

# Grandma's Recipe for Health & Wellness

8 hours of sleep

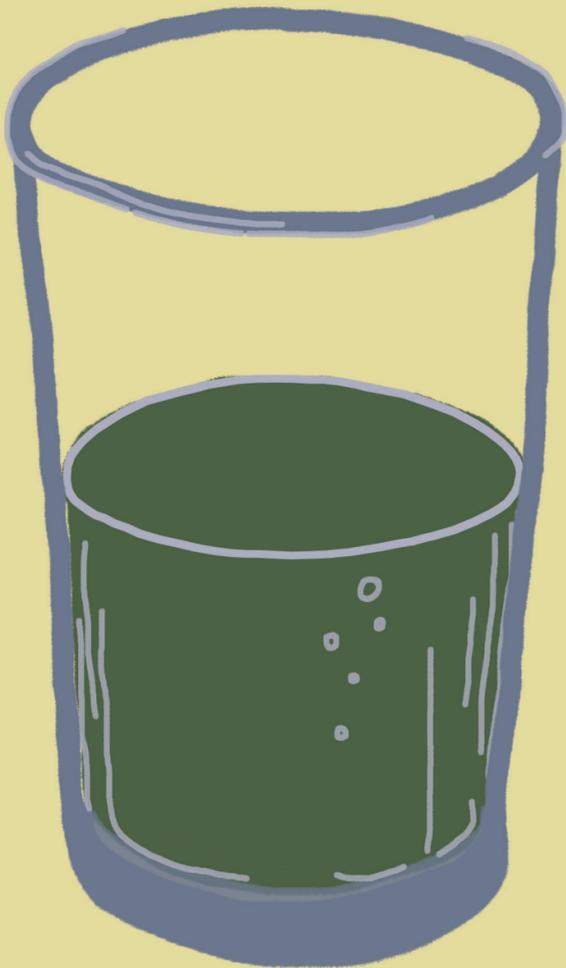
2 cups of hanging out with friends

1/2 cup of time spent outside

2 carrots or other healthy vegetables

3 tablespoons of self-care

1 NEAT championship



# A RECIPE FOR HEALTH & WELLNESS



**The Gonzaga Bulletin**  
February 17th, 2022  
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CHIANA MCINELLY IG: @picsbychiana

Jakob Dunchesneau, a GU junior, meditates as a form of self-care. Meditating is a form of mindfulness that focuses on one thing and tuning everything else out.

# Managing stress with self-care

By SOFIA SANCHEZ

For many Gonzaga students and staff members, self-care is very important, but it can be a difficult task to achieve. For college students, they usually study up to four or more hours per day, which can be very difficult for them to find time for themselves. Many people would describe self-care as taking care of themselves in their own ways. Self-care doesn't have to be anything big; it can be as small as taking five minutes for themselves.

"On the days I have class, I like to make sure I leave enough time to keep up essential habits that benefit my wellness," said Micaela Miley, a GU first-year student. "While during weekends, I make sure I balance my time to stay caught up with schoolwork. If I take a full day for myself, it would usually be a Friday because I am exhausted at the end of the week."

There are many students who don't prioritize their self-care routines or don't have anything to take care of themselves. Therefore, self-care is very important because it can help with many students and their mental health. By students focusing on their self-care or mental health, it can help students to reduce anxiety and depression, stress, improve concentration, reduce frustration and anger,

increase happiness and increase energy.

"My self-care routine is putting a face mask on, a lavender-scented diffuser, drinking tea and watching a few shows on Netflix," said Maricia Hernandez, a first year student at GU.

Her advice for self-care would be to exercise, take a nap when you need to, go outside and read a book. She would de-stress by working out at the gym during the week, while her self-care days are usually during the weekend.

GU first-year student Nathalie Martinez said that self-care is a time to fully listen to your body and what it needs. Whether it be reflecting for a minute every hour and seeing if you're stressed, or if you take 30 minutes to an hour to relax your body, clear your mind and look at your surroundings.

In a way, it's the time for you to reset and enter your environment with a clear mind and better mindset. College students forget that although school is very important, it's not everything. It's not more important than your mental health.

Even though many people describe their routines as if they are perfect, they don't always start perfect. They keep working on perfecting their routine as best as they can. But it still may never be perfect.

"I can't say that this works for me every time, but I step away from my homework and begin getting ready for bed," Miley said. "This process helps me wind down and relax. As a freshman I am still adapting to this lifestyle, but everyone could benefit from sleeping more. I think the most common struggle with students is their sleep deprivation."

Connor McClure, a first-year student at GU, described how his self-care routine is different than many others because he doesn't necessarily have one. He says that him and many of his friends don't really pay attention to self-care routines. For them, they would consider shaving on Saturdays, taking showers and brushing their teeth as self-care.

However, as a way for him to destress he usually recommends taking frequent walks to help get away from the desk and calling siblings to talk. This helps him clear his mind from any schoolwork that he was doing before.

"I want to say that I firmly believe that self-care cannot be bought," Miley said. "Self-care is not a material good. It is something you build for yourself."

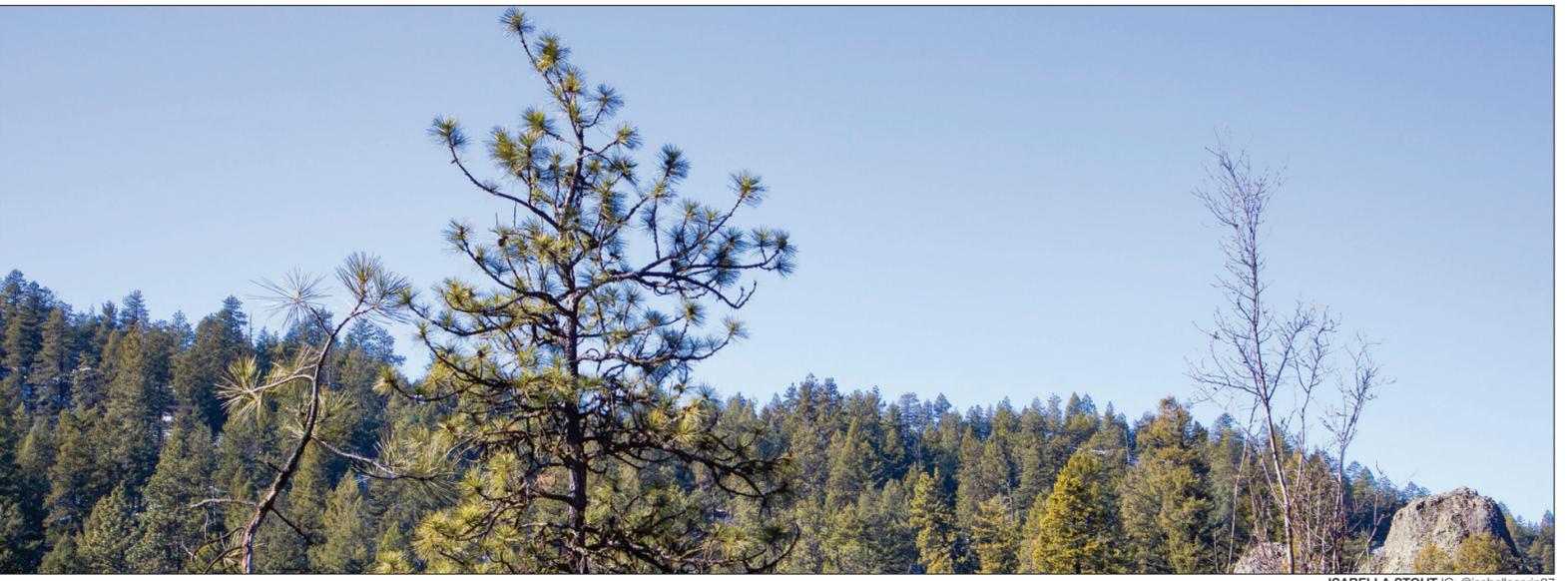
*Sofia Sanchez is a staff writer.*



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# SPOKANE BARRE



ISABELLA STOUT IG: @isabellacarin27

Spokane is home to many outdoor hiking locations, including Bowl and Pitcher, Iller Creek Conservation Area and Antoine Peak Conservation Area.

# Wellness in the Spokane wilderness

By GWEN MITCHELL

As the 2022 spring semester continues into its sixth week and midterms approach, stress management becomes increasingly vital. A big part of stress management is knowing when and how to take mental health days — days devoted to resting and relaxing the mind and body — even when we don't think that we need to. After all, it's better to take care of yourself now than be forced to take an emergency mental health day later.

Mental health days look different for everyone. For one person, it might look like a day spent watching Netflix in their pajamas for hours. For another, it could be spent listening to their favorite music and taking periodic naps. For yet another, it could be spent doing nothing at all. Anything that allows a person to recharge their mental and emotional batteries counts.

Staying inside is not the only way to relax. A popular and cost-effective method of refreshing oneself is through exercise. According to the American Psychological Association, exercise can decrease levels of cortisol and epinephrine, hormones which cause stress. Luckily enough, the Rudolf Fitness Center (RFC) on campus offers plenty of equipment for anyone looking to work out.

However, if working out in a gym is not appealing, your exercise could come in the form of a short walk through the nature of the Spokane area.

Consider these Spokane hikes (weather permitting) for your next mental health day.

For the moderately experienced hiker, there is the

Antoine Peak Conservation Area Trail. Nine miles long roundtrip and with 732 feet in elevation gain, this trail boasts impressive views of Liberty Lake, Mount Spokane and the Selkirk Mountains. If you're lucky, you might just catch a glimpse of the area's local fauna.

Bowl and Pitcher in Riverside State Park is a short 2.5-mile loop trail with truly impressive views of large basalt formations and the Spokane River. With access to the riverfront and picnic tables, there are plenty of places to stop and take in the scenery.

Iller Creek Conservation Area Trail is a 5-mile-long loop trail through beautifully lush forest and a small section of ridge with commanding views of the Washington Palouse and the Selkirk Mountains. A popular feature of this trail is the Big Rocks (also known as the Rocks of Sharon), one of the most popular rock climbing destinations in Spokane.

Rimrock Conservation Area Palisades Park Loop Trail is a 2.9-mile beginner trail with very little elevation gain. With an incredible view of the downtown Spokane area and the greater Spokane River Valley, this is a great place to come if you want to see the sights that Spokane has to offer.

For those looking for a more curated natural experience, Manito Park is a public park that offers five separate gardens alongside a conservatory and a duck pond. This small park is a lovely place to relax and spend time with yourself. The park is open from 5 a.m. to 11 p.m. daily.

If you don't want to stray too far from campus, try walking the Centennial Trail. This short, paved trail goes straight from the RFC into Riverfront Park and the heart

of downtown Spokane. If the RFC is too far for your taste, feel free to walk the River Walk Loop Trail behind the Jundt Art Museum instead.

South Hill Bluff offers a wide variety of flat, easily-traversable beginner trails. With multiple trails continuing for 25 miles, you can walk for as long as you feel comfortable.

Unfortunately, seeking out relaxation is not the only important part of a good mental health day. Another vital piece is consciously acknowledging the stressors in your life and planning to resolve them in the future. Set reasonable, achievable goals. This can help make the stressful aspects of life more manageable.

Some commonplace activities can make your rest time less effective and even cause you more stress than before. When preparing a mental health day for yourself, here are a few things to minimize:

Time spent on social media: The use of social media can have an array of unwanted effects which can disrupt the relaxation that you are looking for.

