

THE GONZAGA BULLETIN

March 17, 2022 www.gonzagabulletin.com Volume 133 Issue 25

MADE FOR

MARCH



**NCAA Men's & Women's
Tournament Preview**

Zags' redemption tour starts against Nebraska in Louisville

By DANIEL FORTIN

The Gonzaga Bulldogs women's basketball team is going dancing.

The Zags went 26-6 overall with a 15-2 conference record and won the West Coast Conference (WCC) title over BYU, 71-59, to automatically qualify for the NCAA Tournament.

Their next opponent is No. 8 seed Nebraska in the first round of the tournament.

The Zags are led by senior forward Melody Kempton, junior guard Kayleigh Truong and sophomore forward Yvonne Ejim. Kempton and Truong were both named to the All-WCC first team, Kempton's second year in a row on the All-WCC team. She led the Zags in points and rebounds with 10.9 points and 6.3 rebounds per game.

Truong has earned All-WCC honors for the past three years, including an honorable mention last year and All-Freshman two seasons ago. Truong is averaging 10.8 points along with 3.8 assists per game.

Ejim was named the conference's sixth woman of the year along with being selected to the All-WCC second team. Ejim averaged 10 points per game this season and 5.6 rebounds per game. She led the Bulldogs with 44 steals.

"I really enjoy coaching our players," head coach Lisa Fortier said in a news release. "We have a group of women who focus more on team success than individual awards. That being said, Melody, Kayleigh and Yvonne have made great contributions to our team this year and the recognition from the conference is well deserved."

The Nebraska women's basketball team is led by coach Amy Williams, who after having a 13-13 record last season, guided Nebraska to a 24-8 record with an assortment of new players and a retooled system. The 24 wins are tied for fourth-most in a season in program history.

It's an easier statement after the fact, sure, but Nebraska guard Sam Haiby is clear that thoughts of a season like this started to build in the fall.

"I think after last season we were right there, and we just couldn't get over the hump," Haiby said to ESPN. "And then when we were returning a lot of players back, we kind of knew this was going to be a good year. We had most of our starting lineup back again, and then a few good additions. We were kind of playing with a chip on our shoulder and we're excited about this season. We knew we were very capable of having a special season."

From last season, Nebraska lost defensive specialist Kate Cain, who is the program's all-time leader in blocked shots.

But despite losing her, the Huskers have beaten four ranked teams this season, including wins against top-10 teams No. 8 Michigan and No. 5 Indiana.

Except for a loss at Penn State, Nebraska avoided many setbacks on the court. The Huskers have a 12-1 record against teams with an NCAA Evaluation Tool (NET) ranking of 100 or worse. Nebraska is 22nd in the NET ranking.

"We're finding ways to win those games that we need, with those three top-10 wins, and not falling short in those games that we should probably win on paper," Haiby said. "Last year we had those upset wins, but we also had some not very good losses. It was just finding a way to close out all of the games."

Part of why the players were feeling confident about an improved season is what they were seeing during summer practices with the additions of transfer point guard Jaz Shelley and two freshmen who are now in the starting lineup: forward Alexis Markowski and guard Allison Weidner.

Markowski averaged 12.8 points per game and eight



Yvonne Ejim is averaging 10 points and is shooting 50.9% from the field off the bench for the Zags this season.



The Zags clinched their fourth West Coast Conference tournament championship under Lisa Fortier with a win over BYU.

rebounds per game. While sophomore guard Shelly leads the Huskers with 13.1 points a game 6.5 rebounds and shoots an impressive 40.7% from 3-point land.

Shelley and Markowski each earned second-team all-Big Ten honors.

"Our freshmen have been huge," Haiby said. "Alexis is the Big Ten freshman of the year. Her play has been awesome. She's super-physical down low. And Jaz, just adding another shooter helps spread the floor. She's a really good playmaker, too, even when the shots aren't falling."

The Zags and Cornhuskers are similar in how their teams are built in that they don't go to scorer. Any starter or a role player can go and score 20 points or they can have a balanced attack where five players get

double-digits.

Both teams are impressive against quadrant one teams and are built to complement each player's role. Nebraska is from a tough conference and the Zags will have a real test in the first round.

"I am excited about it," Fortier said. We've never been in the nine seed. So I think it shows some respect for just our body of work, of who we played, how we played them, what our numbers have to say, and hopefully we'll be able to go out and be successful."

GU will play on Friday at 12:30 p.m. pacific time at Louisville, Kentucky. Viewers can catch the game on national television on ESPNNews.

Daniel Fortin is a staff writer.

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The gamble that paid off

He spent his first season waiting in the wings, but as a sophomore, Las Vegas native Julian Strawther has emerged as a pivotal player on the Zags’ high-potent attack

By VINCENT SAGLIMBENI

The motto “Next Man Up” has been echoed throughout the Gonzaga University men’s basketball programs for decades. With the increase in talent the program has seen over the past decade-plus, players have been given the task to fill in the shoes of those who have come before them, continuing the progression of GU hoops talent for future Bulldogs and instilling a winning mentality in the next generation of Zags.

Junior forward Julian Strawther is no exception to this rule.

The 6-foot-7-inch forward from Las Vegas has seen an increased role in his second year with the Zags. Last year with GU, Strawther only gathered 189 minutes in 25 games, averaging 7.56 minutes per game. With the likes of now NBA forward Corey Kispert in front of him on the depth chart at the time, it was difficult for Strawther to find time in the rotation.

But in Strawther fashion, he waited patiently for his time and learned from those who came before him, which he said has benefited him in the long run. Along with Kispert were players like Joel Ayayi and good friend Jalen Suggs to help Strawther in his journey, as he still keeps in touch with those players from time to time, talking with Suggs on almost a daily basis.

“Seeing the success [Corey Kispert] had by trusting the process and trusting the system last year, a couple things he taught me throughout the year, always keeping me under his wing, those were all things I carried into this season,” Strawther said. “Having that same exact mindset that he had of cherishing every moment, especially going into elimination basketball, [he instilled in me] that every moment and every game matters... I feel like that has been successful for me so far, so I just gotta keep carrying that into March.”

Strawther has seen immediate success after a year of watching Kispert on the bench. Strawther has experienced improvement in every statistical category this season, averaging 26.7 minutes per



ALYSSA HUGHES IG: @alyssahughesphoto

After coming off the bench last season, Julian Strawther has started all but one game in the regular season and averages 12.3 points per game.

game, almost 20 minutes more than last season.

The Vegas star has also increased his 3-point percentage by around 8%, ticking up his 32.1% from 3 his freshman year to 39.6% from behind the arc this season. Strawther’s free-throw percentage is also up 3%, he’s averaging four more rebounds compared to last year and has seen his points increase fourfold, going from 3.4 points per game last season to 12.3 points

per game this season.

Not only is Strawther seeing that progression, but his teammates are beginning to notice as well. Junior forward Anton Watson noticed Strawther became more confident as a player, affecting his results on the court in an impactful way.

“Last year he wasn’t getting that much playing time, but he grinded this summer and kind of took Corey’s place,” Watson said. “He’s a 3-point specialist, so he’s

good to have on our team right now.”

Some notable performances this season from Strawther came in games that had very high stakes for the Zags. Strawther’s single high-scoring game, 20 points, came against Duke and BYU this season. In the loss against the Blue Devils on Nov. 26, Strawther shot 50% from the field, hitting almost 43% of his 3-point shots. A couple of months later when GU played BYU in The Kennel, Strawther shot 70% from the field and 60% from behind the arc. Strawther also dropped another 19 points against BYU in Provo on Feb. 5.

