter Dinklage bakes a simian-shaped dessert? (1982)

64 Volkswagen model

65 Veracruz neighbor

66 Ending with calc and sod

67 "Amen"

68 Drag racer's fuel, briefly

69 Song in which the Plastic Ono Band promotes legumes? (1969)

75 Good card for lowball

76 Explorer Hernando de

77 Former renter

78 Oral health org.

79 Tool in a wheeled bucket

81 Polite address

82 Biblical twin

86 Song in which Culture Club dons lizard costumes to teach punctuation? (1983)

90 Nickname for Chicago's Ernie Banks

91 Pretentious

92 Ewe wish?

93 Apt name for a chef?

95 "We ___ the World"

96 Mid-calf pants

99 Song in which The Clash knocks over a wedding reception? (1982)

103 Ninja Turtles' ally

104 Pension ___

106 Pablo's "precise"

107 Song in which AC/DC plays nasty tricks on livestock? (1976)

114 Actress Watson

115 Nabisco cookie

116 Home on the range

117 Calculus pioneer

118 Negotiation ender

119 Ballroom basic

120 Remove

121 Brontë sister

DOWN

1 Ultimate degree

2 Singer Grande's debut fragrance

3 Hogwash

4 Larry the Cable Guy, for one

5 Dotted (with)

6 Declined

7 Small, at the Sorbonne

8 Culture: Pref.

9 Even one

10 '90s Indian prime minister

11 Jag

12 Crossed-fingers sentiment

13 Yard sale adjective

14 Hoops hanger

15 Very hot and dry

16 Glorify

17 Chutzpah

18 Expressed disdain for

24 Neaten the garden, perhaps

25 Scandal, to a politician, perhaps

26 Captain Marvel's magic word

30 E-commerce icon

31 "Quiet!"

32 "If only ___ known ..."

33 Tape deck button

34 Leb, neighbor

35 ___ Sanders, only athlete to play in both the Super Bowl and World Series

39 Jousting weapon

40 Homework assignment

42 South American pig relative

43 Vexed state

44 "___ homo"

45 Job

46 Mink cousin

47 Acid type found in vinegar

48 Cancel out

50 Composer Bartók

51 Altar in the sky

55 In ___ parents

56 French friend

57 Jeweler's tool

59 Con, half the time

60 Cold relief brand

61 High style, maybe

62 It can take a yoke

63 Truth or Consequences st.

64 Father of Julian Lennon

67 Con job

69 Some black-clad teens

70 "Possibly"

71 Va-va-___!

72 Prefix with sphere

73 Half-brother of Julian Lennon

74 Santa ___ winds

76 Splinter groups

79 With suspicion

80 Argentine icons

83 Worker during a walkout

84 Ambiance

85 Ride provider

87 Kind of voice

88 Chocolate ___

89 First responder: Abbr.

90 Rave review word

93 Rake over the coals

94 Snakao street snack

96 Like apps

97 Cartoon genre

98 Prefix with frost

99 Odorless basement hazard

100 Temporary tattoo dye

101 C-suite VIPs

102 "Meft"

104 Major quinoa producer

105 Creepy look

108 Web address component

109 Hip-hop Dr.

110 Propeller with just one blade

111 Philanthropist Broad

112 Fish that may be jellied

113 Meddle

Sudoku

By The Mepham Group

Level

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4

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Solution to last Sunday's puzzle

2/6/22

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

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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LILY KANESHIGE IG: @aka.lilly

Madeline Gotta was a standout on the Bulldogs roster from 2016-19, including a senior season that saw her take home All-WCC first-team honors.

The world's game leads Madeline Gotta back to Spokane

As the new director of operations for the women's soccer team, the former Zag is ready to continue her mark on the program

By CAMERON QUINTON

Making it in the professional world of any sport is a difficult task that requires a lot of hard work and dedication. Madeline Gotta, a former Gonzaga University women's soccer player, put in the work and it paid off.

After finishing her career as a Bulldog in 2019, Gotta went on to play professionally overseas for a couple of years. Now, Gotta has been hired as the new director of operations for GU's women's soccer program.

From start to finish, Gotta was a standout player for the Bulldogs. During her freshman season she earned All-West Coast Conference (WCC) honorable mention and All-Freshman team honors.