Overeating unhealthy foods: Eating large amounts of unhealthy foods can lead to mood swings which can also disrupt your mental health day.

Sleep deprivation: This can also cause disruptive mood swings.

Whether you are staying on campus and hitting the gym, or taking advantage of a sunny day with a local hike, self-care and wellness days are important to sprinkle into your busy schedule. Taking care of your body starts with mental health.

Gwen Mitchell is a staff writer.

# What's in a recipe: Papou's flaky and sweet baklava

Cooking is a form of self-care and this recipe is perfect for a dessert craving

By NATALIE RIETH

Fans of Mediterranean cuisine know that placing an order of sweet, flaky baklava on a dining out occasion is always the move — whether or not you leave room for dessert. But why not attempt baking some delicious baklava at home next time this craving strikes?

Lucky for you, making fresh, home-made baklava is not too complex — well, beyond the initial intimidation of working with thin, delicate filo dough. Nonetheless, with some practice, you will become a baklava-making star in no time.

Born in Greece, my Papou has shared countless Greek traditions with my brother and I since we were little. From attending the local annual Greek festival to celebrating Greek Orthodox Easter with a traditional egg tapping game (Tsougrisma), my favorite tradition is easily making baklava with my Papou.

Even though our baking is less frequent, my Papou and I still make baklava each Christmas when I come home for winter break. But we always make numerous sheets of baklava for family and friends to make up for it.

From its flaky texture to the delicious honey syrup that coats the pastry, this baklava is the perfect sweet treat that is sure to impress on any occasion.

### Ingredients:

For the baklava:  
1 lb. of chopped nuts (almonds, walnuts, pistachios or a combination of the three)

1 lb. of filo dough  
1 cup of melted butter  
1/3 cup of sugar  
1 tsp. of ground cinnamon  
1/3 tsp. of ground cloves

### For the syrup:

1 cup of water  
1 cup of sugar  
1/2 cup of honey  
2 tbsp. of lemon juice  
1 cinnamon stick

### Directions:

1. Thaw the filo dough overnight in the refrigerator. After defrosted, roll the filo dough out of its packaging and cover with a damp cloth to prevent from drying and cracking. If necessary, cut the dough to fit the dimensions of the pan you are using.

2. Set the oven to 350 degrees F and lightly grease a 9 x 13 pan.

3. Using either a food processor or a knife, chop the pound of nuts into small, even pieces. In a bowl, combine the chopped nuts, sugar, cinnamon and cloves. Melt the butter in a separate bowl and set aside.

4. In the greased pan, layer eight sheets of filo dough, brushing the bottom and top of each sheet with

melted butter using a pastry brush. After creating the bottom layer of the baklava, spoon a thin, even layer of the nut mixture on the top filo layer. Cover the mixture with two sheets of butter-basted filo dough. Repeat both the nut and filo layers until you have reached the top of the pan, and then complete the baklava with a final top layer of eight filo sheets (repeating the bottom layer step).

5. Before placing the tray of baklava in the oven, cut 24 equal squares (yes, my Papou and I use a tape measure for ultimate precision). Bake for 30-35 minutes or until the baklava has crisp edges and a golden-brown hue. But baklava is never complete without its delicious honey syrup.

6. Combine honey, sugar, lemon juice, a cinnamon stick and water in a saucepan. I recommend making the syrup as the baklava is cooking in the oven. Once the sauce has reached a boil, reduce the heat to medium low and allow it to simmer until thickened to a syrup consistency. Set aside to cool and remove the cinnamon stick.

7. Using a spoon or ladle, pour the syrup over the baklava and let cool for at least four hours.

Natalie Rieth is the managing editor. Follow her on Twitter: @natalie\_rieth.



PHOTO COURTESY OF NATALIE RIETH

Papou Varvas mixes chopped nuts, butter and spices together in a mixing bowl.

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# The Gonzaga Bulletin

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Last March, a protest took place in downtown Spokane by Riverfront park in response to nationwide Asian American hate crimes.

PHOTO COURTESY OF MORGAN TRAU'S TWITTER

## Asian American Activist group petitions

By NOAH APPRILL-SOKOL

A petition created by an Asian American Activist group on Gonzaga University's campus has been circulating across campus for the past two weeks. The petition has four demands, all of which call upon GU to better address the lack of representation of and education about Asian Americans on campus.

The Asian American Activist group was founded last fall by junior Tia Moua in response to what the group says is lack of administrative support for the Asian American

community on campus. Meeting weekly, the group has largely been a peer support group for Asian American students to discuss their experiences being Asian American on a predominantly white campus.

In developing the petition at the beginning of this semester, the group drew from these conversations and experiences, creating an eight-page list of demands. They then narrowed their list to four primary demands, all of which first-year Elena Tow said hinged on representation.

"The four demands, at their core, are about having representation on campus for Asian Americans,"

Tow said. "All of them show that. Asian languages are important because we can't really take our own languages here at Gonzaga and when it comes to diverse faculty, [we want to] see ourselves represented in the people that are teaching us."

The petition has four demands for the administration meant to address their concerns. The demands are as follows: "implement an Asian American studies minor, create a diversity university core class requirement, create

SEE ACTIVISM PAGE 2

## Zag Dining wins EPA award

By KAELYN NEW

Zag Dining recently announced that it won a 2021 U.S. Environmental Protection Agency (EPA) Food Recovery Challenge (FRC) Regional Award from EPA Region 10.

The FRC was a voluntary waste reduction program that allowed organizations and businesses to set data-driven goals, implement targeted strategies and annually report results for a chance to be recognized by the EPA. Region 10 includes Alaska, Idaho, Oregon, Washington and Federally Recognized Tribes.

"The program's participants prevented and diverted over 5.5 million tons of surplus and wasted food from going to landfills and this is important for two reasons: hunger and climate change," said Domenic Calabro, a waste prevention specialist in the EPA's Pacific Northwest Regional office.

The program started in 2011 and ended in 2021. In 2022, Calabro says the EPA is gathering input from businesses and institutions and redesigning how it will partner with them in the future. GU's Zag Dining was given the award for its consistent year-after-year reduction of food waste and consistently reporting data to the EPA, as well as several other factors.

"[Zag Dining] was selected to win based on their sustained commitment to food recovery ... and for their dedication to keeping their food recovery and other sustainability programs going in spite of the pandemic," Calabro said.

Zag Dining ensures food waste sustainability through various measures. For example, unused portions of food are donated to "Campus Kitchen," an initiative by GU's Center for Community Engagement and Program Manager for the Campus Kitchen at GU, Emily Banick. The food production team uses a waste awareness tool called "Waste Watch powered by Lean Path," which tracks food waste so that practices can continuously be improved upon.

Additionally, Zag Dining does not use Styrofoam

SEE ZAG DINING PAGE 2



PHOTO COURTESY OF PEYTON BLANCO

Peyton Blanco, the director of the RHA's office of sustainability, is looking for student input on sustainable housing.

## RHA advocates for sustainable housing

By SAM FEDOR

The Gonzaga University Residence Hall Association (RHA) wants to know what students think about sustainability initiatives on campus. RHA is an on-campus housing organization committed to student housing advocacy and representation initiatives. RHA's Office of Sustainability and its Director, Peyton Blanco, have worked to compile a report regarding student housing through a sustainability lens.

"It's an accumulation of all of the work that I've done over the semester," Blanco said.

Blanco, a sophomore studying business, also advises an RHA block council and sits on the RHA Social

Justice committee. He has led the 2021 Sophomore Welcome night, organized a sustainable ornament giveaway in partnership with the Next Gen Tech Bar and is working on a number of upcoming advocacy programs, including "Lights Out Gonzaga," a campaign focused on reducing electricity use in dormitories.

The upcoming housing report will be used to present to housing authorities on campus regarding not only the sustainability of current housing, but also how the students who live there feel about them. A series of focus groups during the previous week have helped to inform the report, as well as a survey about the current state of on-campus housing. The steering

committee, which also ran a series of focus groups last semester, has been working with an outside company, BD, to compile a separate report to present to the school regarding the renovation of student dorms.

"I think that obviously my report will not immediately solicit change... But my overall goal is to give the school, give my successor, something to work with, a stepping stone that the RHA can work with," Blanco said. "What I'm hoping to find as a student leader... Is that this is something that the administration will take seriously."

The BD housing survey is out now and Blanco recommends that students take it. Surveys like these

SEE RHA PAGE 3

## Zags invited to Phil Knight Legacy tournament

By COLE FORSMAN

The Gonzaga University men's basketball team learned of its Thanksgiving plans for next season after being invited to the Phil Knight Legacy tournament in Portland, Oregon.

While the bracket has yet to be announced, the field will consist of eight men's teams, including Duke, Florida, Oregon State, Portland State, Purdue,

West Virginia and Xavier. Four women's teams will also compete, as UConn, Duke, Iowa and Oregon State all received invites. Each program is slated one game per day on Nov. 24, 25 and 27.

All 16 games will take place across three venues: the Chiles Center at the University of Portland, the Rose Quarter's Moda Center and Veterans Memorial Coliseum.

Similar to the PK80 events in seasons

past, the Phil Knight Legacy tournament will honor the Nike co-founder and former chairman for his contributions to college basketball. Knight, 83, was inducted into the Naismith Memorial Basketball Hall of Fame in 2012 and has been heavily involved in philanthropy work ever since.

In 2017, the Bulldogs competed in a loaded 16-team PK80 tournament. In a field that featured three of the four

participants from the 2017 Final Four, GU defeated Utah State and Ohio State to advance to the bracket's quarterfinal. GU fell to the Florida Gators in double-overtime, 111-105, as two 3-pointers from Jalen Hudson and a heroic play from Chris Chiozza was enough to outlast Jonathan Williams' 39 points.

Cole Forsman is a sports editor. Follow him on Twitter: @CGForsman.

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Flamethrowing sophomore starting pitcher Gabriel Hughes is set to lead GU's pitching staff.

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# ACTIVISM

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hiring lines for staff and faculty of color and increase funding for Asian language programs and expand Asian language options.”

The description of the petition highlights how these demands are entwined in the mission of the university and that these demands should be accepted because of GU’s obligation to engage with issues relevant to Asian Americans. It also claims that GU is not living out its mission fully and that implementing these demands would help GU more accurately embrace its mission.

“Silence is violence,” Moua said. “If we continue to be ignorant about these issues, we continue to ignore these issues of violence and hatred toward our Asian American communities. [Ignorance] is going to continue to lead to more violence because we’re not addressing the root of the issue. The root of the issue is white supremacy, racism and ignorance.”

She also worked to organize a protest for the removal of the John R. Monaghan statue last fall, and has frequently been involved in activism in the community. Moua and other members of the community who protested the statue called for its removal due to the way it glorifies a war figure who was responsible for the deaths of thousands of Samoans.

Moua believes that the demand’s particular focus on addressing academic structural changes will create real change on campus because she believes that education is the most effective way to combat ignorance of Asian identities

on campus.

“One of the biggest ways to combat anti-Asian hate and violence that always stands out to me is education,” Moua said. “Education is the key way to combat racial, like, biases, stereotypes and racism in general because when you’re educated about a group that may be different from yours, you start to see that you have a lot more similarities.”

Moua also said that a lot of the demands were linked to ongoing anger in the Asian American student community on campus, particularly related to the loss of the Japanese teacher Seiko Katsushima on campus. Moua said that this has left her and her Asian American peers to question whether they really belong on campus.