One of Strawther’s more memorable games was GU’s most recent one against Saint Mary’s. Playing in front of his friends and family in his hometown of Las Vegas, Strawther dropped 16 points on 83% shooting from the field, not missing a single 3-point shot, helping the Zags clinch yet another West Coast Conference (WCC) tournament championship. With a total of 30 friends and family supporting Strawther, he said it was one of his favorite moments during his time at GU so far.

“It was really, really cool,” Strawther said. “Especially just to see all of my friends and family smile in the crowd [and] to have a good game in the championship, [those are] moments you live for and dream of as a kid. [For them to see us] cutting down the net in my hometown is something I will cherish forever.”

The Zags will begin the run for their first national championship on Thursday in the first round of the NCAA tournament against Georgia State.

With the likes of Drew Timme, Chet Holmgren and Andrew Nembhard at the forefront of GU’s push for the natty, Strawther will be right there with them, and Watson and his teammates are confident Strawther will be able to contribute greatly to a potential run in March Madness.

“I think he’ll contribute a lot,” Watson said. “If he just plays his game [and] plays hard, I think he’ll be fine.”

Vincent Saglimbeni is the Editor-in-Chief. Follow him on Twitter: @vinmysaglimbeni.

Bulldogs to take on Georgia State in first round

By TOMMY CONMY

The Gonzaga Bulldogs men’s basketball team (26-3, 13-1) will take on Georgia State Panthers (18-10, 9-5) in the first round of the NCAA Tournament after being selected as the tournament’s No. 1 overall seed for the second year in a row.

Georgia State was selected for the Big Dance for the first time since 2019 after winning the Sun Belt’s conference tournament to earn the conference’s automatic bid after finishing third in the regular season.

Third-year coach Rob Lanier (cousin of NBA Hall of Famer Bob Lanier) led the Panthers to the Sun Belt title game for the second straight year. The only NCAA Tournament team in the entire state of Georgia, the Panthers have won their last 10 games (seventh longest win streak in the nation) after struggling with multiple programwide pauses due to COVID-19 in the early parts of the season.

After winning four of their first five games, Georgia State won only two games from Nov. 27 to Jan. 22, losing eight games during that stretch while five other contests were canceled. The Panthers finally regained their footing with a 68-64 win over conference foe Louisiana-Lafayette before rattling off 12 wins in 13 games en route to the tourney.

The Panthers are led by senior Corey Allen who averages 14.6 points per game to go along with 3.6 rebounds and 3.2 assists. Allen scored 29 points in the Sun Belt Championship.

Overall, the Panthers are an unimpressive offensive unit, averaging 70.6 points per game which is 193rd in the nation. Their team shooting percentage is 337th out of 350 D1 teams at 40.3%.

Lanier’s squad has carved out wins thanks to team defense. The Panthers force turnovers on almost a quarter of all their defensive possessions in addition to boasting the 95th best adjusted defensive efficiency according to barttorvik.com. Georgia State is adept at defending 2-point shots, with the 26th best adjusted 2-point defense in the nation. The Panthers are not as adept at running 3-point shooting teams off the line as they are 342nd adjusted 3-point defense in the nation.

The Zags don’t need to overthink their game plan for



ALYSSA HUGHES IG: @alyssahughesphoto

Chet Holmgren was named an All-American and a finalist for the Naismith Defensive Player of the Year.

this contest. The nation’s No. 1 offense will look to continue using ball screens in addition to transition offense and secondary breaks to deconstruct the Panther’s defensive game plan. Junior Jalen Thomas is Georgia State’s tallest defender at 6’10” while backup center Joe Jones III is 6’9”. GU will look to establish a presence in the paint early and often. Drew Timme had a quiet WCC Tournament in terms of offensive production and the junior will look to bounce back against the Panthers. If Mark Few’s squad can feed Timme in the post early and force the Panthers to choose between double teaming him and leaving 3-point shooters, this game could be over early.

“At the end of the day everybody is on the same playing

field. Whoever loses goes home, so I feel like everyone is at the same stage right now,” senior guard Rasir Bolton said.

The NCAA tournament selection committee ranks all 68 teams in the tournament and Georgia State was ranked No. 63, one spot ahead of Norfolk State, the opponent of the Baylor Bears in the South region.

“I didn’t expect to be a 16 seed coming out of the Sun Belt, but what it is, it’s a great opportunity,” Lanier said to The Atlanta Journal Constitution.

In last year’s tournament, the Zags easily handled No. 16 Norfolk State 98-55 before beating No. 8 University of Oklahoma 81-71 in the Round of 32.

Elsewhere, fellow West Coast Conference members Saint Mary’s and San Francisco look to make noise in the big dance as well.

The WCC has three teams in the NCAA Tournament for the first time since the 2011-12 season. USF earned a No. 10 seed in the East Region and will face off against No. 10 Murray St. in the first round.

Saint Mary’s earned a No. 5 seed in the East Region and will play Indiana in the first round after finishing as the WCC runner-up.

BYU was left out of the 68-team field after being bounced from the WCC Tournament by USF in the quarterfinals. The Cougars received a No. 2 seed in the NIT and will face Long Beach State, coached by former GU head coach Dan Monson. Santa Clara is also on the same side of the bracket as BYU and fell to No. 4 Washington State in the first round.

Although the Gaels are the higher seed, USF could be an intriguing upset pick against Murray St. The Dons have a standout backcourt with Jamaree Bouyea and Khalil Shabazz that can rip the net from 3-point range. Most importantly, the Dons can rebound and erase second chance opportunities for their opponents. Forward Yauhen Massalski will return for the Dons after being sidelined for the WCC quarterfinals with a knee injury. Massalski averages 13.9 points per game and 9.4 rebounds per game. Midmajor will meet mid-major in the Dons’ first round tilt, and the victor earns the right to play No. 2 Kentucky or No. 15 St. Peter’s.

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



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Bulldogs prep for wild, wild west

By HENRY KRUEGER

Heading into last season's championship game, the Gonzaga University men's basketball team seemed destined to secure the program's first national title and complete the eighth perfect season in NCAA history.

That didn't happen.

The Zags lost 86-70 to Baylor University, which meant would have to wait until next season for another chance to bring home a trophy that has eluded them for years.

With the 2022 NCAA Tournament about to commence, GU (26-3, 13-1) finds itself in a similar position as last season. Despite not playing for perfection, the Zags finished the regular season as the AP Poll's No. 1 team and are sitting atop the bracket's West Region for the second year in a row.

While GU is once again the clear-cut favorite to win it all, last season's championship loss is a reminder that nothing is guaranteed in March.

Head coach Mark Few adheres to this philosophy, focusing all of his attention on No. 16 seed Georgia State University (18-10, 9-5), GU's first-round opponent in Portland on Thursday.

When asked about potential matchup scenarios if the Zags were to advance past Georgia State, Few noted the importance of taking the tournament one game at a time.

"I've been in this tournament long enough, [if] you start worrying about games down the road, you're sitting at home," Few said.

Few relayed the same message to his players.

"Coach Few told us ... [that] we can't look too far ahead in the bracket," said sophomore forward Julian Strawther. "[You] can't [think] about who you're gonna play second weekend and things like that because there is no next game if you don't handle the one that's in front of you."