By her senior year, Gotta became the first player in GU history to earn the United Soccer Coaches NCAA Division I Women's Scholar All-America honor and was an All-American third team scholar. That same year she was also named All-WCC first team.

Gotta ended her soccer career at GU with 37 total points, the eighth most in program history. Her incredible accomplishments as an athlete and a student speak to her dedication in all aspects of her life as a Zag.

GU senior and midfielder for the women's soccer team, Sophia Braun, credits Gotta as not only being an amazing soccer player, but also as someone who works hard and is a great leader.

"Being able to watch her and learn from her my first two years, both on the field and off the field, as a midfielder and as a leader was just really cool," Braun said. "She's someone that I definitely look up to a lot."

Soon after graduation, Gotta signed with the Zaragoza CFF soccer team in Spain, which was the beginning of her overseas career. Over the next two years, she continued to play professionally for teams in Spain, Iceland and Sweden.

While playing abroad, Gotta received the opportunity to travel and ended up visiting 10 countries total. According to Gotta, living in these countries as opposed to just visiting them was a very culturally immersive experience that helped her grow as a person by getting to understand people from a variety of backgrounds.

In Sweden, Gotta lived in a city that was full of immigrants and refugees, including some of her teammates. Getting to know them and their stories was a really impactful experience for her.

"It gave me so much more perspective," Gotta said. "I think it has helped me to grow a lot as a person."

Besides being a culturally eye-opening experience, Gotta also felt that playing professionally in different countries greatly contributed to her growth as a player. She described that each country has a style of play that is very unique to them, and getting to learn these styles broadened her understanding of the game as a whole.

After getting a taste of playing soccer professionally in Europe for a couple years, Gotta decided that she was ready to transition her career path outside of being a player. When she heard about the open director of operations position at GU, it seemed like the perfect opportunity for her to get started on her path in sports administration. Between her great experiences at GU as a student-athlete, and her readiness to begin this new path in her life, accepting this position was an easy decision for her.

"I'm really excited to be back," Gotta said. "I think that GU is such a special place, and I am really excited to try and play a role in making a good experience for future athletes that I was so lucky to have while I was an athlete at Gonzaga."

According to Gotta, the role of director of operations includes a lot of behind-the-scenes tasks, including scheduling for the team and coordinating official visits with future athletes by creating their itineraries.

As a professional player, Gotta got a look into how big of an impact the operational side of a team has on its overall success. As a college student, she felt that she didn't fully understand how much work went on behind the scenes, but through playing overseas she began to see and learn which operational practices were good or bad for the team.

"[Those experiences] give me a greater sense of purpose while I do my job here because I know how much of an impact that it can really make," Gotta said. "There are a lot of little things that I think just made my job easier as a player."

She also expressed a desire to use her experiences as an example of what administrative and operational practices she should employ for the women's soccer team. Her goal is to become someone that the players can trust and feel comfortable going to for questions.

Besides already playing a paramount role in running the team, Gotta also came into the position during a unique time where she will likely have the opportunity to temporarily step up as an assistant coach. Both of GU's assistant coaches are pregnant, and according to NCAA rules, if an assistant goes on maternity leave then the director of operations will be the acting assistant coach until they come back.

Players on the team expressed hope that the new role will be a valuable addition, even when the assistant coaches are back from maternity leave. As a former player, Gotta seems to be the perfect person to step-up into this position.

"I think it's awesome having her as a part of our team," Braun said. "She knows the program so well...[and] she knows where we can improve. She's somebody that has gained a lot of respect from both our team and our program, so having her in that role is really cool because everyone really looks up to her and trusts her."

As a senior, Braun played with Gotta during her first two years on the team, and has loved seeing her growth from being a player at GU to succeeding professionally abroad and now returning to GU in an administrative role. As someone who strives to play professional soccer also, Braun views Gotta's success as inspiring.

"Watching somebody do that in a position like I am [in] right now is super cool because I know it's something that I can do as well," Braun said.

The success that Gotta has achieved highlights her ability to work hard toward her dreams and be a strong leader in the process. Gotta is an inspiration to her former teammates that hope to achieve similar success and view her as a valuable addition to GU's women's soccer team.