The petition has already gained traction on campus. Debuting at the Asian American Union Night Market two weeks ago, the petition currently has 543 signatures, including students and Spokane community members. Moua believes that the number will grow as the petition continues to circulate.

The creators of the petition have met with Robin Kelley, chief officer of diversity, and Kent Porterfield, vice provost for student affairs. They have also scheduled meetings with Annmarie Caño, dean of the College of Arts and Sciences and faculty members in the critical race and ethnic studies department.

According to Moua, these conversations with administrators have given her hope that the demands of the petition will be accepted by the administration. She said that Kelley and Porterfield were both sympathetic to the group’s concerns about the lack of resources on campus and are open to the ideas pushed by the petition.

“It’s feeling like it’s less of a student fight against faculty

and more of a collaboration,” Moua said. “I was really thankful that they had that perspective because it should not be an ‘us against them [situation].’ We want to meet each other in the middle and figure out a way to understand each other better and to get our needs met as students.”

In addressing the petition, Porterfield said that supporting Asian American students on campus is integral to the mission of the school and that this is the responsibility of all groups on campus. He said that he was grateful for the conversation with Moua and is hopeful that conversations around this issue will continue.

“We need to take [supporting Asian American students] seriously and that starts with listening, trying to understand what those needs are,” Porterfield said. “Our responsibility is to support every student and in every social group or identity group. If we’re not measuring up or doing a good job, we need to understand where we’re falling short and we need to work as a community to try to address those issues.”

While both Moua and Tow agree that these demands are major endeavors, they also said that efforts to make GU more inclusive of minority groups go beyond these demands. Tow said that the next steps will be uniting the other cultural clubs on campus in order to work together in responding to the diversity, equity and inclusion needs at GU.

“It’s definitely a good way to get the ball rolling on other things that Gonzaga can do,” Tow said. “Some of the things we’d have on [the petition], like implementing a minor, are already big asks. But, if this can be successful or gain traction, then this definitely sets the foundation for getting more representation on campus.”

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

**If we continue to be ignorant about these issues, we continue to ignore these issues of violence and hatred toward our Asian American communities.**

Tia Moua, GU junior and founder of Asian American Activist group

# ZAG DINING

Continued from Page 1

or plastic bags for guests or permit the use of running water to thaw frozen meat except for in emergency cases. Sodexo, in conjunction with Zag Dining, has partnered with the Northwest Food Hub to support local producers, reducing the miles it takes for the food to reach GU and promoting sustainability.

“This award is a testament to the great work and passions of our employees who come to work every day to serve our students, community and our future,” said Patrick Clelland, the resident district manager of Zag Dining by Sodexo via email.

The COVID-19 pandemic impacted several variables for Zag Dining, according to Clelland, from supply chain issues to short staffing, all of which strained sustainability practices.

Students may recall the COG using disposable plates and bowls during the 2021-2022 school year. However, as of September, Zag Dining has returned to using chinaware, eliminating more waste.

“There were many areas of engagement with the community during the onset and continuation of the pandemic,” Clelland said.

Zag Dining staff worked throughout the COVID-19 pandemic to provide fresh lettuce from the rooftop greenhouse operation to “Opportunity Northeast” partners for food distribution at schools in the community.

In addition to greenhouse activities during the pandemic, Zag Dining also produced thousands of meals for youth



BULLETIN FILE PHOTO

Zag Dining was recently recognized for its commitment to sustainability from 2011 to 2021.

and families in the Spokane area and received a \$20,000 grant from the Sodexo “Stop Hunger Foundation” for K-12 food items.

Zag Dining staff volunteered at community food distribution sites and coordinated a donation of over \$50,000 worth of personal care products for K-12 relief centers, Clelland said.

“We are very proud of our frontline

team who come to work every day to serve and make a difference every day,” Clelland said.

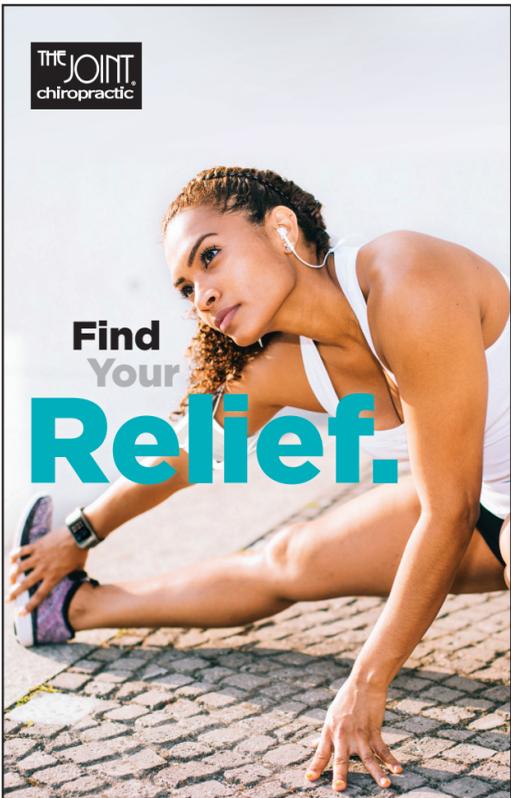
Now Clelland and the rest of the Zag Dining staff are looking toward the future.

“The path forward is uncharted and filled with collaborative opportunities,” Clelland said.

Anyone interested in learning more about GU’s achievements and the

achievements of other FRC participants can visit [www.EPA.gov/sustainable-management-food/food-recovery-challenge-results-and-awardees](http://www.EPA.gov/sustainable-management-food/food-recovery-challenge-results-and-awardees) for more information.

Kaelyn New is a staff writer. Follow her on Twitter: @kaelyn\_new.



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RACHAEL HALEY IG: @rachael.haley

The QSU drag show featured performances from Tri-Cities-based queens Vida Amore, Alyana Amore and Brittany Rose.

# QSU hosts its first drag show in two years

By ALEXANDER PREVOST

The Gonzaga University Queer Student Union (QSU) hosted its first drag show in two years in the John J. Hemmingson Ballroom on Saturday. The show began at 6 p.m., where GU students were invited to see the festivities from the group.

Taking the stage were Tri-Cities-based queens Vida Amore, Alyana Amore and Brittany Rose. Highlighting their stories as immigrants to the U.S., the two individuals displayed their respective performances through lip-syncing and dancing.

Opening the show, Vida served as a co-host alongside Alyana. The crew faced some slight technical difficulties at the beginning, but for GU sophomore Hannah Penderson, it was not distracting to the audience.

“The audience interaction, every point in which they pointed or interacted or they were on the tables or whatever they were doing,” Penderson said. “It was just fun. There was so much interaction. That was the best part because they had a vibe with the audience I think was unmatched there. You couldn’t help but participate.”

The show opened with each queen delivering lip sync performances in classic drag fashion. Brittany Rose kicked the setlist off with dance moves and outfit reveals. Alyana followed suit, featuring a medley of Adele’s greatest hits from her 2011 release, “21.”

“All the music that she chose, alongside her story and everything,” Penderson said. “It just kind of made it feel like home... It’s kind of more of an inspiration to see that truly anyone can do it.”

Vida finished off the first leg of the show with a lip sync performance before bringing on Alyana for the student competition. The two, who normally face off in shows together, picked students from the crowd to be on their teams. Each participant would have a brief period of time to perform on the runway and show off their best moves.

As the competition went on, students were eliminated on the basis of applause. The runners-up won rainbow koozies, while the winner, QSU Vice President Mattie Lagrange, won a rainbow feather fan — and audience adoration.

“It was my first-ever drag show, but I’ve always wanted to do drag, and it was a great experience seeing how our local queens perform,” Lagrange said. “I hope to see them again.”



RACHAEL HALEY IG: @rachael.haley

The QSU drag show took place in the John J. Hemmingson Ballroom on Saturday and opened with lip sync performances.

The three queens then put on their final performances of the evening.

Following Rose’s closing number, Alyana performed her second medley, featuring hits from pop megastar Jennifer Lopez — including “Jenny from the Block” and “On the Floor.” Vida closed out the set list with Canadian country singer Shania Twain’s, “Man! I Feel Like A Woman!” and “Any Man of Mine.”

Students can follow the queens on their respective Instagrams: @vidamore, @alyanaamore and @taylorqueen2016.

QSU hosts meetings in College Hall 241 on Monday evenings from 6-7 p.m. Students can follow for more information at @qsugonzaga.

“It felt incredible seeing the turnout of people on campus wanting to support the Queer Student Union,” Lagrange said. “Furthermore, it’s so important of our school to support local artists, as our mission state says to grow in multiple ways, including culturally, and what better way to grow that to learn and witness the local drag royalty.”

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

## RHA

Continued from Page 1

allow students to make their voices heard on issues like improving current residential buildings, as well as informing the construction of new ones.

RHA President Jessica Morales said that students can make their voices heard on RHA related issues in a number of other ways.

“Per our constitution, we are required to have office hours... We serve the whole campus,” Morales said.

She also said that she recommends that students attend the RHA general assembly.

“I just want to emphasize, it’s open to everybody,” Morales said. “You don’t have to be a member of RHA to attend the General Assembly... Anyone can join, so long as you’re a student at Gonzaga.”

The RHA Zagtivities page includes all the information needed to reach out, including the email addresses of the RHA Executive Officers and Committees.

If students want change, the RHA is in a position to make it happen.

Morales said that being able to connect with the Housing and Residence Life Team gives RHA the opportunity to create that change.

“We work across campus with several different organizations to ensure that students who are living on campus are being heard and that their needs are being advocated for,” Blanco said.

Blanco also meets biweekly with the Office of Sustainability and the two organizations have a close working relationship. But the RHA sustainability initiatives are nothing new.

“RHA, in the past, has done a lot of work with composting and waste reduction educators... We’re trying to implement a campuswide composting project as well,” Morales said.

These initiatives work to make campus housing more sustainable and diagnose problems. For instance, GU now has a program to identify which dorms are consuming the most energy so RHA can work to update the older dorms. Housing and Residence life is in the process of creating a new residence hall with sustainable design at the forefront.

RHA sustainability initiatives aim not only to implement sustainable housing, but also instill

a sense of environmental justice into GU students. Aside from the changes that the RHA can make to improve sustainability, there are a number of things that students can do to further the university’s sustainability goals.

“Recycling is important,” Morales said. “A lot of us have really good intentions about recycling... but it’s important to be informed about what is and what isn’t recyclable in Spokane. Composting also isn’t as complicated as it might seem.”

Students should also remember to use reusable water bottles, use natural light and unplug appliances during long breaks.

“There’s a lot of organizations on campus that are doing great work to promote environmental justice and sustainability,” Morales said.

For students interested in learning more about RHA’s focus on sustainability, Peyton Blanco’s email is pblanco@zagmail.gonzaga.edu. For other RHA related issues, Jessica Morales’ email is rha-president@zagmail.gonzaga.edu.

Sam Fedor is a staff writer.