While 97% of the brackets filled out on ESPN have GU getting a first-round victory, Georgia State shouldn't be overlooked.

After beginning the season with a 6-9 record, Georgia State won 12 of its last 13 games and is one of the hottest teams entering the tournament.

The Panthers earned an automatic bid to March Madness after winning their conference tournament, defeating the University of Louisiana-Lafayette 80-71 in the Sun Belt Conference Championship.

Finishing with 29 points in the title game, Georgia State's leading scorer Corey Allen averaged 23 points and 5.3 assists during the conference tournament.



JANNA PRICE IG: @jannapricephotography

The Bulldogs clinched their 20th West Coast Conference tournament title with a 82-69 victory over Saint Mary's in the championship game.

The senior guard was named to the All-Sun Belt Third Team, along with teammate Kane Williams.

If able to get past Georgia State, GU will play its second-round contest against either No. 8 Boise State University (27-7, 15-3) or No. 9 University of Memphis (21-10, 13-5) on Sunday.

The game could look wildly different depending on who GU plays, with Boise State and Memphis playing two different styles of basketball.

Champions of the Mountain West for the first time in program history, Boise State has used its size advantage to punish its opponents this season.

With only one player shorter than 6 foot, 5 inches in their rotation, the Broncos' length gives them an edge on defense as they are No. 16 in KenPom's adjusted defensive efficiency.

Boise State plays a grit-and-grind brand of basketball where the games are slow, low-scoring and close. The Broncos are 305th in adjusted tempo, 235th in scoring and hold opponents to the 10th fewest points per game. BSU is coached by former GU assistant Leon Rice.

While Memphis can also capitalize on its size, it operates with a completely different pace of play than Boise State.

No. 34 in adjusted tempo, the Tigers are

a dangerous transition team with several players who can finish well at the rim.

One of Memphis' best inside scorers is freshman center Jalen Duren, who's averaging a team-high 12.2 points while shooting 62.9% on 2-pointers.

At 6 foot, 11 inches, 250 pounds, Duren's physicality could be an issue for GU's big men, specifically freshman center Chet Holmgren, who weighs 55 pounds less.

With Duren and Holmgren being lottery-projected picks in the 2022 NBA Draft, a GU-Memphis matchup would be exciting for fans looking for a glimpse into what could be the future of professional basketball.

After the second round, it becomes much more difficult to predict who the Zags could face during the rest of the tournament.

While GU's potential Sweet 16 opponent remains unclear due to several upsets being predicted in that area of the West Region, the Zags would be likely to play either No. 2 Duke University (28-6, 16-4) or No. 3 Texas Tech University (25-8, 12-6) if they make the Elite 8.

GU played both programs during the regular season, losing 84-81 to Duke on Nov. 26, and defeating Texas Tech 69-55 on Dec. 18.

From there, GU could have a chance to get revenge on Baylor (26-6, 14-4) in the Final Four.

The East Region's No. 1 seed, Baylor won the Big 12 Conference's regular-season title and has the most quadrant one wins in the nation.

The winner of that game would move on to the championship game, where it would most likely face the University of Arizona (31-3, 18-2), the South Region's No. 1 seed.

A Zags-Wildcats matchup would be interesting as Arizona's first-year head coach Tommy Lloyd is a former GU assistant coach.

Few praised Lloyd's coaching performance this season.

"He's done a good job with the personnel that was already there and I think he got them to play confidently, got them to play together and taught them to believe in themselves," Few said.

Whether it's winning the program's first national title, avenging last season's loss to Baylor or meeting up with a former assistant coach in the championship, GU's 2022 tournament run could have several significant storylines.

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



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Human phys students win regional award

By NOAH APPRILL-SOKOL

Two weeks ago, research done by a team of Gonzaga University seniors majoring in human physiology were recognized at the North West American College of Sports Medicine’s annual conference. This award punctuates over a year of effort researching the concept of critical power.

Critical power is the highest output of power one can sustainably maintain. It varies individually due to different muscle fibers and capillary makeup and is often an important variable for athletes looking to exercise at their maximum potential without threat of injury.

According to two members of the research team, Emma Flood and Kat Fisher, research on critical power has mainly been limited to research on male subjects with these findings being applied across all genders. Flood and Fisher said the goal of their research was to broaden this scope to include female subjects and to then compare critical power among male and female subjects.

“Women aren’t just small men,” Fisher said. “There are differences in physiology that can impact performance [and] how we exercise and perform. A lot of traditional exercise physiology research is primarily done on men. A lot of subjects are like male only. And then those results are just generalized to also be true for women, which isn’t always the case.”

To do this, Fisher said that the group wanted to control muscle mass as a variable when calculating for critical power. She said the group first measured the body mass index of each of the 11 subjects before measuring for critical power using the “three minute all-out test,” a well-studied test used to determine critical power. The group used the critical power relative to muscle mass as their data point when comparing critical powers.

Fisher and Flood said the group determined that while men might have a higher absolute critical power due to their higher muscle mass, women actually have a higher critical power when muscle mass is used as a controlled variable. They said that this aligns outside research documenting the contribution that capillary makeup and muscle fibers have on critical power.

According to Flood and Fisher, this finding also highlights how conclusions made from majority-male