"She makes a big splash, whether she's playing or helping," Braun said. "Having her here is special."

Cameron Quinton is a staff writer.

Spokane's fitness scene has something for everyone

By MADELEINE REED

Few experiences on campus rival going to the Rudolf Fitness Center (RFC) in terms of awkwardness. For some, the fear of seeing people from classes prevent regular attendance and thus inhibit their ability to achieve their fitness goals. Whether its the fear of running into a "gymbro" ex., looking for a more intense workout regimen or looking to escape the business of the RFC, these fitness centers are worth the try:

CORE4COLLECTIVE
125 S. Stevens St. Suite 103

For fans of community-driven wellness, CORE4COLLECTIVE may be the perfect option. This center offers strength, yoga and cardio classes alongside individual attention and nutritional plans.

Janelle Brennan described how the emphasis on community gives the center a unique atmosphere, noting the familiar nature that instructors share.

"We lean on each other to make us stronger — whether that's through proper form and technique, being inspired by the person on the mat next to you, or staying motivated by instructors who are passionate about providing the best and most fun classes," Brennan said via email.

Online classes are also available through the studio, and in the past the team has hosted outdoor classes near Riverfront Park. Brennan said that they are in the process of creating some free community classes in the future.



ISABELLA STOUT IG: @isabellacarin27

There are four MUV Fitness facilities within a 10 mile distance of GU's campus.

New members get unlimited classes for two weeks for \$35. 10 classes come to \$175, and 20 for \$295.

Hardcore Gym
4402 N. Division St.

If gain optimization is the goal, Hardcore Gym may be the place to go. Priding itself as a facility that takes fitness "seriously," the Hardcore team consists of five trainers with differing areas of specialty, including bodybuilding and powerlifting, ensuring that everyone feels confident in their training and the services they are receiving and their ability to reach their goals.

The facility is open from 4 a.m.-midnight, and access is for members only. Because they seek to provide access to individual care, there is limited space:

memberships are capped when the facility reaches its set capacity, so contacting the team is encouraged.

Memberships run around \$43.51 per month, or \$434.51 per year.

CoreFit Inc.
225 S. Hatch St.

CoreFit Inc. provides a team of passionate trainers, coaches and dietitians to sustain fitness practices and strengthen lifting skills for both beginners and seasoned pros.

"I've never experienced a gym like this before," Therese Martinez, a registered dietitian at CoreFit, told the Spokane Journal of Business in 2017. "There really is a mentality of, 'we train you for life.'"

Classes offered are limited to 15 members and are taught by two

instructors, maintaining the expectation of individualized care and community building that this facility prides itself on.

A free one-on-one info session is available to those interested via its website, where instructors will help find programs best suited toward your needs. Their C.O.R.E. Experience program starts at \$149, which includes a month of unlimited classes.

Though these three centers' attentiveness to individualized attention and team building may be appealing to some, it may seem overly-intense or unsuitable to others' individual goals or schedule. Luckily, Spokane is home to several larger chain facilities, like the last on this list:

MUV Fitness
809 W. Main Ave. Suite 200

Located downtown off Main Avenue, MUV offers a wide variety of services and resources with a membership, which costs around \$39 per month, a slightly less expensive alternative compared to the other options. The center includes a full weight room, pool and cardio area.

Memberships also grant access to nutritional resources, locker rooms and two personal training sessions every month. For those who are interested in trying this center out, MUV does provide a 7-day free trial for those who want to test the waters.

Madeleine Reed is a staff writer.

★ GONZAGA VS SAINT MARY'S ★

THE RIVALRY CONTINUES

MORRISON 2006

NEMBHARD 2022

KUHSE 2022

DELLAVEDOVA 2013

73 GU WINS ★ 105TH ALL-TIME MEETING ★ 31 SMC WINS

NBA

GU:18

SMC:8

PLAYERS

11 MEETINGS IN THE WCC TOURNAMENT

GU WINS:8

SMC WINS:3

WCC

GU:19

SMC:4

CHAMPS

GRAPHIC DESIGNED BY MADDIE BUTZ

Zags look to stay unbeaten in WCC play with win over Gaels

By TOMMY CONNOLLY

Coming off a dominating 90-57 road win against BYU, the Gonzaga Bulldogs men's basketball team (19-2, 8-0) is looking to continue its undefeated conference season against the Saint Mary's Gaels on Saturday.