“

**We work across campus with several different organizations to ensure that students who are living on campus are being heard and that their needs are being advocated for.**

*Peyton Blanco, RHA director of advocacy and sustainability*

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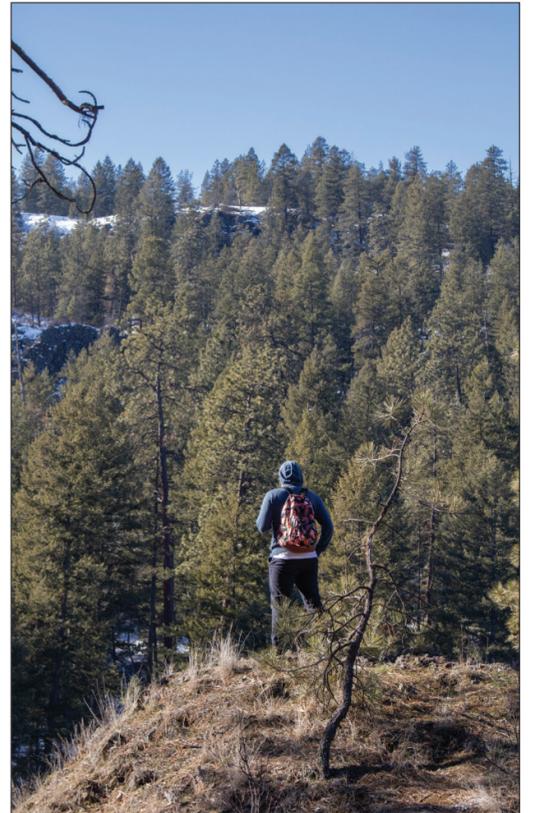
# Mental health matters

As a supplement to this week's health and wellness edition of the Bulletin, here are some ways Zags find time to take self care breaks



ISABELLA STOUT IG: @isabellacarin27

Whether it's playing video games with friends or cozying up with a cup of tea and some stuffed animals, students find creative ways to take mental health breaks throughout the day.



ISABELLA STOUT IG: @isabellacarin27

Many Zags enjoy spending some time outdoors and connecting with the nature scene in Spokane at Bowl and Pitcher in Riverside State Park.



CHIANA MCINNELLY IG: @picsbychiana

Working out at the RFC or on Foley Lawn can be a great way to relieve some stress after class.



JANNA PRICE IG: @jannapricephotography

Adult coloring books have risen in popularity as a way to take your mind off everyday stresses.

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## The Zag Dining Dish

Zag Dining is now partnering with multicultural groups on campus to showcase authentic cuisines.

Gonzaga's Asian American Union hosted a fried rice bar! We look forward to hosting more!

### Did you know?

Zag Dining works with The NorthWest Food Hub to secure our local food for The COG and other campus locations?

The NW Food Hub sells food from local farms in the Pacific Northwest.

Want to learn more? Check out the tus in The COG every week!

Shoutout to Gloria from The COG for 38 years with Zag Dining! Her favorite part about working here are students and her coworkers.

**STAY CONNECTED WITH US!**

@Zagdining

Follow us on social media for updates, hours of op, giveaways and more!

# Migrant stories affect the GU mission

Justice in January is a CCE immersion trip that partners with local organizations to educate students about the crisis along the U.S.-Mexico border. Along with seven other students, I joined the winter break trip to Nogales, Sonora, Mexico and southern Arizona. Throughout our time with the Kino Border Initiative and other organizations, many migrants graciously shared their stories with us.

An overwhelming percentage of Mexican nationals seeking asylum in the U.S. leave their homes due to threats and acts of violence from organized crime in Mexico. Because the Mafia often work with the Mexican government covertly, there is no protection for victims of this violence. A man we spoke with was told he would be killed if he did not join them. Instead, he fled to seek asylum in the U.S. "porque no queria ser delincuente. No queria ser criminal." "Because I didn't want to be a delinquent. I didn't want to be a criminal."

Under the Convention Relating to the Status of Refugees, an international treaty adopted in 1951 and codified into U.S. law in 1980, all people have the right to seek asylum in the U.S.

This is not a universal right to asylum, but a right to seek it.

In the asylum process, a person or family arrives on U.S. soil at a port of entry and asks for asylum, beginning a legal process in which the asylum seeker attempts to demonstrate that they qualify for settlement in the U.S. There is no guarantee, but there is hope.

The Trump Administration used Title 42 of the U.S. Code to expel all asylum seekers, denying them the right to even apply for asylum.



By AMELIA FOSTER

On our trip, we visited the Pima County Medical Examiner's office, which works to identify remains of people who died in the desert attempting to reach the U.S. On average, one person dies each day in the Tucson sector of the border. The true numbers are likely much higher.

Later in the week, we participated in a desert hike, clambering through thorns and brush. We found discarded items from those passing through, such as backpacks and water jugs, reminders of the solemnity of our hike, which was only two hours.

If a migrant is lucky, their trip could be a day in length. On average, they face four to six days of walking through 100+ degree heat. If they are unlucky, it could be 15 days.

The main cause of death is exposure: dehydration, hyperthermia or hypothermia. The politicization of the border and the racialized, dehumanizing rhetoric surrounding immigration have grave and tangible human rights impacts. Every day, people are turned away, feeling as though their only option is to risk death.

Despite this trauma and injustice, migrants continue to live and fight. A group of migrants formed an organization that is protesting for their right to seek asylum. When we met with individuals from the group, a woman asked us: "¿Qué más podemos hacer?"

"What more can we do?"

We should ask that question of ourselves, both as individuals and as a community. Those living at the border are doing all that they can.

I cannot offer a tidy fix to such a complex problem. Rather, I implore you to dive into the discomfort of learning about the human rights injustices at the border. Be angered. Be confused. Be sad.

But most importantly, be compassionate. Those experiencing trauma every day at the southern border are beautifully human, and they deserve to be treated with the human dignity our university's mission stands for.

*Amelia Foster is a sophomore sociology and Spanish major.*

# Supreme Court nomination should bring diversity

It seems that Supreme Court Justice Stephen Breyer read my last opinion piece.

The Justice announced his retirement on Jan. 26, giving President Biden the opportunity to nominate a candidate as successor.

For those who are unfamiliar with the Supreme Court, this is huge — so huge it rarely happens, despite how many our generation has seen confirmed in our lifetime (since 2000, seven justices have been added to the bench).

But the process for a nomination can get ugly.

When selecting nominations, presidents often pay attention to three main factors — political considerations, professional qualifications and integrity and impartiality. Other factors, like President Obama's diversity consideration when he nominated Justice Sonia Sotomayor in 2009, can also be considered.

Considering that justices serve for life and have significant power in interpreting laws and policies that affect our daily lives, there is heavy importance on the selection of such justice.

Think back to Merrick Garland when President Obama had the nomination in early 2016. Garland was nominated to fill the shoes of the late conservative icon Antonin Scalia. His experience as chief judge of the U.S. Court of Appeals for the District of Columbia Circuit (known as "little Supreme Court") proves his abilities to rule as a judge.

Before Garland could be nominated, Senate Majority Leader Mitch McConnell declared any replacement to be null and void, as the nomination should come from the president elected at the end of the year. Ignoring the vacancy completely, the Senate acted in a nondemocratic manner and exposed the holes in our Supreme Court system.

What happened in 2016 was blatantly politically motivated. Republican McConnell blocked the nominee from Democratic Obama in order to keep the court conservative. This attitude was notoriously reversed when Justice Ginsburg died, as the Senate mobilized to nominate conservative Amy Coney Barrett while Trump was still in office.



By SYDNEY FLUKER

Then, conservative-centrist Justice Anthony Kennedy started a fight within the Republican party upon the need for his replacement. Split into two, the party was divided over supporting Brett Kavanaugh or Amy Coney Barrett. When allegations came out against Kavanaugh, a hearing was held that still resulted in his being nominated to the court.

Then, Trump got another nomination, bringing in Barrett and her lack of overall experience. Unfortunately, we are aware how her story ended.

Supreme Court nominations are notorious for the political drama they produce, and with good reason. With the amount of stress we put on the "nonpartisan" Court (a term I use loosely, as nothing about it is nonpartisan), it is understandable the tension that surrounds nominations.

With Breyer retiring, President Biden has the opportunity to diversify the courts. His nomination will not change the overall 6-3 conservative-liberal standing, but it can set a path for future nominations and increased

diversity.

"Where people come from, what they have lived through, what they do with the time they have, and who they spent that time with — it all matters," said federal district court Judge Carlton W. Reeves.

A woman didn't reach the bench until 1981, so how was the Court supposed to understand the institutional sexism women face? The first woman of color joined in 2009, so how was the Court going to get intersectional analysis of policies before then?

Furthermore, there have only been two Black judges throughout history. One of whom, Justice Clarence Thomas, is notoriously silent in his rulings and is known to remain mute in questions and opinions. When the only Black justice on the Court is known to be the most conservative, is he really representative of the 83% of Black Americans that lean Democratic?

Aligning justices with the political ideology of America is a dangerous idea, but the Thomas issue exposes how diversity can be called upon to promote white conservatism. Republicans can claim they are uplifting diversity by having a Black justice on the Court, but when Justice Thomas dissents in the banning of cross burning as intimidation in *Virginia v. Black* 2003, is he really a voice for the underrepresented?

A new Supreme Court Justice brings a new voice to the bench. Biden promised to nominate a Black woman to the Court — a historical nomination as she would become the first Black female Justice.

Given the importance of diverse voices in such an important judicial body, it is crucial that he select someone dedicated to the protection and advancement of human rights.

With the vast power granted to the Supreme Court, the future of America depends on Biden's nomination. We can only hope he will use this opportunity to uplift underrepresented voices and diversify the narrative of the Supreme Court.

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

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## Facts versus COVID-19

The past few years have been flooded with misinformation surrounding not only COVID-19, but also politics, vaccinations and much more. Misinformation has spread across the world and around our campus.

Living on a college campus can especially make this more difficult. Not only are you launched into a crowd of students and faculty who might have different opinions on a given topic, but they may have been previously exposed to misleading information.

Although, in today's climate, picking which information to trust can be labor-intensive and exhausting. Depending on what source your news comes from, you could be reading about information that's either outdated or just a lie.

Throughout the pandemic, the Centers for Disease Control and Prevention (CDC) has been releasing new information. Back in 2020, the CDC came out with new data every few days or weeks regarding COVID-19. But with each new variant and guideline, it can often feel like you're shut in the dark and that no one knows what's going on.

This doesn't help Gonzaga University either. With new protocols and rising cases, GU has to work with what information it has and still try to protect students and staff. There have also been some differences in what each department has been told on campus, which makes it even more confusing for students and professors.

GU's COVID-19 Tracking Methods are shown by diagrams according to the COVID-19 Dashboard, which is updated weekly. Since the



By CATHERINE BROWN

school isn't providing a day-to-day update on COVID-19 tests and positive cases, it could be difficult for students to navigate and fully understand what the COVID-19 data actually looks like on campus.

GU also fields misinformation, specifically by revoking John Stockton's season tickets for refusal to wear a mask at home games, which goes part and parcel with Stockton gleaning and spreading misinformation about COVID-19. However, Stockton and COVID-19 aren't the only misleading topics students talk about. It's everywhere.

The thing about misinformation is that it's always around and it's our job as consumers to find the news we trust and believe. This can also make misinformation easier to spread, especially with the use of social media.

Many GU students like to use their platforms to re-share information. Students can find a post with new data and health protocols and re-share it to their story without fact-checking the

post. But, since COVID-19 is ever-changing, this can also lead to outdated information or fake news being spread.

Because so many students get their news from social media, when seeing posts that have false information, they could easily believe it and relay that information to their peers. The intent is typically never to spread misinformation — it just happens.

It's important to stay on top of the news and what's going on around the world but making sure you double or even triple check the information and get news from credible sources can help slow the spread of misinformation.