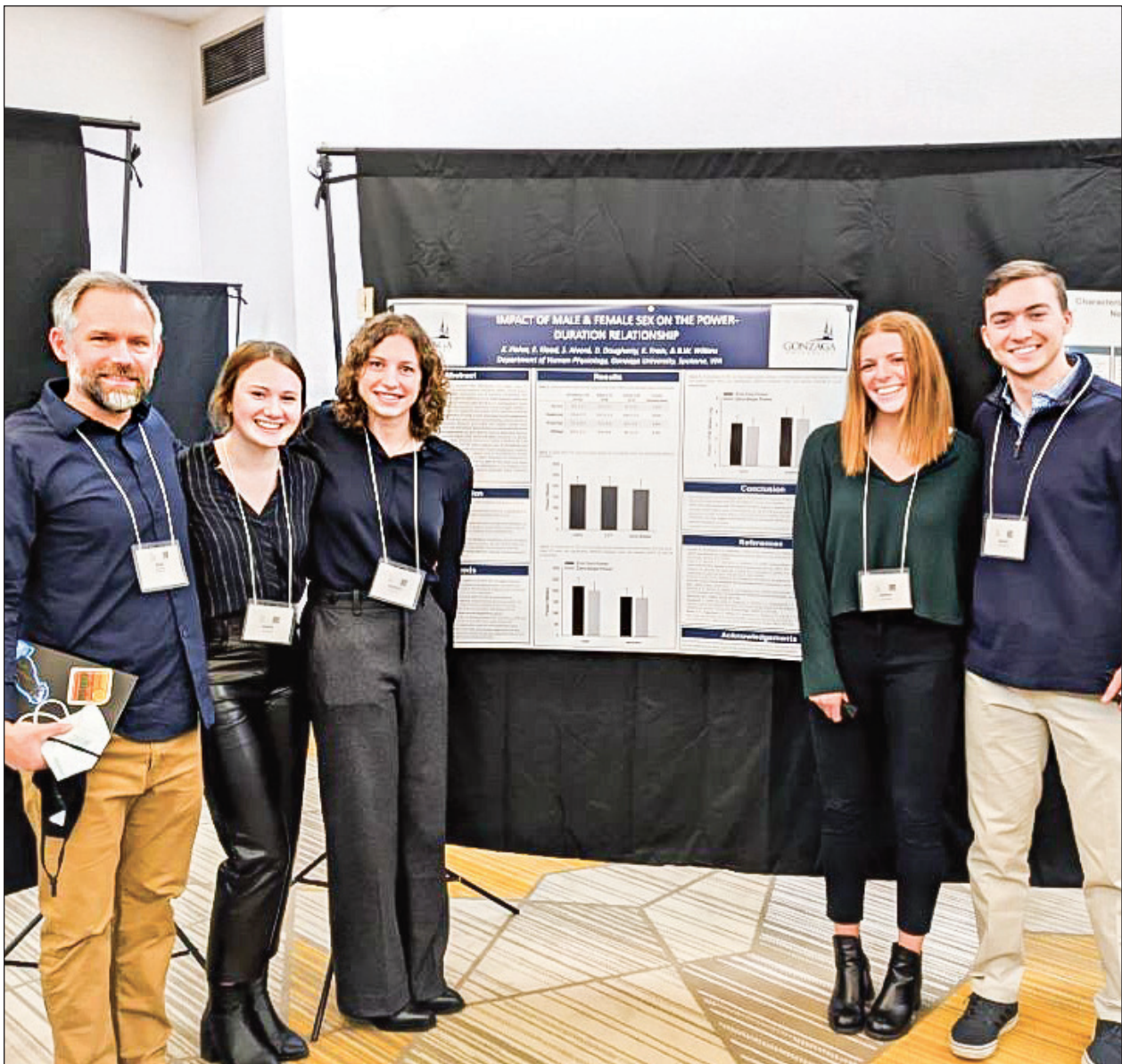


PHOTO COURTESY OF KATHLEEN FISHER

Left to right: Dr. Brad Wilkins, Sophia Alvord, Kat Fisher, Emma Flood and Daniel Dougherty present at the annual conference.

SEE HUMAN PHYS PAGE 2

GUUAC opens exhibit on missing, murdered Indigenous women

By MADELEINE REED

Trains rush by the Gonzaga University Urban Arts Center (GUUAC) on the hour, their shadows flickering on the walls: it was the trains that moved and inspired Jeff Ferguson to curate the current exhibit displayed.

This past weekend, doors opened for the “No More Stolen Sisters” Art Show at the GUUAC, the two days of opening ceremony filled with information and art on the subject. The exhibit will remain on display until March 26.

The exhibit, featuring several Native American Artists from the Pacific Northwest and beyond, sheds a light on murdered and missing Indigenous

women—a human rights crisis that is gaining more press and representation in the news: the Department of Justice has found that Indigenous Women face murder rates more than 10 times the national average, with homicide being the third leading cause of death among 10-24 year-olds and over half experiencing some form of sexual violence during their lives.

The opening ceremony began with a land acknowledgement and welcoming sentiments from Ferguson, the curator of the exhibit, and Margo Hill, an attorney and professor at Eastern Washington University. The two began with a call to action.

“I can’t say that this is just now being brought to light...what’s coming now is

the momentum” Ferguson said.

Guest speakers and artists created a wholistic evening and following day, with powerful spoken word, songs and presentations on legal work within the area, as well as personal testaments related to the subject at hand.

In her speech, Hill outlined the history of this crisis in the U.S., as well the legal shortcomings and loopholes that have allowed these cases to perpetuate within our federal, state and local systems.

“When we ask to be protected, it is because we already have paid a great price,” Hill said.

Helen Goodteacher, one of the featured artists in the exhibit, as well as a graduate student at GU, described her positive

thoughts for the exhibit overall.

“The platform provided created a sense of strength, vision, action and awareness to the Spokane area and beyond,” Goodteacher said via email.

Goodteacher, a member of the Nez Perce Tribe with Sioux and Ponca descent, described how she aims to demonstrate the numerous versions of being Native American. In her works featured, like her “Our Justice” painting on display, she aimed to illustrate Lady Justice from an Indigenous perspective.

“For me, [the piece] was about spreading the justice throughout the world,” Goodteacher said.

SEE MMIW PAGE 4

GU Law ends conditional scholarships

By KAEYLYN NEW

In January, the Gonzaga Law School announced its decision to end all current and future conditional scholarships in exchange for guaranteed scholarships.

Previously, GU Law School offered conditional merit-based scholarships in which a student’s scholarship may be revoked if they fall below a 2.75 GPA. If a student maintained a GPA above that standard, their scholarship would renew at the end of the academic year.

Now, all current and prospective students with GU Law School scholarships only need to remain in good academic standing by maintaining a 2.2 GPA in order to keep their scholarship.

All merit-based scholarships for undergraduate students at GU continue to remain in place. A student who doesn’t achieve good academic standing, or a 2.00 GPA, at the end of every semester is placed on academic probation and risks losing their scholarship, per GU’s academic policies.

Jacob Rooksby, dean of GU Law School, said the school came to the decision to end the conditional scholarship program after evaluating how guaranteed scholarships would positively impact the lives of the students.

“It was based upon our understanding of how this impacts the lives of our students and our graduates and wanting to more closely align our practices with our Jesuit humanistic identity,” Rooksby said.

Rooksby said that the conditional scholarships in place had the potential to negatively affect students who saw a decline in academic performance due to personal reasons.

“Often life circumstances are the reason why students don’t perform well academically,” Rooksby said. “They might have had a tragedy in their family. They might be facing food insecurity or any number of different other issues.”

Extenuating personal factors coupled with stresses from the COVID-19 pandemic made the revoking of scholarships increasingly difficult, Rooksby said.



ISABELLA STOUT IG: @isabellacarin27

SEE SCHOLARSHIP PAGE 4

This scholarship change aims to ensure better student experience.

BSU President talks about rebuilding community

By SOPHIA MCKINSTRY

Social justice and rebuilding community — those two points were the focuses of Jackie Lee’s goals for Gonzaga’s Black Student Union (BSU) this year, as she serves as the president of the club.

Social justice is an important aspect of GU’s mission statement, and Lee said she wants to place an emphasis on that through the work she does on campus.

“I think everyone should have social justice work at the forefront of their minds because we are definitely stronger in numbers,” Lee said. “I like doing the social justice and activist work that I do for BSU and for other culture clubs; I think it’s very fulfilling in making a change on this campus.”

Outside of BSU, Lee works at GU’s Unity Multicultural Education Center (UMEC), another space that has given her the opportunity to push for equality and change on campus. The people she has met through UMEC have become a family who all share similar goals and want to make change.

The second focus that Lee had for BSU was rebuilding community and creating a safe space.

After the Zoom bombing in November 2020 where anonymous individuals entered the meeting and yelled racial slurs at attendees, the club created a task force. The task force is working to make a list of demands for students of color and specifically Black students at GU which will help to make them feel safer on campus.

“There’s quite a few demands from our contract that we made with the administration last year,” Lee said.

Some of those goals include hiring staff and faculty of color and reforming the restorative justice process.

Additionally, the club has organized numerous activities throughout the semester, such as roller skating. It is also planning on doing a laser tag excursion and a trip to Silverwood near the end of the semester. BSU also put

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OPINION

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SPORTS

Must see matchups in the NCAA Women’s Tournament

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HUMAN PHYS

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subject pools should not be applied to other sexes. This research calls for more inclusive testing and accessible research, especially when it comes to research on athletic medicine where research on women is often limited.