It is a matchup of the two top teams in the West Coast Conference (WCC) and the first ranked opponent to play at the McCarthy Athletic Center since No. 5 Texas came to the Kennel earlier in the season.

Saint Mary's is led by a balanced attack that features a variety of scorers. Matthias Tass, a senior center is averaging a team-high 13.1 points per game. The Gaels are also led by Alex Ducas and Logan Johnson, who average 11 and 10.6 points per game respectively. Tommy Kuhse is the Gaels fourth leading scorer, averaging just above 10 points per game.

The Gaels are 7-2 in the conference this season, with losses to BYU and Santa Clara. Coach Randy Bennett has been getting the most out of a group that has outperformed expectations on the season.

Saint Mary's took part in one of the best games of the WCC season just two weeks ago in a matchup against San Francisco. The Gaels came back from a 17-point halftime deficit and beat the Dons by two.

In last year's two matchups, the Zags won handily on the road and at home, winning by 20-plus points in both games. But this is a different, more experienced and hungry Gaels squad, which will require the Zags to be their very best come Saturday night.

Looking toward Saturday, both teams are coming into the matchup playing some of their best basketball of the year. Saint Mary's comes into Saturday night's matchup ranked No. 22 in the country, giving GU its first ranked conference opponent of the season.

Ranked No. 2 in the country according to AP, GU is No. 1 in KenPom, a ratings system that uses advanced statistical formulas to judge the talent of teams. Slotted No. 20 in KenPom, Saint Mary's has won seven of its last eight games.

However, no team in the country may be hotter than the Zags. GU has won its last 12 games, which include dominate performances over BYU, as well as San Diego and USE. Star freshman Chet Holmgren has been coming into his own the past five games to lead the Zags attack, averaging 19.6 points, 11.6 rebounds and



BULLETIN FILE PHOTO

In the last matchup between Gonzaga and Saint Mary's, a 78-55 win for the Zags in the semifinals of the WCC Tournament on March 8, then-GU senior Corey Kispert scored 14 points in 31 minutes of play.

3.4 blocks per game.

Holmgren swept all WCC honors this week, winning the Freshman and Player of the Week awards. He also was named a finalist for the Karl Malone Power Forward of the Year award by the Naismith Memorial Basketball Hall of Fame.

Along with Holmgren, the Zags have been getting strong contributions from Andrew Nembhard and Drew Timme. Timme and Nembhard have each been nominated for awards by the Hall of Fame with Nembhard a finalist for the Bob Cousy Point Guard of the Year and Timme a finalist for the Kareem Abdul-Jabbar award.

Coming into the matchup, Saint Mary's has been allowing 60 points per game to their opponents, while the Zags have been pouring in 90.9 points per game. Controlling their own offense will be paramount for the Zags against what has proven to be a stymieing Gaels' defense.

The Zags have also begun to heat up from 3-point range in their past four conference games, shooting 44% from beyond the arc, including Holmgren shooting a blistering 60.3% in his last four.

This is the second to last home game for GU on the season, with their home slate coming to an end on Feb. 19 against Santa Clara.

ESPN Power Index gives the Zags a 93.5% chance to win, but Saturday night's showdown between the two top WCC teams guarantees to give fans something to be excited about.

The game will be broadcast on ESPN with tipoff scheduled for 7 p.m. PST.

Tommy Connolly is a staff writer.

GU SPORTS CALENDAR

- Thursday, Feb. 10
 - Men's basketball vs. Pacific, 6 p.m.
 - Women's basketball at Santa Clara, Santa Clara, CA., 6 p.m.
- Friday, Feb. 11
 - Track and Field at Whitworth Invitational, The Podium, all day
 - Track and Field at Husky Classic, Seattle, WA., all day
 - Men's tennis at Utah State, Logan, UT., 10 a.m.
 - Women's tennis at Colorado State, Fort Collins, CO., 5 p.m.
- Saturday, Feb. 12
 - Men's rowing vs. Washington State Erg Dual, all day
 - Men's tennis at Utah, Salt Lake City, UT., 8 a.m. BYU, 2 p.m.
 - Women's basketball at San Francisco. San Francisco, CA., 2 p.m.
 - Men's basketball vs. Saint Mary's, 7 p.m.
- Monday, Feb. 13
 - Women's tennis at Colorado Boulder, Boulder, CO., 9 a.m.
- Tuesday, Feb. 14
 - Women's golf at The Show at Spanish Trail, Las Vegas, NV., all day.
- *Local events in bold*