To learn and use our sources to the best of our abilities, we need to be using multiple, credible sources. Looking for unbiased sources is also great for looking at the facts alone.

Talk about the news you see in classes, or with your peers. Furthering your understanding of current issues will also help you to further engage in our communities.

You can't just watch one news story and take its word. You have to do some digging. Read up on different perspectives and look at data that scientists are providing. The best information you can find is the one you research.

Since there's no way to tell what will happen next with COVID-19, staying on top of the news and CDC reports has become essential. The goal should be to relay only fact-based information to all consumers, but that's just not possible. If the pandemic has shown anything, it's what news sources are credible and can relay updated facts.

*Catherine Brown is a staff writer.*



BULLETIN FILE PHOTO

With the weather warming up, there are many different ways to benefit their health.



BULLETIN FILE PHOTO

Staying active is an excellent way to maintain your health.

# Reflections on health and wellness

By ANDERS SVENNINGSEN  
and DAWSON NEELY

With the second anniversary of COVID-19 becoming a pandemic coming up this spring, it seems an exceptionally ripe time to address mental health. For many people, including myself, the radical change in lifestyle, relationships and circumstances brought about by COVID-19 prompted a difficult reckoning with mental health issues and a new awareness of mental health in general.

Pandemic contexts contributed significantly to mental health detriments across the globe. It's no surprise when considering the physical changes produced as a result. Lockdowns, through which missing relatives and friends for extended periods of time isolated individuals from systems of support.

Mask mandates that kept us from seeing the smiles on each other's faces when going about our daily business. Closures of important institutions for long periods of time contributed markedly to uncertainty and placed stress on people who were left adrift.

All these measures were enacted with the best interests of public welfare in mind. It's a generally accepted reality to address mental health concerns people need to actually be living first. Additionally, they served a valuable purpose in aiding those populations who were at-risk, or compromised, if we didn't collectively act, how were they supposed to try and live normally?

Emerging mental health crises then seem like a necessary evil, something resulting from our monumental efforts to stave off a global health crisis on a scale not seen in recent history. That perspective is valuable, but mental health rising as a priority is just as necessary as our prioritization of physical, public health.

To me, mental health is of paramount importance. Just before the pandemic, I began to realize the physical situations contributing to personal burdens and pain had solutions best addressed by improving my mental wellbeing. Mental states were concrete elements of health, left ignored, they could wreak havoc on my physical welfare.

In embarking on this journey, (that continues today — in a fraught second pandemic year) I began to discover what mental health meant to me.

Generally, I have difficulty grappling with my emotions, speaking truth to what I'm feeling is a process I've yet to master.

I know this is the case for others as well, because being vulnerable and reckoning with difficult feelings is a formidable task. As I've undertaken this mental health journey, it's been a learning curve to open myself up. My perspective on mental health has slowly begun to shift as I've done so.

I've found strength in gaining a better ability to evaluate how I'm feeling, vocalizing things that need to be addressed. In working to stop internalizing things clearly negatively impacting my mental health, it's been liberating in an unexpected way.

Additionally, mental health to me isn't a one-person process. There are so many unexpected systems of support willing to provide aid towards a better mental space. Friends, family and people close to me have provided heartening reassurance and solace through difficult times. At Gonzaga University exists communities deeply connecting me to others: I've found mental health a priority in every single one I've had the pleasure to get involved with.

There are so many phenomenal resources at GU, and willing individuals for those who are seeking help as well. There's an understanding that mental health is unequivocally critical in development of the whole person. I've found this idea resonate profoundly with my own conception of mental health; it's indispensable to my journey as a human being overall.

On my path toward better mental health circumstances, I've found value in confronting and being vulnerable with my emotions and mental states. Family, friends and other support systems have compassionately assisted in this process, and it's an undertaking I'm more than ready to continue with.

So as my mental health journey progresses ever onward, (though oftentimes at a rate slower than I'd like to admit) I'm excited to see the development of myself holistically along the way. And I can't wait to make more connections, insights, and realizations that will provide me — along with so many others — tangible improvements in overall mental wellbeing going forward.

Anders Svenningsen is a staff writer. Follow him on Twitter: @torvauld.

“

**For me, health and wellness boils down to doing what you need to do in order to reach your goals.**

Dawson Neely, opinion editor

“Health and wellness” has become a sort of catch-all phrase for everything we do as people to survive the day-to-day and stay within our own boundaries of good living.

This could mean anything from going on a walk in the sunshine to eating at your favorite restaurant at the end of a trying week. The opportunities to participate in health and wellness seem almost endless.

But how has living in a global pandemic changed our conceptions on this matter?

For me, the last few years have edited how I see being healthy. My assumption that health was just going to the gym and eating right opened up into a greater understanding of mental health and mindset.

I don't know if any of us truly escaped the weight of a social upheaval that COVID-19 brought down upon us. This left many feeling alone, unheard and afraid.

How can this not work its way into any discussion of wellness?

Thinking back to the beginning of the pandemic, we had very little information, and that was constantly being undermined. Locking up in our houses seemed like the prudent course of action, but it fueled the isolation that became a very real burden.

Then came the age of social distancing and Zoom, granting some semblance of community but still existing within the limits of safety. Here, attitudes started looking up, beginning to hope again.

And now, years after that first case, we're settling into a new normal.

The constant change that has been so

ingrained in our world over the last few years has made it a challenge to keep up with goals and habits, but if there's one thing that you can't slack on, it's your health.

Personally, it has been near impossible to avoid the stressors that plague life at school during a pandemic. But that doesn't mean that I have given in to a crumbling degree of wellness, instead making a constant effort to work on things that are crucial to my overall health.

So, as regulations begin to loosen and the world begins to change again, it's become increasingly important to clarify, for each of us, what we want out of each day, and what we need to reach our goals.

For me, health and wellness boils down to doing what you need to do in order to reach your goals.

If that looks like exercising, changing up a meal or taking a nap, then that is exactly what should be done. Expecting perfection out of every day is not only improbable, but it will wear you down and place a cap on what you're able to achieve.

Looking back on the last few years, making the choice to better myself was sometimes a challenge. It takes work to place yourself in the best condition, but its something that regret doesn't touch.

Like doing chores or performing maintenance on a car, when you stop and focus on the things that directly benefit your health, whether mental or physical, you most likely won't enjoy the work that it takes, but the end result is a cleaner house, a smoother drive, and a better performing you.

Sometimes this takes the form of pushing yourself to get up and leave the studying behind for a break outside, or the conscious effort to change your attitude in response to an inconvenience.

I know that in the grand scheme of the last few years, those two mental-maintenances have had a profound effect on my health.

By tweaking your mindset, what feels like a chore with no outside benefit can become an act of self-care and care for others. Masking and vaccines can be your personal antagonist, or it can be your choice to aid the health of the greater community.

So, while adrift in a sea of unknowns, focusing inward on the things we can do to better our quality of life becomes one of the most important things.

Dawson Neely is the opinion editor. Follow him on Twitter: @DawsonNeely.

## Texas legal battle threatens reproductive rights

On Jan. 20, The U.S. Supreme Court rejected an appeal that would have forced lower courts to address the restrictive abortion law in Texas.

Since last September, the state of Texas has upheld the “heartbeat act” which effectively restricts abortion after about six weeks of pregnancy, when most women do not even know that they are pregnant. The law was designed to evade judicial review through a loophole enforcement mechanism that allows for private citizens to bring lawsuits against anyone involved in carrying out or receiving a prohibited abortion.

In December, the high court sent the case back to the 5th Circuit Court of Appeals. The 5th Circuit then sent the case to the Texas Supreme Court in what appeared to be an attempt to stall any decision, as the Supreme Court decides whether to overturn the decision in *Roe v. Wade*.

Appeals Court Judge Edith Jones openly stated that the appeals court should wait until the end of June before making any decisions because by then the Supreme Court will have reached a decision regarding the precedent of *Roe v. Wade*.

This prompted abortion providers to file an emergency request with the U.S. Supreme Court. They hoped that the U.S. Supreme Court would reject the 5th Circuit in order to send the case to the federal district court where a judge had previously blocked the law.

Yet, the six Supreme Court conservative justices rejected the appeal. Obviously, this prompted responses from the remaining liberal justices.

“I will not stand by silently as a state continues to nullify this constitutional guarantee,” said Justice Sonia Sotomayor, writing on behalf of the court's three liberals.

The ruling essentially guarantees that there will be no final word on the controversial abortion law for quite some time. In turn, the restrictive Texas law will remain intact and female bodies will remain regulated.

So, I took the liberty of crunching some numbers.



By KAELYN NEW

Over 72% of Texas legislators are male. I am not venturing so far as to call them uneducated about pregnancy and menstruation, but I doubt they can truly understand what the law entails.

People with uteruses menstruate roughly once a month. According to the National Institutes of Health, menstruation irregularities occur in an estimated 14-25% of menstruating people. An irregular cycle can happen for a variety of reasons whether they be a change in schedule, diet or health problems.

This law potentially means that a person has two weeks from their missed period to schedule and attend an abortion appointment, a nearly impossible time frame to even suspect that they may be pregnant.

Research has shown that these kinds of bans don't prevent abortion either. The Guttmacher Institute found

that abortion rates are four times higher in low-income countries where abortion is prohibited than in higher-income countries where it is broadly legal.

When restrictive bans are imposed, they introduce the likelihood that people will use unsafe methods to get an abortion, therefore increasing maternal fatality.

The University of Colorado Boulder found that a nationwide abortion ban would lead to a 21% increase in pregnancy-related deaths overall, a statistic that would be even higher when just examining minority groups.

I find it hard to believe that Texas legislators haven't considered these studies. If they haven't, they have been ignorant in their governance. If they have, I raise the point that their stance isn't pro-life.

As for the future of the Texas law and *Roe v. Wade*, I think the outlook is bleak. With six conservative justices on the Supreme Court, I can't say I will be surprised if *Roe v. Wade* gets overturned soon, despite its constitutional foundation.

If that does happen, America will enter a new phase in which women and other menstruating people are effectively restricted. With the coming midterms and the next presidential election, the American people have the opportunity to vote in more Republicans. Unfortunately, I think that Donald Trump getting re-elected is within the realm of possibility.

With that said, I am scared that in the coming years more restrictions will be imposed on my body by people who do not share my body. I am afraid that more of my rights will be trampled upon by men in charge.

As judicial arguments ensue about the legality of abortion while menstruating people are still denied the reproductive healthcare they desperately need, I can't help but ask: does this feel like the exposition of a Margaret Atwood novel to anyone else?

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn\_new.

# Krav Maga Spokane teaches new approaches to self-defense

By AMELIA TRONCONE

The greater Spokane area is home to over 80 martial arts studios, yet there is only one official studio that teaches the self-defense system of Krav Maga.

Krav Maga Spokane (KMS) has held this pioneer title since it first opened its doors over 13 years ago. Located at 116 E. Augusta Ave., its mission revolves around teaching the skills of Krav Maga — an Israeli form of self-defense that is best known for being the martial art of the Israeli army.

According to Brayson Buckner, owner and lead instructor of KMS, Krav Maga is unique because of its interdisciplinary nature. Although it is a relatively new form of martial arts, it was designed to be easy to learn and straightforward while being extremely effective.

“Krav Maga is kind of considered one of the original mixed martial arts because the techniques actually come from different styles,” Buckner said. “And the premise behind [it] is to follow up principles, not rituals.”