“Sports and athletics isn’t dominated by men and I think more women are getting involved and are competing at really high levels,” Flood said. “Female athletics should be held to the same standards in the same kind of the same level as men.”

All of this research is a result of almost a year of the group developing their senior human physiology thesis. Flood said that they started last spring by reading studies, brainstorming ideas and planning data collection. However, they began data collection this past fall because of COVID-19.

Fisher said that she submitted an abstract for the conference early in January and was asked early in

February if she wanted to present the project as one of the five undergraduate thematic presentations focused on muscle and mechanics.

Fisher and Flood said that the award is a major honor, validating their effort and research on this issue and said that the award has encouraged the group to continue to conduct more studies and research.

“It was nerve-racking giving the presentation because that’s not something I’d ever really done before,” Fisher said. “But it was also really cool because I love talking about my research. Getting to have a platform where people were actually there to listen to me talk about it was awesome.”

While the project has already produced results, Fisher and Flood said that the group hopes to continue to gather more data before they graduate in May. Fisher and Flood said that this data will allow them to further confirm and extrapolate conclusions.

Additionally, they said that this project allows for potential research related to exploring how the menstrual cycle and female hormones contribute to critical intensity. Fisher said that the research could also be expanded to include non-binary people and trans people.

“Dr. Wilkins [faculty advisor for the thesis] says all

the time, ‘answering questions means that you find other questions to ask,’” Flood said. “I think that there’s a lot that can still be researched specifically within a female population.”

Flood and Fisher said they learned a lot throughout this project and are grateful for their fellow teammates and faculty advisor who helped them on this research. Both are pursuing graduate school, and Fisher said she will be attending Penn State. They said that this thesis gave them a strong foundation in research and that they are excited to continue human physiology research.

“I think one of the biggest things I’ve learned is just collaboration and working with other people in a lab,” Flood said. “It’s a lot of work and it’s many, many hours of bouncing off ideas and trying to solve problems on the fly. Being able to get practice in terms of working with others in a lab in a scientific setting, being able to hear and understand other people’s perspectives and also voicing your own and not being afraid to speak up was invaluable.”

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

LEE

Continued from Page 1

together potlucks at club meetings so students can come and eat food.

“One of my biggest goals...was to recreate the space as a fun, inviting, welcoming, safe space,” Lee said. “Just things to make people feel like it’s not an obligation [to come], more of like I want to be here in this space.”

Throughout her experience at GU, Lee often struggled with being a student of color at a predominantly white institution. As a first-year student, she felt like she didn’t have a community to be a part of, and because of that hopes to be able to help students who go through a similar struggle and transition.

“I guess it shifted with maturity,” Lee said. “It shifted to being like, ‘Wow, I’m really...a living act of resistance at this predominantly white institution.’ I found a huge passion in channeling [the] struggles I’ve experienced in these classrooms...to be motivation to do more of what I do.”

BSU also hosted its annual dinner on Feb. 26, where students and members of the Spokane community were able to come together, eat food and watch performances.

“There was so many joys,” Lee said. “The opportunity to display Black excellence from the students that walk in the same hallways as people who attended was really amazing. I was so unbelievably proud.”

The performances included singing, dancing, spoken word poetry, a fashion show and dancing.

By putting on events such as the BSU dinner, cultural clubs are able to spread awareness about their culture with students on GU’s campus, which Lee believes is extremely important.

BSU buys a table at every culture festival, which gives the club the opportunity to appreciate other cultures.

“There’s not a lot of opportunities...for students to experience different cultures, [and] it’s so unbelievably beautiful to see other people’s culture and to celebrate it with them,” Lee said.

Outside of the club, one of Lee’s main interests is writing poetry. She wrote a spoken word poem which she shared at the BSU dinner, which focused on her identity and the struggles she has experienced as a Black woman. She also likes to dance and



EMMA PATENODE IG: @emmapatenode

GU junior Jackie Lee focuses on social justice and community as this year's president of the Black Student Union.

choreographed a dance that was performed at the dinner.

“I think I’ve really found my voice [through poetry] and that was really valuable,” Lee said.

Lee’s roommate and vice president of BSU, Haylee Pollard, placed an emphasis on her leadership qualities.

“She’s very outspoken,” Pollard said. “When we’ve had issues and we’ve come

together as clubs...she’s definitely someone who’s there to take action, [and] I think that’s an incredible and very much needed quality in a president.”

Ultimately, Lee wants BSU to be a safe space where students can come together and share their stories with others who share those same experiences.

“I like the community that I participate in building,” Lee said. “I just love going to

our meetings and being able to hang out with people who share my identity and share my struggle.”

BSU meets every Sunday at 1 p.m. in Hemmingson room 312.

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

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FASU's 16th annual Barrio Fiesta celebrates diversity and culture

By CLAIRE TOLLAN

The Filipino American Student Union (FASU) will host its 16th annual Barrio Fiesta on Saturday, March 19 in the John J. Hemmingson Ballroom. The sold-out event will be FASU’s first in-person Barrio since 2020.

This year’s theme Maglakbay Kasama Kami, or “Travel with Us,” will feature the diversity and cultures of the different regions of the Philippines, according to Max Reyes, one of FASU’s public relations representatives.

“[Guests are] going to be in it for great Filipino food, beautiful traditional dances, vulnerability from our FASU club, just because sharing a bit about a culture, especially an identity that’s been marginalized or historically marginalized in the U.S. can be really difficult,” Reyes said. “And I think above all else just being there to celebrate what we have to share with the Gonzaga community and the Filipino culture and heritage that’s present on our campus.”

According to Reyes and FASU President Lyca Racho, FASU members will perform four traditional dances: Cariñosa, Tinikling, Maglalatik and Sayaw Sa Salakot. Each dance comes from a different part of the Philippines.

Cariñosa is a traditional courtship dance. Tinikling is considered the national dance of the Philippines and is performed using bamboo poles. Maglalatik is an all-male-identifying dance in which coconut shells are worn on their chests. Sayaw Sa Salakot is an all-female-identifying dance that features traditional Filipino hats, according to Racho.

Racho said there will also be a senior dance.

“[I’m looking forward to] just being able to be with everyone in person again,” Racho said. “It’s my last year, my senior year, so it will be bittersweet.”

FASU’s Barrio chairs have been planning the event since the summer. According to Racho, members began rehearsing the dances at the start of second semester.

The event will also feature an educational skit, singing in Tagalog and spoken word.

Reyes said she will be performing a spoken word piece on the Filipino American identity. Her family, along with other FASU members’ families, will be attendance.

“The Filipino American experience is going to be different than that of a Filipino immigrant, which tends to be the majority of our parents,” Reyes said. “And so, to be able to share our experiences with not just the Gonzaga community, but our own family is super, super exciting and precious to us.”

Tickets to Barrio are sold out. For those attending, semi-formal attire is preferred. Proof of vaccination or a negative COVID-19 test within 48 hours of the event is required upon entrance. Doors open at 5 p.m. and the program begins at 6 p.m. in the John J. Hemmingson Ballroom.

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



This year's Barrio Fiesta event features four different traditional dances, each from a different part of the Philippines.



Barrio will include a skit, dances, singing in Tagalog and spoken word.



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All students with GU Law School scholarships need to maintain a 2.2 GPA in order to keep their scholarship.