Gabriel Hughes brings the heat as Bulldogs' right-hand man

By TOMMY CONMY

The Gonzaga Bulldogs baseball team fell at the hands of the LSU Tigers late last spring, ending a historic season that saw GU achieve its highest national ranking ever and its first NCAA Regional appearance since 2018.

At the center of that success is head coach Mark Machtolf's renaissance man, Gabriel Hughes.

Hughes made 10 starts on the mound for GU in addition to starting 31 games and raking in 12 RBI for the Bulldogs last season. His rare two-way dominance earned him a spot as one of three multi-position athletes on the Collegiate Baseball Freshman All-American team as well as a spot on the All-West Coast Conference second team.

"[Hughes] was primarily a pitcher who then did everything else," said GU pitching coach Brandon Harmon. "He just wants to be great at everything. Not saying he couldn't handle that workload, but it obviously makes things a little bit more efficient when he's just solely focused on getting himself in tune to be ready for a start."

Hughes ran around like a chicken with its head cut off last spring according to Harmon. The righty would go from 6 a.m. weights straight to class before over three hours of practice on throwing programs, shagging ground balls and participating in batting practice.

Without an injury from an errant pitch and a heart-to-heart conversation with Machtolf, Hughes may still be playing both ways for the Zags. He admitted that early last spring he struggled with consistency, while a knuckle injury kept him out of the last four weeks of the season where he missed most postseason play for GU.

"Our head coach pulled me aside and he just wanted to level with me," Hughes said. "He said, 'look, we can deal with having someone else at first base, we can't replace you on the mound, and if that means taking a step back from hitting, that's what it means.' And then with the hand injury, obviously it was like, well, if this had happened next year, that'd be absolutely devastating."

Since making the change, Hughes hasn't looked back. He spent the summer with an elite group of 45 collegians chosen to represent the U.S. Collegiate National Team. Following a month of inter-squad scrimmages, Hughes faced off against Team USA's pro team.

"I don't even know how to describe that," Hughes said. "I'm pitching against guys that I grew up watching. I was so happy — even though I got my ass kicked by them — but being able to share the field with guys who played 15 years in the big leagues, it was just such a phenomenal experience. Looking back, it was the best three weeks of baseball of my life."

Although the hurler from Eagle, Idaho got roughed up by the professionals, the experience was one of improvement. Coming into college, Hughes' fastball barely touched 90 miles per hour. Three years later, Hughes threw a blistering 99 miles per hour in his first outing of the



DYLAN SMITH IG: @dylansmit.h

After earning All-WCC honors as a freshman, Gabriel Hughes was one of 45 collegiate players selected to the U.S. Collegiate National Team in the summer.

spring.

Last spring, 95% of Hughes' pitches were fastballs or sliders. With weeks remaining until the start of the 2022 season, he felt more confident in his four-pitch mix that includes a changeup he developed over the summer in addition to his four-seam fastball, slider and curveball. Still, if he needed a strikeout in the bottom of the ninth to clinch a game, everyone should know what's coming down the pipe.

"My mentality on the mound is I'm going to dominate you with my best stuff and my best stuff, and what I'm most confident in, is my fastball," Hughes said. "I'm going fastball away, in, it doesn't really matter. Anywhere I throw it it's going to be a challenge fastball where I'm daring you to be beat my best stuff."

Hughes' ascendance was no mistake as the GU coaching staff identified him as a prospect while he was merely a high school sophomore. After watching him throw a few innings and a campus visit thereafter, Hughes accepted a scholarship to attend GU. Three years later, he could hardly have predicted his freshman season would be derailed by a global pandemic that put a halt to his college debut after only 16 games.

"I went home and I realized I didn't know when I was going to be back," Hughes said. "I just realized I had that much time to improve myself and fix some of the deficiencies that I saw in my own game. Honestly, I don't think I would be where I am today if I didn't have those six months on my own to reflect and grow."