Buckner began practicing Krav Maga in 2007 and credits it with bringing him out of an extremely dark time in his life. The impact Krav Maga made on his life inspired him to open his own studio just two years later.

“When I saw how [Krav Maga] helped me through tragedy, I thought to myself, you know, what if I can save one kid from some of the tragedies that I saw?” Buckner said.

A main mission of KMS and its employees is to cater to the holistic health of their members. Buckner believes being in shape and training is a large part of Krav Maga, but it is also about maintaining mental health. Krav Maga can act as an outlet to release stress, anger and anxiety.

It is for this reason that Buckner encourages young adults and college students who are dealing with excess stress to train in Krav Maga.

“I like to tell my students that when you get rid of the mental stress, and you don't mask it, you'll do better at homework, have better relationships and won't be as stressed,” Buckner said. “And so really investing in this is investing in your education along with your personal health and safety.”

KMS is dedicated to making the studio a safe space where all people feel welcome. To accomplish this, it holds all female seminars so that their non-male members feel comfortable training in what is usually a male-dominated skill.

The studio also offers an array of classes to ensure that people of all skill levels can train. While their primary focus is honing Krav Maga skills, workout classes are also held. Everything from yoga classes to cardiovascular classes are held in addition to Krav Maga classes.

Buckner finds that Spokane's spike in violent crime has made it increasingly necessary for people to train in self-defense. He believes the more prominent this violence becomes, the more important it is for people to understand that they are in charge of their personal health and safety.

“I have said to members that in almost 13 years of being in business there's [currently] probably a higher chance of you having to use the skills we teach you here



HAYATO TSUJII IG: @whoishayato

Krav Maga is an Israeli form of interdisciplinary self-defense designed to be easy to learn.

“

**Self-defense is understanding that you can do something to protect yourself and that you don't have to be the victim.**

*Mikaella Croskrey, Instructor*

than I've ever seen before,” Buckner said.

Mikaella Croskrey, a level one instructor at KMS and GU alum, became an instructor because she wants to help others, particularly young women, cultivate self-defense skills. Sixty percent of KMS's members identify as female

and Croskrey's goal is to teach these women how self-defense is not just a physical ability, but a mindset.

“Self-defense is understanding that you can do something to protect yourself and that you don't have to be the victim,” Croskrey said. “The confidence and the mindset that you can take care of yourself, is incredibly empowering.”

Croskrey's favorite part of working at KMS is the environment that the studio fosters and being able to make an impact on different people. She believes that the training offered paired with the people allows for KMS to truly change people's lives.

Similarly, Buckner says that the most rewarding aspect of running KMS is the relationships he has built and the feedback from members about how its training has helped them in life.

“We realize that we're affecting [people] and it really just inspires us as instructors to just keep going, providing the quality training,” Buckner said. “[And] be a great safe place for everybody.”

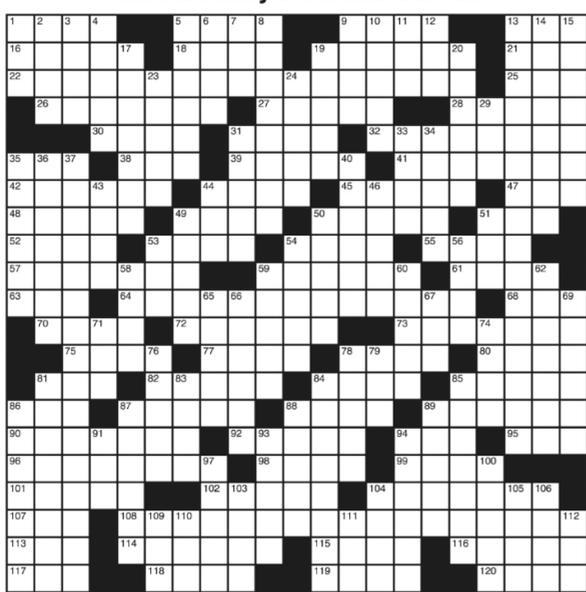
Krav Maga Spokane is open Monday through Saturday. For more information about the studio, visit its website at [www.kravmagaspokane.com](http://www.kravmagaspokane.com).

*Amelia Tronccone is a staff writer.*

## Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

### Last Sunday's Puzzle Solved



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### MAKE MINE A TRIPLE

By Pam Amick Klawitter

- |   |   |   |   |
|---|---|---|---|
| <p><b>ACROSS</b></p> <p>1 Willing partner</p> <p>5 Dapper glides</p> <p>9 Break-even transaction</p> <p>13 "Eye Is on the Sparrow"; hymn</p> <p>16 Easily played</p> <p>18 Hilarious sort</p> <p>19 Theima, to Louise, or vice versa</p> <p>21 Mae: Whoopi's "Ghost" role</p> <p>22 "Game piece with a '6" on it</p> <p>25 "3x" on an Rx</p> <p>26 Baskin-Robbins treats</p> <p>27 27-member gp.</p> <p>28 Good way to plan</p> <p>30 GPS command</p> <p>31 Toon maker of a female road runner costume</p> <p>32 Garland's girl</p> <p>35 Tee sizes, initially</p> <p>38 Curtain holder</p> <p>39 Pool hustler</p> <p>41 It's found in a fizz</p> <p>42 "Daze</p> <p>44 Like many a bow</p> <p>45 Selfish pair?</p> <p>47 Take advantage of</p> <p>48 Fluish symptoms</p> <p>49 Lends a hand</p> <p>50 Do some road repairs</p> <p>51 Add to the pot</p> <p>52 Yard opening</p> <p>53 Skin soother</p> <p>54 Name above "The Music" on a 1981 Broadway poster</p> <p>55 Kikkoman sauces</p> <p>57 One of two field borders</p> <p>59 Where it's at</p> <p>61 "I will if you will"</p> <p>63 Neither partner</p> | <p>64 "Camp sleeping arrangement</p> <p>68 Pops</p> <p>70 Hardly a vet</p> <p>72 "___ short and stout"</p> <p>73 As-the-crow-flies route</p> <p>75 Chute opener?</p> <p>77 FedEx rounds, briefly</p> <p>78 Hollywood brothers' name</p> <p>80 Extras</p> <p>81 ___ town</p> <p>82 It needs a driver</p> <p>84 dog</p> <p>85 Cook-off bowlful</p> <p>86 Stomach</p> <p>87 Thumbs-ups</p> <p>88 Move quickly, as clouds</p> <p>89 Big name in theaters</p> <p>90 Literally, "going," in scores</p> <p>92 Sierra Nevada lake</p> <p>94 Man Ray contemporary</p> <p>95 Higher ed hurdle</p> <p>96 Some union acquisitions</p> <p>98 Poet</p> <p>99 Lowry of kid lit</p> <p>101 ___ firma</p> <p>102 Pulls an all-nighter</p> <p>104 Fictional pilot who said, "Never tell me the odds"</p> <p>107 "TMII!"</p> <p>108 "Where women once learned to stitch"</p> <p>113 Stranded letters?</p> <p>114 Disguise, in a way</p> <p>115 Wrap that sounds apologetic</p> <p>116 Giant's NFL foe</p> <p>117 Belarus, once: Abbr.</p> <p>118 El</p> <p>119 Parted partners</p> | <p>120 One of three found in each answer to a starred clue</p> <p><b>DOWN</b></p> <p>1 "Gemini Man" director Lee</p> <p>2 Signal-strength display</p> <p>3 "In ___ of gifts ..."</p> <p>4 Occasion</p> <p>5 One on a Facebook list</p> <p>6 Spa supplies</p> <p>7 Pro in a party</p> <p>8 What a comedy show might have you in</p> <p>9 Get one's feet wet</p> <p>10 Book of memories</p> <p>11 Cruise amenity</p> <p>12 Actor Linden</p> <p>13 "Primary concern of a Four Seasons chef</p> <p>14 One with a vision</p> <p>15 Metaphorical rush-hour subway rider</p> <p>17 Stands the test of time</p> <p>19 Garson of "Mrs. Miniver"</p> <p>20 Plains, in Peru</p> <p>23 Industry tycoon</p> <p>24 Sportscaster Rashad</p> <p>29 "___ Hair"</p> <p>31 In reserve</p> <p>33 Rae of "The Lovebirds"</p> <p>34 Rieds and Cards, briefly</p> <p>35 Shadowless?</p> <p>36 French military leader with an eponymous line</p> <p>37 "50s-'60s ad competition</p> <p>40 Actor Wynn</p> <p>43 "___ Louise!"</p> <p>44 Andalusian uncle</p> | <p>46 Celery piece</p> <p>49 Early seal hunter</p> <p>50 Shorten further</p> <p>51 "I'm cutta here"</p> <p>53 Mayo is in it</p> <p>54 Timber wolves</p> <p>56 Quaint shoppe adjective</p> <p>58 Notable feature of 59-Down</p> <p>59 Toon with a 58-Down</p> <p>60 Subsidied</p> <p>62 Adam of "Grown Ups" films</p> <p>65 Smoothie fruit</p> <p>66 Most up-to-date</p> <p>67 Dusk, to Donne</p> <p>69 Hankering</p> <p>71 Like clams on the half shell</p> <p>74 Bert in Oz</p> <p>76 "I didn't ___ be here"</p> <p>78 Informed, with "in"</p> <p>79 Ref. that added "chaptick" in 2021</p> <p>81 Base bars</p> <p>84 City on the Orme</p> <p>84 "Taxi Driver" director</p> <p>85 Tony Soprano's "Got It?"</p> <p>86 Really nails</p> <p>87 Marked down</p> <p>88 Trickeries</p> <p>89 "Don't think so"</p> <p>91 Aries mo.</p> <p>93 Put down</p> <p>94 Grammy winner</p> <p>96 Morissette</p> <p>97 Offspring</p> <p>100 Word with panel or system</p> <p>103 Overhaul</p> <p>104 Bring on board</p> <p>105 Maracalbo, por ejemplo</p> <p>106 Munch Museum city</p> <p>109 Fashionable Taylor</p> <p>110 Caesar's 601</p> <p>111 Tussaud's medium</p> <p>112 School yr. division</p> |
|---|---|---|---|

## Sudoku By The Mepham Group

Level **1** 2 3 4

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

Solution to last Sunday's puzzle

2/13/22

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

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](http://sudoku.org.uk).

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ANDREW LOF IG: @andrewlof\_photography

Main Market Co-op is located at 44 W. Main Ave, making it accessible for GU students.



ANDREW LOF IG: @andrewlof\_photography

Main Market Co-op offers more than just groceries, with hot meals and a fresh salad bar.



ANDREW LOF IG: @andrewlof\_photography

Main Market Co-op features a wide variety of fresh, sustainable produce.

## Main Market Co-op keeps it fresh

By NOAH WONG

Main Market Co-op is Spokane's only cooperative grocery store. The store's inception in 2010 was unique for a co-op, as Jim Sheehan, a local attorney, received a windfall inheritance and decided to revitalize the block of West Main Avenue that also includes Saranac Commons and the Community Building.

The colorful yellow mural depicting grocery items and farm animals on the west face of Main Market was painted by local artists Patty Haag and Megan Martens, with the "GARDEN" sign above the mural repurposed from an old Goodyear Tire sign.

According to their website, the co-op's mission is to provide responsibly sourced food with the smallest footprint while growing the strength of the local food system.

"We strive to work with the best products that are clean and healthy," said grocery manager Wayne Stahl. "We're constantly bringing new vendors in all the time."