SCHOLARSHIP

Continued from Page 1

"To really remove a student scholarship in light of all of that is a difficult thing to do, and we have gotten to a place financially where we don't have to engage in this practice, and we're deciding not to do it," Rooksby said.

According to Rooksby, the decision to modify the scholarship program gives GU Law School a significant advantage over other schools who may not offer guaranteed scholarships.

"We see this also as having an impact in terms of the decisions that students will make with an offer from us that is guaranteed," Rooksby said. "Whereas before they might not have selected us over a competitor because our scholarship

offer was conditional and the competitors was not."

Luke Cairney, the director of admission for GU Law School, said that the new guaranteed scholarship program and guidance provided by faculty allows for more personalized attention to students. Cairney took his position at the school in November, and credits much of the deliberation over conditional scholarships to earlier members of administration. Nonetheless, Cairney says the decision is of utmost importance.

"You know exactly what you're getting into," Cairney said. "You know where your support structure is and what we're doing to ensure that you're coming through all the way to the end."

According to Cairney, the guaranteed scholarship program sets GU Law School apart from several other institutions in the nation including competitor law schools, graduate and doctoral programs.

The decision is an important milestone for underrepresented populations, Cairney said, since guaranteed scholarships remove a financial barrier to legal education and make the process of achieving a law degree more equitable.

"We're already seeing an impact in our applicants for this next year's class in representation from our underrepresented populations," Cairney said.

Cairney said that care for the students, whether it be through programs, advising or through the new scholarship program, is what the GU Law School seeks to do.

"As long as you're getting the right education and finding your way in the world, then we're serving our mission," Cairney said.

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

MMIW

Continued from Page 1

Speaking with Ferguson before the exhibit's opening, he recalled how he first took up the position of guest curator, recalling his initial viewing of the space and decision on the theme.

"I remember thinking that this may never opportunity may never come up again...that if we're going to get some light into the dark shadows of this issue, that this is a good venue to give it a shot," Ferguson said.

Upon seeing the space — the wide windows of the southern side of the

building — the trains passing by reminded Ferguson of the large mobility issue within tribal territories, demonstrating the prevalence of this issue.

"I want anybody that hears of this movement to envision for just a moment that it was their mom, or sister, or daughter, or brother or even friend," Ferguson said. "This isn't in a land far, far away...it's in our backyard, and it's a problem."

Ferguson also said that he sees the exhibit on Gonzaga property as a step toward reparations.

"Most people don't know that Gonzaga is built on Indian land, our tribe allocated that land to the school with the preface that any of our tribal members to go to that school free of cost, indefinitely, and

they haven't held that up," Ferguson said.

Though there have been steps made to alleviate this issue, Ferguson described how there still is a long way to go, emphasizing the necessity acknowledgement of Indigenous land and culture at the forefront of the school's practices.

"I told them, 'You should be doing land acknowledgments at every gathering that you do...you need to be doing this a basketball game,'" Ferguson said. "You need to be doing this at the forefront, not at the back...and I think that every one of these little things that we do are baby steps to help to get to that point."

Madeleine Reed is a staff writer.

“

This isn't in a land far, far away...it's in our backyard, and it's a problem."

Jeff Ferguson, curator of "No More Stolen Sisters" exhibit

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Pipe allegations are cracked

No, President Biden is not providing our communities with crack pipes — the CIA beat him to it.

On Feb. 7, the Washington Free Beacon published an article headlined “Biden Admin To Fund Crack Pipe Distribution To Advance ‘Racial Equity.’” The article reported that “kits will provide pipes for users to smoke crack cocaine, crystal methamphetamine, and ‘any illicit substance,’” attributing that information to a Department of Health and Human Services spokesperson.

Except, the spokesperson never said that and the reporter never asked.

Instead, the reporter assumed pipes would be included based on a 2019 document from Harm Reduction International (HRI). The document offered harm reduction suggestions and detailed items included in some smoking kits, such as “glass stems, rubber mouthpieces, brass screens, lip balm and disinfectant wipes.”

Harm reduction is an approach to treating drug addiction in a noncriminalizing way to reduce negative impacts of drug use and drug policy. It works to meet people where they are, offering the help people want rather than what they might ‘need’ to encourage any sort of progress.

Gonzaga’s collegiate recovery program, OUR House, utilizes harm reduction techniques by helping students reduce their usage to what they want it to be instead of encouraging the “full sobriety or nothing at all” mentality.

While the administration never specifically included glass pipes in the details of their kits, they have since said that pipes will not be included.

The day the Free Beacon article was published, Republicans were up in arms. The Republican National Committee’s Rapid Response Team, formed to respond to controversial issues on social media to “shape the narrative,” issued a news release sharing a tweet that said that the Biden administration is “sending crack pipes to drug addicts in the name of ‘equity.’”



By SYDNEY FLUKER

Republican politicians took to Twitter to get that message out, pushing their narrative all over social media without any further fact checking of the administration’s plan.

In a Feb. 15 letter to the HHS secretary, Republican Sen. Tom Cotton of Arkansas alleged that the administration “planned to allow the safe smoking kits to include crack pipes,” but changed course after “getting caught.”

I understand the outcries among Republicans that Biden is giving crack pipes to people, as at its face that is a really concerning message to see. However, the lack of genuine investigation into the issue is where things begin to get out of hand.

“You are correct that the spokesman did not specifically say pipes in response to our questions, one of which was what is in the smoking kits,” Brent Scher, executive editor at the Free Beacon, said in an email to the Washington Post. “They said they would not specify what is in the kits. Our follow up was to verify that the kits were in fact for smoking crack, which they confirmed. Based on what has been put

in crack smoking kits across the country, we reported that the government would be funding crack pipes. This is what smoking kits are.”

This is just bad journalism. The article, which has been updated but still claims the spokesperson directly said pipes will be provided, is still online.

The reporter should never have made a direct claim on behalf of the spokesperson. If they absolutely needed to include the crack pipe in there, they should have specified that it is assumed to be in the kit based on previous initiatives.

Misinformation is rampant, but this is next-level. Sen. Roger Marshall of Kansas’s website links to a Newsweek article titled “Why the Biden Admin Is Handing Out Free Crack Pipes,” the original title of the article. However, when clicked upon, the title as posted by Newsweek reads as the corrected version — “Why the Biden Administration Wants to Hand Out ‘Safe Smoking’ Kits.” By leaving the title as it was previously, Marshall is trying to give validity to a claim that has since been disproven.

This leads me to my final point. Harm reduction is the future of addiction treatment, and providing safe methods to consume can only help the population. Contrary to popular beliefs, these kits are not handed out like toothbrush kits from the dentist.

We have faced drug addiction throughout world history. From the Opium Wars to the “crack epidemic” of the ‘80s and ‘90s, it’s clear drug addiction isn’t going anywhere. The program is in place to support “community-based overdose prevention programs, syringe services programs, and other harm reduction services.”

Drugs will always win the war on drugs, but at least we can prevent our community members from needlessly dying.

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

With civil suits looming, how will the GOP respond?

On Feb. 18, a federal judge rejected former President Donald Trump’s effort to dismiss lawsuits seeking to hold him accountable for the insurrection at the U.S. Capitol on Jan. 6, 2021.

The lawsuits were raised by Democratic lawmakers and Capitol Police officers who were inside or near the Capitol when the insurrection broke out.

In a 112-page ruling, U.S. District Judge Amit Mehta stated that evidence suggests that Trump rallied the crowd and instructed them to march on the Capitol with the knowledge that violence could break out.