Last spring, with teammates William Kempner, Trystan Vrieling and Brody

Jesse, Hughes and the quartet of pitchers looked at one another and realized they all had a shot at touching triple digits on the radar gun in the not-so-distant future. The wager was simple: the first one to throw 100 would get \$25 from the other three pitchers.

"[Hughes] has the tunnel vision of an animal and there's nothing stopping him," Kempner said. "He's the least 'excuses' guy I've ever met in my entire life. That's a big separating factor between him and other people, that he is always on top of his game."

Hughes has received his fair share of attention coming off a standout sophomore campaign, being named to two preseason All-American teams. He is not alone atop the mound, as fellow junior and roommate Kempner was named a preseason second team All-American by Prospect Live.

"I think another piece of [Hughes] development is we've got a lot of really talented, good arms on this pitching staff," Harmon said. "They all want to get stronger, they all want to put in a little bit extra work here and there where it's just a healthy, competitive culture that this group has right now."

Superstitions abound for pitchers at any level and Hughes is no different. He follows a meticulous pre-game routine that starts with 15 minutes of pitch visualization accompanied by his pre-game playlist. The following 10 minutes are reserved for consuming a Bang energy drink with 300 mg of caffeine. In the five minutes before he hits the field for warmups, Hughes undergoes a visualization period of the pitches he'll throw in less than an hour. He ends with 15 pitches — no more and no

less — before taking the field.

Hughes could be forgiven for getting an inflated ego due to the accolades he's received to this point in his career. In reality, that could not be farther from the truth. Not only is Hughes a standout on the mound, he stands above his peers in the classroom. Studying biology on a pre-med track, Hughes is on track to graduate in three years, making the Dean's list this past semester.

"When that's the perspective, whatever it takes to get there is important," Hughes said. "I took three summer classes and yeah, it sucked, but I wanted to graduate in three years. Knowing where I want to end up makes the steps I take along the way a lot easier."

If Hughes isn't careful, he may end up in the MLB before he sniffs the OR. According to MLB.com's 2022 Draft Prospect Rankings, Hughes is the No. 42 prospect in the nation. D1Baseball.com rates him as the No. 61 prospect, the highest ranking for a GU player since former Zag and current Seattle Mariner Marco Gonzales.

Hughes was recently named to the USA Baseball's Golden Spikes preseason award list. The award is given to the top amateur baseball player in the nation comprising both high school and college. Hughes is the first GU player named to the list since Gonzales in 2013, and is the lone WCC representative on the 55 person list.

"He's got similar to what Marco had is that moxie of believing he's going to be really good and he carries that in every facet of what he does," Harmon said. "You know, Brandon Bailey, Eli Morgan, he's right on par with some of those guys in the way he's produced. He's going to get rewarded for it in the draft here coming this summer. We've got a big spring season for him to go get after it and show that he's on the same level of production as those guys."

In the meantime, the high-achieving Hughes is focused on school, practice and bringing GU baseball to new heights the program has yet to achieve. Last year marked one of the best seasons in program history as Machtolf and Co. are still doggedly trying to shed their Pacific Northwest shell and grow into a nationally recognized program on par with schools in the SEC.

Hughes was described by numerous evaluators over the offseason as one of the best arms on the West Coast. As he surveys the landscape of college pitching, when his peers are supposed to be reaching their apex, he's instead seen them go under the knife for Tommy John surgery. Hughes banked on his tireless work ethic in the weight room and a lack of wear and tear on his arm to elevate him into one of the best arms in the entire country.

"Every baseball player wants to play in the majors," Hughes said. "So obviously, that's my goal. I'm just hoping to play for as long as possible. Until I just can't anymore."

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

Zags Baseball swings for back-to-back WCC titles

By HENRY KRUEGER

When a program loses its ace pitcher and two of its best position players, expectations usually aren't high for the following season. The 2022 Gonzaga University baseball team, however, is a rare exception.

D1 Baseball projected the Zags to defend their West Coast Conference (WCC) title despite being without starting pitcher Alek Jacob, third baseman Brett Harris and shortstop Ernie Yake. The trio of Zags got selected in the 2021 Major League Baseball draft and signed with professional clubs.