A co-op is a business owned and managed by its own customers. This business model ensures independence from corporate owners and an amplification of the voices of the consumers. By becoming an owner, Main Market Co-op offers savings in store, patronage refunds and voting power for annual elections.

In addition to benefits at Main Market, joining the co-op gives access to discounts at other businesses like Northwest Seed & Pet, Smart Therapy Group, The Urban Canine and The Saltroom of Spokane.

One does not need to be a part of the co-op to shop at Main Market.

A share of Main Market costs \$180, which can be purchased with annual payments as low as \$10. Around 7,500 community members are part of the co-op.

Through a roundup program, where shoppers round up their totals and donate the difference to Main Market, the grocer has been able to work with local charities and community organizations and provide meals. This past year, \$980 from the roundup program was put into feeding the residents of Park Tower Apartments three separate times.

Despite its smaller size, Main Market has a deli burrito bar, a hot bar, an oatmeal bar and a salad bar, with capabilities to cater. The breakfast and lunch meals are predetermined, with each day of the week offering a different menu item.

"They also have a good bulk section," said GU senior Caleb Yoder. "It means you bring your own container and you can fill it up with however much you need, which is nice because you don't have to buy the plastic peanut butter jar 11 times, you can just fill the same one up."

A variety of typical and unique grocery items that lack high fructose corn syrup or MSG are offered at the store.

"We introduce new farmers or new producers coming to the scene," said Thai Hood, a produce manager at Main Market. "We have to be profitable, but we also want to make sure that they're going to make a living and we're not undercutting them too hard."

An initiative that Main Market is working on reimplementing is the \$3 deli dinners on Thursday nights. Not only can a customer buy the meal, but they can also pay it forward by buying a dinner for another. A tag is put up on the wall, and anybody can claim that meal for themselves.

"It's nice to see what else is outside of Gonzaga's campus and Gonzaga's community because there's lots of other meaningful communities in Spokane that you might not realize until you search for it," said GU senior Delaney Carr. "Just be curious to learn more about other places, there's a lot of great experiences you can get out of it."

Main Market Co-op is located in downtown Spokane at 44 W. Main Ave.

Noah Wong is a staff writer.

## Treehouse Deliveries is Spokane's version of DoorDash

By ISABELLA ASPLUND-WAIN

Treehouse Deliveries is Spokane's only locally owned delivery service. From mom-and-pop establishments to chain restaurants, the service provides an endless array of options when you're in the mood for takeout.

When Neil Holford, managing partner of Treehouse Deliveries, started in 2018, there were no local options for delivery in Spokane. He attempted to engage with local restaurants to get a feel of how the community felt about his idea but was unfortunately met with pessimistic remarks about its failure in the past.

"We talked about how to make it work, and we found a great model that works for everyone," Holford said. "Spokane has an amazing growing food scene."

The company started as a very small delivery service that mainly catered to vegan and vegetarian restaurants. However, Treehouse Deliveries began growing exponentially when COVID-19 hit in 2020.

Olivia Hammond, a GU sophomore, said that Treehouse Deliveries stood out to her compared to other delivery services because of its unique list of local Spokane restaurants she has never tried before. She also feels that ordering from a service that supports local businesses in the area was a distinct part of her experience.

"The actual delivery service was really user-friendly and the delivery itself was pretty quick," said Madeline Gatewood, a GU sophomore. "We got our food in under an hour, and everything was super hot. I felt like it was a good experience. I would

definitely recommend it and use it again."

Holford warned that large orders should be given a 24-48-hour notice to ensure the order is processed smoothly and delivered promptly.

Keep in mind, ordering online is easy, but some local restaurants have small kitchens with limited space. Treehouse Deliveries is also often attending to in-house orders, as well as other online orders. However, if there are longer wait times or an establishment is short staffed, Treehouse Deliveries will allow customers the opportunity to cancel their order before the food is prepared by the restaurant.

Daniel Cecilio, a GU sophomore, also tried Treehouse Deliveries and said that it was neat to have the opportunity to try a new local restaurant.

According to Holford, what sets them apart from other delivery services is their commitment to not price gouge the restaurants. Bigger delivery brands will charge local mom-and-pop establishments 25% to 30% in fees. However, Treehouse Deliveries only charges a 15% menu price fee, and each restaurant can decide how to break that fee up.

"Each restaurant looks at their pricing margins and decides how much of the 15% they want to cover out of the menu cost, and the remainder of the service fee is put on the customer as a service fee," Holford said.

Holford announced for the first time that Treehouse Deliveries is working on transferring ownership of the delivery business.

"Right now, I formed an LLC to operate

“

**We talked about how to make it work, and we found a great model that works for everyone. Spokane has an amazing growing food scene.**

Neil Holford, managing partner

the business," Holford said, via email. "We are going to change that to a restaurant owned cooperative (co-op). We have recently started talking to Joel Williamson at LINC Foods (Spokane) and Jon Sewell (LoCo Coops) about the benefits of a restaurant delivery co-op. The service itself will not change, but the profit distribution is the big game changer."

In a restaurant owned co-op, establishments would still need to front 15% of the menu price, but instead of that money going toward other businesses, it is more of a future investment now. The 15% accumulated across restaurants would pay for all of Treehouse's delivery service operations.

After some time, the total remaining profit made by Treehouse would be returned to the restaurants that contributed to the total. Holford estimated the initial 15% would drop to roughly 4% to 7% depending on how many restaurants participate. As it grows to include more restaurants in

Spokane, the cost of operations will spread out which will increase profits for each individual establishment.

Additionally, drivers are fully compensated with the delivery fee, as well as their tip, a feature many national brands lack. Treehouse offers an application process online for drivers.

For students looking to make some extra money before spring break, or who need to save up before the summer — drivers can build their shifts around their own lives. Orders are manually dispatched to drivers in order to minimize downtime and maximize their profits.

Restaurants that wish to partner with Treehouse Deliveries can visit their website's vendor page, which will put them in contact with Treehouse Deliveries. They have also recently begun advertising on their Instagram @thdeliveries.

Isabella Asplund-Wain is a staff writer.



MAKOA DE ALMEIDA IG: @mdealmeida

The Shop is a local coffee shop that specializes in gluten free and vegan foods and serves local Anvil coffee.

# Street searching? Perry Street has it all

By MAUREEN PARKS

The South Perry district is located only a few minutes by car or a half hour by bus from Gonzaga, south of downtown. It is full of shops, restaurants and other businesses, and it is a great destination for students looking to get off campus.

One beloved Perry Street business is The Shop — a café in an old mechanic building. The Shop serves local Anvil coffee along with a selection of baked goods, including custom cakes and house-baked focaccia bread. It is expanding its bakery operations, and it has treats for everyone.

“We really specialize in gluten free and vegan stuff,” said Justin White, a barista at The Shop.

The Shop also extends its support to other small businesses, carrying a selection of items like earrings, stickers and face masks.

“All of that is either local or from small businesses in the Northwest,” White said.

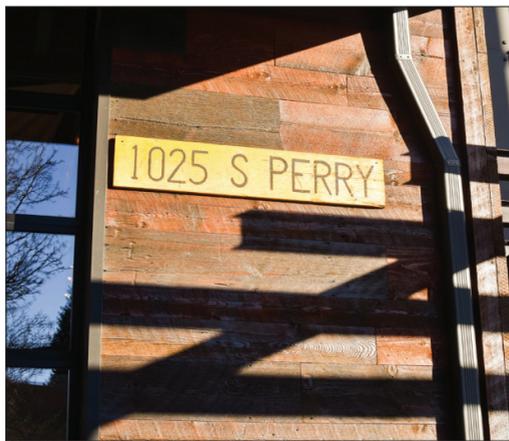
As The Shop expands its bakery and makes other changes, it is growing from what it learned in the past couple of years of being in a pandemic.

“We’re trying to keep the best of what we used to do pre-COVID and then add in new stuff as well,” White said.

Another Perry Street business in a unique building is Lorien Herbs & Natural Foods, which has a large windmill on its roof. The shop was built in 1929, and it is included on the National Register of Historic Places.

Lorien offers over 550 herbs, teas and spices, as well as supplements, essential oils and more. It has adapted to the pandemic; Lorien is no longer self-serve, but employees are available to help customers purchase herbs and teas. Some of the more popular items are also available pre-bagged.

Perry Street Brewing is located across the street from



MAKOA DE ALMEIDA IG: @mdealmeida

Wellness Tree is located at 1025 S. Perry St. and serves health smoothies and smoothie bowls.

Lorien. It is a popular establishment featuring a largely Tex-Mex food menu and a variety of craft beers. Its tap list is diverse and has something for beer lovers of every preference. This past week, it featured a kumquat sour, a Belgian tripel, an amber ale, a pale ale and a number of IPAs, among others.

Perry Street even has \$2 4-ounce pours, which are perfect for sampling. It has an outdoor patio as well as an indoor seating area that would be perfect for watching a Zags game while enjoying a local brew.

Another Perry Street business that is especially popular among GU students is Wellness Tree, which offers cold-pressed juices, smoothies, acai bowls, juice shots and

more.

“Wellness Tree is such a good local business,” said GU junior Grace Daly. “I love to get an acai bowl with friends every Sunday morning whenever we can make it there.”

Some more food options on Perry Street include South Perry Pizza and South Perry Lantern, which offers a food menu as well as a robust selection of mostly regional beers.

Perry Street has more than just food and drinks. The Bike Hub on Perry Street offers a wide range of complete bikes, bike parts, tools and bike-related services. It is GU senior and Bike Club President John Heywood’s shop of choice.

“I go there to buy bike parts, to get my bike fixed, just anything mountain bike-related,” Heywood said. “It’s my favorite bike shop in town. They know their stuff.”

Windfall Thrift Store is another shop on Perry Street. It is operated by volunteers from St. John’s Cathedral on the South Hill, and the income it generates goes into the outreach efforts of St. John’s. Windfall has a wide variety of clothes and other items.

Perry Street is a vibrant area that also hosts a number of regular events.

From May to October, Perry Street also has its own farmers market each Thursday. The market has a wide variety of vendors, offering local eggs, breads, tamales, boba tea, local meats, salsa, honey, mushrooms, pies, produce and much more. The farmer’s market takes place next to Grant Park.

Each summer, Perry Street also hosts its South Perry Street Fair. After being canceled due to the pandemic, the fair will make its return on July 16, with festivities and a number of local vendors for the community to enjoy.

“I love Perry Street,” Daly said. “It’s very cute, and all the vibes are good.”

Maureen Parks is a staff writer.

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# Pat Tyson's run of excellence with Gonzaga

By TOMMY CONMY

Pat Tyson is a driver of buses. When Tyson was named the director of cross country and track and field at Gonzaga University in 2008, not only did he coach the men's and women's team, he had to recruit, network with alumni and maintain NCAA compliance, all while trying to fundraise in an effort to mold GU into one of the premier distance running universities in the country.

The cross country program more closely resembled a Division III outfit with only two scholarships total for the men's and women's teams when Tyson took over. There was no locker room, no team uniforms and no shot at competing at a national level.

Not only did Tyson have to pilot five separate buses, the buses may as well have had the brakes cut and the windows shattered.

Fresh off the program's second consecutive berth to the NCAA National Championship cross country meet, Tyson is at the center of a drastic paradigm shift not often seen at the Division-I level. From cellar dwellers to front runners, GU and Tyson have become beacons for running excellence in the Pacific Northwest and beyond.