Mehta wrote that Trump’s Twitter tirade targeted at former Vice President Mike Pence during the insurrection implies an agreement between Trump and those storming the Capitol, which could make him liable for the actions that ensued.

Pence was presiding over the counting of electoral votes when chaos erupted, forcing himself and other members of Congress to seek safety.

The ruling may lead Trump and his acquaintances to face more deposition subpoenas and document demands, but it also insinuates that Trump may be found potentially liable for his conduct while he was still in office.

In the ruling, Mehta noted that Trump’s speech at the Jan. 6 rally is evidence of a call to action, as he notably used phrases like “we will stop the steal.” In using the word “we” in reference to his supporters, Trump laid the foundation for the insurrection.

I’m sure the events of Jan. 6 are ingrained in everyone’s mind. I remember exactly what I was doing when I heard that insurgents had stormed the Capitol to claim Trump’s re-election.

I was re-watching “Game of Thrones” for the second or third time, and I couldn’t help but ask myself, “Am I watching an episode play out in real life?” Could it be possible that one of the most self-proclaimed



By KAELYN NEW

democratic nations in the world was crumbling because of far-right insurrectionists? As the events played out, it seemed plausible.

Now, it is Trump’s turn to face the music. Despite his business dealings being in hot water and potentially facing legal action for his role in the insurrection, he seems unfazed.

At a recent rally in Conroe, Texas, in January, the ex-president said he would try to ensure that, if elected again, he would pardon those found guilty of participating in the Jan. 6 riots. The crowd erupted in cheers.

Even if Trump were to be indicted and convicted for his actions, he could still run for president in 2024. He could even run while serving time in prison. There is no Constitutional limit on a presidential candidate’s incarceration status or criminal record that would impede them from running for president.

I like to believe that I know exactly what would happen

if Trump were convicted. He would use it in his campaign as proof that Democrats are trying to oust him from the political sphere, a bold claim that would only provide fodder for his cult following.

Perhaps that’s just speculation, but Trump still believes the 2020 election was stolen, as he told a rally in Arizona two months ago.

As the lawsuits against Trump move forward, it will be interesting to see how events play out.

If Trump isn’t convicted for his role in inciting the insurrection, what kind of precedent will this set for leaders of the nation going forward? Similarly, if he is convicted, how will his voter demographic respond? Will they riot once again? Will a conviction change their outlook of the ex-president?

As of now, it’s hard to tell. According to a 2021 Pew Research Center poll, roughly 67% of Republicans want to see Trump continue his role as a leading political figure — a margin so large that it could entail Trump being the Republican candidate in 2024.

Since the poll data was collected post-insurrection, I doubt that a criminal conviction would change any prospective voters’ minds. However, I’d like to hope that I am wrong.

I’d like to hope that voters won’t re-elect someone who undermined a nearly 250-year-old democracy with false claims of election fraud.

The Republican party platform tends to defend the criminal justice system and focus on lowering crime. Thus, Trump’s re-election campaign will pose an interesting paradox if he is convicted.

Will the Republican party remain true to their values, or will Trump remain the exception?

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

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Spring time leaves a new GU

In light of the cold spell that hit the inland Pacific Northwest this past week, students are likely itching to get out and enjoy some rays of sun.

I, myself, am one of those students. Admittedly, I’m not from the Spokane area. So upon first thought, the idea of stepping outside and exploring is intimidating, and many might not know where to start.

That’s just fine, because one of the easiest ways to occupy time during the warm weather seasons in Spokane is by taking a walk downtown. Starting from Gonzaga University, a mile walk on the Centennial Trail leads students to Riverfront Park, and from there exists a number of places to go.

Without ever leaving Riverfront Park, students could gather a group of friends and host a picnic. There are plenty of grassy areas with lookout views of the Spokane River and scenery.

Finances permitting, taking a ride on the Numerica SkyRide at Riverfront Park would be an unbeatable way to view the city. The suspended gondola would provide students a birds-eye view of Spokane, its downtown and the cascading river from a perspective few ever get to see. Many families visit in the springtime as well, so the SkyRide serves as both an engaging family-friendly activity and a way to show parents around the city.

Venturing past Riverfront Park, a plethora of stores await students with varying interests. Those looking to try new coffee shops should look no further than Indaba Coffee, which conveniently has three locations within the downtown area. The shop also serves as a quaint place to do homework, in case finding



By CHLOE SCHWARTZ

new places to study is your thing. The window shopping downtown has never disappointed. Stores like Urban Outfitters, Nike, Anthropologie and Lululemon have display cases that make it so easy to find your way off of the sidewalk and into the store itself. Don’t let the consumerism fool you, though — on a college budget, items from these places are nice to look at but tend to break the bank if purchased with rash regard.

For students who crave adventure, there’s plenty of options. GU Outdoors is a great organization for students to get involved with who want to get in touch with nature but don’t necessarily want to organize a trip on their own. Their planned adventures extend far beyond just skiing and snowboarding, too.

GU Outdoors organizes hikes, climbing excursions and backpacking trips for students to enjoy during the warmer months. This is perfect for students of all levels of experience, but especially beginners due to the expertise provided by those involved with the group.

Students desiring to venture farther off-campus, say, across state lines, should take a day trip to Coeur d’Alene. A multitude

of excursions are available for those who just want to familiarize themselves with the town, all the way to those wanting to get involved in hardcore sports.

Megan Corette, a sophomore at GU, brings a unique perspective on what to do in the Spokane area during the warmer months since Coeur d’Alene is her hometown.

“Take advantage of the spring skiing while there’s still snow on the mountains,” Corette said. “That can be really, really fun.”

In keeping with the outdoors, she recommends taking advantage of the many hikes Coeur d’Alene has to offer. In order from most to least difficult, these hikes are: Canfield Mountain, Mineral Ridge and Tubbs Hill.

Bike riding and mountain biking were other activities Corette mentioned when asked about activities to do during the warmer months.

“There’s the Trail of the Coeur d’Alenes in CDA,” Corette said. “It basically just follows along the sides of the lakes and rivers in this area ... My friends and I like to do that around sunset and take advantage of the nice weather.”

Students should also take advantage of the golfing, fishing and wake surfing opportunities in Coeur d’Alene if staying more central to town sounds appealing.

The awaited warm weather brings about a boost of serotonin and with it, an array of activities for students to do to balance out school.

“It seems, especially during the summer and springtime, that there’s always stuff to do,” Corette said.

Chloe Schwartz is a contributor.

Printmaking is carving its way at GU

By SOPHIA MCKINSTRY

Patience is a virtue. We hear that advice a lot throughout our lives, and according to student Bri Covert, it also applies to the art of printmaking.

"I'm really intimidated by process-heavy things, and printmaking is really process-heavy," Covert said. "Ask lots of questions [and] don't be afraid to make mistakes... because you're going to do it wrong so many times, but then once you get something that you like it's one of the best feelings."

Printmaking is the art of making copies, and it has been around for hundreds of years.

According to assistant Professor Reinaldo Gil Zambrano — who teaches the printmaking classes at GU — the use of stencil was considered one of the first approaches to printmaking. Stenciling is a way of producing an image or pattern by applying pigment on a surface to repeat the same pattern.

Since then, printmaking has expanded to include other materials like woodcuts, copper plates, metal and more.

"[Printmaking] allows [for] the reproduction of material at a low cost for the spreading of information," Gil Zambrano said.