While Jacob, Harris and Yake were among the main contributors to GU reaching the regional round in 2021, the Zags return a talented group of players and welcome several incoming freshmen and transfers who could have an immediate impact.

There's a lot of excitement surrounding GU's pitching staff, especially regarding sophomore starting pitchers Gabriel Hughes and William Kempner.

Hughes, who was projected to win WCC Pitcher of the Year by Collegiate Baseball News, had a 4-3 record with a 3.23 ERA in 2021.

With a 97 mph fastball and a 90 mph slider, the 6-foot-4 righty has electric stuff and will take on the responsibility of being GU's No. 1 starter.

Joe Drake of Prospects Live wrote: "There's perhaps no other pitcher in the country more likely to explode onto the scene in 2022 than Gonzaga's Hughes."

Kempner, a sidewinder with heavy movement on his fastball, sported a 3-3 record and a 3.10 ERA last season. He spent much of 2021 transitioning from reliever to starter, something he admits was a challenge.

"I struggled last season to become a starter, it was a tough go around," Kempner said. "I wasn't used to starting so that wasn't easy. I'm trying to be able to go through lineups three times in seven innings, eight innings... every single weekend, and throw my three pitches for strikes."

Working with Hughes and Kempner is sophomore catcher Stephen Lund, another notable returner for the Zags.

While managing a pitching staff that led the conference in strikeouts, Lund hit a team-high six home runs before his season was ended by an injury.

During a game at Washington State University on April 13, Lund's foot got caught on second base during a slide which resulted in him breaking his tibia, fibula and ankle.



BULLETIN FILE PHOTO

Senior Tyler Rando posted a .269 batting average last season in 48 starts at catcher and designated hitter.

The severity of the injury led to the game being called in the sixth inning.

Lund would miss the final month of the season, which meant the Zags were without their starting catcher for most of the conference schedule and the entire tournament.

"It was really hard to go out there and just see everybody fighting and playing for a championship knowing that I couldn't be out there," Lund said.

Having Lund back in the lineup will be crucial for a GU team that struggled to hit for power last season.

Aside from the returners, GU has some newcomers who have impressed in practice so far, including freshman pitcher and third baseman Cade McGee.

"[Cade's] one of the hardest workers I've seen so far, especially within the program," Kempner said. "I think that he's going to make a big difference for our team this year if he just keeps working overall with his bat and with his pitching."

Coming out of Salpointe Catholic High School

in Tucson, Arizona, McGee was named Kino Region Offensive Player of Year as a high school junior. He would also lead his team to a 4A State Championship.

With a productive and versatile group of returners, transfers and incoming freshman, it appears the Zags have plugged all the holes left by the players who are no longer on the team.

GU begins the season with a tournament at the Sanderson Ford Collegiate Baseball Classic in Surprise, Ariz. The event runs from Feb. 18-20 and includes games with The University of New Mexico and Oregon State University.

The Zags' first home game will be against the University of Oregon on March 22 and the conference schedule will commence on March 24 with a three-game series at BYU.

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

Ellie Armbruster: not a walk-on but a run-on for GU track program

By NOAH APPRILL-SOKOL

Joining the team as a walk-on, freshman runner Ellie Armbruster has quickly sprinted her way to becoming a top member of the Gonzaga University women's track and field program. From the smoke of the starter's gun, this newcomer to the sport has had a swift start to her season debut, shattering three school records in her last three meets. Her future continues to look bright as she wraps up indoor competitions and transitions her way to the outdoor track.

Growing up in her hometown of Portland, Oregon, the first-year runner has always embraced a competitive spirit in a variety of sports. She started playing soccer when she was 5 years old and began playing basketball in second grade. She would continue to be involved in these two sports throughout middle school and high school.

Despite dabbling in the sport in middle school, Armbruster would not find her home on the track until her senior year. Armbruster was immediately a skilled middle distance and sprint athlete on her team because of her speed and endurance that she developed while playing basketball and soccer. She took second in the 400-meter race at districts and helped lead her 4x400-meter relay team to seventh place at state.

"I'd always play sports, but the teams that I was on in the high school I went to weren't necessarily ranked very high or considered a very competitive team," Armbruster said. "[Competing in districts and state] was the first time that I was really showing what our talents are."