Tyson got his start in running as an under-the-radar prospect out of Lincoln High School in Tacoma, Washington. An avid reader of Track & Field News, Tyson first learned of the University of Oregon in those pages. By chance, he met UO assistant coach Bill Dellinger at a college meet and asked if he could walk on to the team. When Dellinger finally said yes, Tyson was off to Eugene, no questions asked.

At UO, Tyson collected a National Championship alongside Steve Prefontaine under the guidance of Dellinger and Bill Bowerman. Coaches by day, Dellinger and Bowerman were two key individuals in the process of founding Nike when they weren't at the track.

Upon graduation, Tyson traveled back up north to Kellogg Junior High School in Seattle, Washington, for his first official coaching gig. In his suitcase was "the program" of training he inherited from his college coaches along with their sense for fashionable flair on the track.

"When I was coaching in junior high, we were the first team to wear Nikes in the world outside of college," Tyson said. "Nobody wore Nike shoes, but my 1973 junior high teens were all wearing these waffle bottomed, Kenya red, Finnish blue nylon shoes that nobody had ever heard of before."

Tyson's middle schoolers adhered to the same arduous regimen he did at UO, albeit a pared down version suitable for 12-year-olds. His team also consisted of girls, something unheard of in the mid-'70s



BULLETIN FILE PHOTO

Before accepting his position with Gonzaga, Tyson held similar positions at the University of Oregon and University of Kentucky and spent 20 years at Mead High School in Washington.

as many high schools, never mind junior highs, sponsored the sport for women.

"Everybody was included," Tyson said. "We scrapped for inclusion. I was coaching women before anyone else did. We had junior high girls that were beating our boys up, which is pretty cool."

Tyson moved briefly to Shorecrest High School in Seattle, winning two state championships before he once again packed his suitcase, this time heading east to Mead High School in Eastern Washington.

In his 19 years at Mead, Tyson coached the Panthers to 12 cross country state titles. Over a nine-year stretch, Tyson's runners didn't lose a single meet, as he was nominated for the National Coach of the Year when Mead was ranked No. 1 nationally.

By 2005, Tyson had turned Mead into a distance running enterprise, perennially churning out state titles and collegiate runners.

Meanwhile, the distance program at his beloved UO was in turmoil. During the 2004-05 school year, Tyson was fielding calls from fellow OU alum Alberto Salazar — then the coach of Galen Rupp at Central Catholic in Portland.

Salazar spoke of upheaval in Eugene and urged Tyson to take over as the interim coach when the current coach was either dismissed or left his position. By March, Tyson left his post as the most decorated cross country coach in Washington state history to become the men's distance running coach at UO.

When he arrived in Eugene, a rainbow peeked through the clouds above Hayward Field before Tyson addressed his new team for the first time.

Without a formal head coach, the Ducks would win the PAC-12 championship in track and field. Following the season, UO hired Vin Lananna as its head coach and Tyson returned to Mead. Former UO

football coach Rich Brooks had taken over at the University of Kentucky and his UO colleagues encouraged him to apply.

Tyson did, mostly as a joke, and was soon named the men's distance running coach of the Wildcats. Despite success in his year at UK, the horse farms of Lexington were incomparable to the forests of the Northwest.

"I got run over and nearly killed on a morning run near the campus football stadium," Tyson said. "That kind of changed my perspective. I began to realize how much I missed the energy of the West. There's something about the smell of an evergreen tree. When you get off a plane in Portland or Eugene or even Seattle, you can smell the air. It's different. I love the West and I think I even like the Inland Northwest better than the coastal Northwest."

Tyson has since resided in Spokane, constructing the GU distance program from the ground level, laying additional bricks year after year. Under his leadership, the cross country program has experienced a multitude of firsts. Tyson landed GU's first five-star recruit for any sport in James Mwaura. There was the first team trip to the NCAA Championship as a team, fueled by runners that rewrote every top time in the annals of GU distance running.

When asked about the largest hurdles the program had to overcome on that path to success, the tone in Tyson's voice turns nostalgic as he waxed poetic about runners long gone from Spokane.

Willie Milam is the first name out of Tyson's mouth. Although he wasn't highly recruited out of Jesuit High School in Portland, Milam proved Tyson's program did indeed work, eschewing injury and illness to qualify for the 2015 NCAA West Regional in the 5K.

Troy Fraley built upon the proof of Tyson's concept by Milam. In his redshirt senior season, Fraley won the NCAA

West Regional in the 3K steeplechase in poor conditions before becoming an All-American two weeks later at the NCAA Championship in the same event.

"It is not easy," Tyson said. "It's so hard to be get in the top eight in your individual event. And here's Troy Fraley, no water pit on campus, no hurdles, no track. He comes from Kalispell, Montana and he gets us All-American."

Tyson told the Bulletin in a 2019 interview that his goal was to make GU distance running iconic. Sixth-year senior Ben Hogan stepped foot on campus just as Fraley was leaving, experiencing the heartbreak of missing qualifying for Nationals by one point, to the triumph when the team finally got the monkey off its back and qualified for the elusive championship race.

"I think we have made a lot of progress on becoming iconic," Hogan said. "When we're in any race, we'll always have guys in front pushing the pace. I'd still say right now, we have a long way to go. We still haven't had that breakthrough moment in cross country."

More than anything, Tyson is proud of the constant improvement for both the men's and women's teams. In his eyes, neither program has regressed from one year to the next since he started.

No longer is GU the little brother of Washington State and University of Washington in cross country, having outgrown its status as a punching bag long ago. That doesn't mean they're economic equals, as the funding for GU is not equivalent to the funding of power five institutions from the PAC-12.

"I'm jealous of the other schools that have all the stuff that they have, I wish I had it," Tyson said. "But, you know, I have to keep telling our guys that it's not about stuff. It's about coming to Gonzaga. We have this great basketball brand here with men and women... we may not be basketball, but we are Gonzaga."

Tyson has been running since he first realized no one could catch him during neighborhood hydroplane races in seventh grade. His legs may not churn the way they did alongside Prefontaine at Oregon any longer, but his mind contains decades worth of knowledge necessary to guide any runner with a work-ethic and a pulse to the promised land.

"This was my life journey," Tyson said. "All my friends that were good coaches always felt if I got married and had kids that I probably wouldn't be as good a coach, and it's probably true. But I didn't, I decided to be like Queen Victoria. I'm married to my people and I'm going to give all of my energy to my people."

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

## MINI ZAGS

are back!

Gonzaga is proud of its women's and men's basketball teams! Pick up the Bulletin next week to find the newest Mini Zags.

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# 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: @dylansmith

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 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.

# Former GU standout opens new basketball facility

By ALLIE NOLAND

Technology in sports has come a long way in the past 20 years, but the public has had limited access to newly-developed equipment. Shoot 360 Spokane, a new basketball facility, brings in the latest sports technology and shares it with the community.

Gonzaga alumnus and former NBA star, Dan Dickau, is the owner of Shoot 360 Spokane. With a passion for basketball and ample experience in the industry, Dickau said he is excited to share this cutting-edge technology with the community.

Located at 3700 E. Francis Ave., Suite 1, Shoot 360 focuses on individual and small group training by dividing the gym into three sections: skill stations, shooting stations and a 74-foot-by-50-foot basketball court.

“Having been around basketball my whole life, the coolness of this place is that we have something to offer everyone...,” Dickau said. “We have a facility that can help anyone who loves the game.”

The five skill stations combine the world of video games and basketball training. With over 150 ball handling drills and passing games, players can come in and improve their individual skills. Games and drills range from beginner to expert levels and some even include a virtual trainer.

Passing games and drills track the players' accuracy, precision, decision-making and timing over the course of their workout. At the end of each drill, the information is sent to the player's profile, which can be accessed via a mobile app.

One of the most popular games is called Quick Fire, said Kevin Crosno, the manager of Shoot 360 Spokane. Players are able to play against each other by syncing up the skill stations within the gym. The goal of the game is to reach a certain score by passing the ball at targets on



DYLAN SMITH IG: @dylansmit.h

Players can work on their ball-handling skills with the virtual trainer who will can lead a series of guided workouts designed to improve body positioning, ball speed, ball accuracy and ball control.

the screen before the time runs out.

Another third of the gym is dedicated to five shooting stations. Similar to the skill stations, players choose their workouts on a touchpad and are led by a virtual trainer.

Shoot 360 Splash Tech tracks each shot's arc, depth and whether it has the tendency to deviate left or right. When players are in the ideal range of each element, the shot is considered in the “splash zone” and there is a 90% chance of making it, according to Crosno.

During a normal basketball practice, players put up an average of 64 shots, according to Dickau. At Shoot 360, players can put up 300 shots in a 30-minute workout.

Using this technology allows players to know how to fix their shot to perfect their shooting form as all of the stats get sent to the player's profile. Players can track what they are mastering and what they need to work on simply by using their phones.

“It's about repetition,” Dickau said. “And our technology can guide those repetitions to be more effective.”

Along with the cutting-edge technology, Shoot 360 offers members access to expert floor coaches. Coaches are available to help members craft workouts, instruct shooting form and answer any questions members may have.

Dickau and Crosno said that they have seen huge improvements in members since Shoot 360 Spokane's opening in November. One success story came from a first year student in high school who had barely touched a ball before coming into Shoot 360, Crosno said.

“The first couple of workouts, he was shooting 12-15,” Crosno said. “He has been coming in for two months now and the last workout he just had, he was shooting 55%. He has shown great improvement.”

Shoot 360 Spokane is hosting a clinic with GU's Rasir Bolton and Ben Gregg

on Feb. 20 at 3 p.m. and plans to hold more clinics with GU basketball players.

Drop-in sessions are \$30 for 30 minutes at a station. For a better deal, sign up for the monthly membership. A 12-month membership is \$120/month, a 3-month membership is \$135/month and a one-month membership is \$150/month.

Members can schedule one hour workouts every day of the month with 30 minutes at the skills station and 30 minutes on the shooting station.

“If you're tired of running on a treadmill, you can come in here and get an hour workout...,” Crosno said. “It's a workout spot for people who love basketball.”

The basketball court is available to rent out for \$50/hour. To ask about a membership or court rental, email info@shoot360spokane.com or call 509.368.9659.

Allie Noland is an A&E editor. Follow her on Twitter: @allie\_noland.

## GU SPORTS CALENDAR

Thursday, Feb. 17  
 ➔ Women's basketball vs. Saint Mary's, 6 p.m.

Friday, Feb. 18  
 ➔ Baseball vs. University of New Mexico at Sanderson Ford College Baseball Classic, Surprise, AZ., 5 p.m.

Saturday, Feb. 19  
 ➔ Men's tennis vs. Idaho, 10 a.m.  
 ➔ Baseball vs. Oregon State University at Sanderson Ford College Baseball Classic, Surprise, AZ., noon.

➔ Women's basketball at BYU, Provo, UT., 1 p.m.

➔ Women's tennis vs. Idaho, 4 p.m.

➔ Baseball vs. University of New Mexico at Sanderson Ford College Baseball Classic, Surprise, AZ., 5 p.m.

➔ Men's basketball vs. Santa Clara, 6 p.m.

Sunday, Feb. 20

➔ Men's golf at Loyola Intercollegiate, Goodyear, AZ., all day (three days).

➔ Baseball vs. Oregon State University at Sanderson Ford College Baseball Classic, Surprise, AZ., noon.

Monday, Feb. 21

➔ Men's basketball vs. Santa Clara, 2 p.m.

\*Local events in bold\*

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