After her impressive high school outdoor track season, Armbruster decided that she wanted to continue with the sport in college. She had already committed to going to GU but had not intended to become a Division-I athlete when she made her decision in the spring. Armbruster's high school coaches began communication with Jake Stewart, the women's track and field head coach at GU, who then talked to Armbruster personally later in the summer.

"I really didn't know too much about her until she reached out to us," Stewart said. "Then as we talked and found out what her athletic history was, we felt like, 'here's someone who has an opportunity to continue to improve and let's give her a shot.'"

Since she began her training with the team this fall, Armbruster has made a significant impact on the track and field



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At the Washington State Combined Events Open and Invitational, Armbruster set new program bests in the 200 (26.66) and 400 (59.51).

program — one that goes beyond her current success while racing. She has brought an attitude of positivity and determination to the sprint squad, a group that has grown significantly from last year's sprint roster.

Teammate and sophomore Leighton Joy said that Armbruster has opened up since joining the team and brings positivity and a hard work ethic to practice each day. According to Joy, Armbruster is a consistent runner, who has become a leader on the team even though she has been a part of the sport for one year.

Joy said that Armbruster would often come to practice with comedic stories of her newfound college life, which would make practice entertaining. Joy particularly remembered Armbruster telling about her first adventures in her chemistry lab, where she accidentally broke a test tube during her first day of class.

"Every practice that she's at, she really brings that energy, not only to the social aspect of hanging out and bringing everybody together, but also to the actual workouts," Joy said. "She's really good job at pacing and making sure everybody gets their work in. She's got really good drive and energy and really helps move practice forward."

Stewart also said that Armbruster has brought positivity and support to her teammates while being a consistent and hard worker when it comes to training. Stewart said that Armbruster was selfless, and that this was reflected in the positive attitude that she brings to practice each day.

Stewart remembers Ellie's first trip with the team where she ended up rooming by herself. At the end of the trip, the team needed to leave the hotel at 3:30 a.m. Armbruster, worried that she would miss the arrival time, handed her roomkey to her fellow teammate to allow her teammate to wake her up in the morning. Unfortunately, this teammate, who was known for losing things in the past, lost Armbruster's key. Armbruster, luckily, woke up on time to be ready for the departure.

"She's a great kid and a good worker," Stewart said. "She is not ever going through a day so caught up in her own stuff that

she isn't concerned or supportive of her teammates. I don't know if she's surprised at how well she's doing or not, but for her to come in and right away have the success that she's having and not changing her demeanor on a daily basis is a really cool thing to observe."

Of course, all of these traits about Armbruster have made her a talented athlete, garnering many accolades in the past three invitationals that she competed in.

In the first meet of the season, the Spokane Invitational at the Podium, Armbruster broke the school record for the indoor 400-meter race, running a blistering 1:00.53. In her second race, Armbruster ran the 400-meter leg in the distance medley relay and helped the team win the race and break the school record for that event, too. For her most recent race, Armbruster competed in the 600-meter, and despite never running that distance before, placed 10th and again set a new record.

"My coach told me after (the 600-meter race) that I got the school record," Armbruster said. "It's just a really cool feeling and pretty validating of that hard work. We have been practicing for months without competing at all because [I] don't run cross country."

Even with all this success, Armbruster has her eyes set on higher goals and looks excitedly to outdoor seasons, where she hopes to at least dip below 58 seconds in the 400-meter race. She believes that she is the strongest that she has ever been but knows that she can improve to become even more fit.

Armbruster also said that she struggles with nerves and finding confidence while racing, which she attributes to her newness to the sport and her desire to belong and prove herself on the team. She said that her coaches are helping her improve on this.

"[I struggle with] nerves and being mentally ready for the races," Armbruster said. "[I want to improve on] being confident in my ability to race because it is so new. I want to feel like I belong to racing and going with the team. My teammates have been really helpful with that. They've been really really supportive as I've been racing."

Armbruster will race in the Washington State Invitational in Spokane at the program's home track, The Podium. She will be competing in three races at the meet: the 200-meter and 400-meter sprint and the 4x400-meter relay.

Noah Apprill-Sokol is a staff writer. Follow him on Twitter: @noah_sokol03.

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