Gil Zambrano started working at GU in the fall of 2020, but he has been working with printmaking since 2014 during his time at the University of Idaho. He first got interested in the art form when his friend showed him Korean woodblock prints, and he began to explore wood cuts more.

"[Printmaking] is a process-oriented technique, so it just allows you to be very creative with the different approaches," Gil Zambrano said. "You can really take the same principles that people were using 400 years ago and reach your own visual narrative and tell your own story through the same technique."

There are four major printmaking techniques: relief, intaglio, lithography and screen-printing. Each is unique in its own way and allows for full creative expression.

Relief and intaglio are essentially opposite of each other. Relief is carving on a surface and removing the non-printing parts. One example of this would be woodcut, where the artist would carve a design into a block of wood. On the other hand, intaglio focuses on finding indents in the surface and pushing ink into the block itself. One example of this would be the process of etching.

"[Lithography] is one of the processes that was really popular for advertisement," Gil Zambrano said. "We use... really heavy stones...and a chemical process [that] allows us to draw on the surface of the stone and reproduce it. You can also do it with aluminum plates or pronto plates."

The last technique, which is called screen printing, allowing the artist to create a stencil using either a motion or hand-cut stencil to push through a mesh of silk and then reproduce the art. Screen printing is how T-shirts are produced, since the art is pasted onto the shirt and then copied.

At GU, students can pursue a B.F.A. in art, which allows them to focus on one specific area of art to study.

Covert originally took a screen printing class because it was the only class that fit into her schedule. Before that, painting had been the main art form she worked with.

Even though the process of printmaking was intimidating at first, she began to love it.

"My conceptual explorations and narratives benefit from the variations I can get in being able to print with the same images, but in different orientations," Covert said. "I think [printmaking] lends a lot to my drawing style...and it really picks up my mark-making. I really love that the



Bri Covert displays her printmaking artwork from her independent study relating to identity.

CHIANA MCINELLY IG: @picsbychiana

medium allows me to just create and display my work in a way that painting doesn't."

This semester, Covert is pursuing an independent study, which allows her to dive deeper into printmaking. She's currently working on a thematic series related to identity.

"I've been really pushing myself to work conceptually and kind of push those boundaries," Covert said. "I've been exploring my own identity and narrative through external forces in my life."

Those forces include things like relationships with her peers, family and friends.

Printmaking also revolves around a sense of community and working together.

"The community around printmaking is really supportive of each other," Gil Zambrano said. "It's

something that no other... communities have. We're always sharing information; the main goal is for the technique to improve and continue growing and be preserved through time. There's a sense of solidarity."

In a world where people are constantly moving at a fast pace, printmaking can be a creative outlet for students and staff alike to slow down and unwind.

"The process of printmaking is also very humbling," Gil Zambrano said. "It requires precision, it requires creativity [and] patience. It allows us to slow down this fast pace that we have, and the sense of instant gratification is something that continues to be challenged every time that we're working here."

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

Euphoria wraps up season two with cliffhangers

By MARISSA CONTER

Colorful makeup, elaborate outfits and countless TikTok trends, HBO's "Euphoria" has got us all questioning whether we should keep wearing our Patagonia sweatshirts and sweats to class for the third time this week.

After almost three years since the first season aired to massive acclaim, the highly anticipated second season finally dropped in January. For the eight weeks it aired, staying at the top of conversation in every venue imaginable.

When I would tune in each week, the two I was most excited to see would definitely have to be Fexco and Lexi, also known as "Fexi." Getting to learn more about their personal background and see the progression of their friendship is probably what season two did the best. Lexi's play was better than I could imagine, and the locker room scene that called out Nate was gold. I could not go another season without Nate being humbled, so I am forever grateful to her.

Zendaya and Sydney Sweeney also really stood out to me for their performances this season. Zendaya just continues to amaze me every episode, just when I think she can't get any better. On the other hand, Sweeney completely surprised me this season. Her character pursued a storyline I don't think any of us saw coming,

and she fully committed to it, like I was legitimately worried for Cassie's sanity.

Even though I can admire Sweeney's performance, I overall did not enjoy the Cassie and Nate storyline. It came out of nowhere, as they had almost zero interaction last season. I hate how it resulted in Cassie completely turning her back on Maddy, her best friend, for a guy. Yawn, the best friends fighting over a boyfriend plot is old and boring.

This seemingly random storyline is rumored to have not been in the original script. Apparently, the original script saw a relationship being pursued between Nate and Jules, which would make much more sense since it would build off of what happened between the two last season. However, fans noticed that Hunter Schafer unfollowed Jacob Elordi on Instagram, so many speculate that the two had a falling out and refused to work together. Therefore their relationship had to be written out of the show. This is all based on rumors, but it does offer an explanation as to why Nate and Cassie got together out of the blue and there was virtually no screen time between Nate and Jules.

I was also disappointed to see so many characters from last season essentially written out of this season. McKay was only in a scene in the first episode, despite being a main character last season. After Jules told Rue's mom about her drug use, she practically disappeared from the show

after. Kat went from a main character who underwent all this development last season, to being reduced to a side character who would just make occasional comments when hanging out with Maddy. It was disappointing to see these characters who we were invested in, and then nothing happened.

Arguably, what plagued this season the most was the controversy surrounding the show's creator Sam Levinson. Supposedly, Sweeney was supposed to have even more nude scenes this season, but Sweeney confronted Levinson on why nudity was necessary for her character in those scenes. Barbie Ferreira's extreme reduction in screen time is said to be due to her falling out with Levinson, who seemingly punished her through her character.

Overall, I still very much enjoyed season two of "Euphoria." I would rush to watch the new episode the second it came out. However, I felt like the season could have been even better if it wasn't held back by issues and drama that took place behind the scenes, that did bleed on-screen. Whenever we get a season three, I hope we can see more elements of season 1 that we loved, and maybe a shorter guitar scene in the finale (sorry Dominic Fike).

Marissa Conter is a staff writer. Follow her on Twitter: @marissaconter.

Bulletin Board

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Looking for Part Time Servers & Cooks
O'Doherty's, 525 W. Spokane Falls Blvd., hiring part time servers and cooks. Will train. Minimum wage plus tips. Apply in person M-T 2-4pm

Part-Time Barista Needed
Boba shop seeking part time barista to work at our downtown mall location and in our food truck. Email your resume and why you want to work for us at teascompanyspokane@gmail.com.

Perkins Restaurant and Bakery Needs Help
Perkins Restaurant and Bakery is hiring full and part-time Servers, Hosts, and Line-Cooks. Minimum Wage + Tips. Apply in Person Monday-Thursday 8am-2pm. 12 E Olive, Spokane, WA

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GSBA to host Quinn XCII in spring concert

By NATHAN OMODT

On April 22, the Gonzaga Student Body Association (GSBA) will be hosting its annual Spring Concert in the McCarthy Athletic Center, headlined by Quinn XCII with opener Tiffany Day and student performer Kaitlyn Wiens.

The process of getting Quinn XCII to perform at the spring concert began with brainstorming and polling from GSBA in the fall semester to see which available artists would appeal to the GU community and fit GSBA's budget.

"Back in October, GSBA met and brainstormed a big list of artists that we got through the middle management company that we're using that would fit our budget," said Anna Hermes, coffeehouse director

for GSBA. "We came up with a top group of artists, and then earlier last semester, we sent out a poll through email and on the GSBA Instagram where people could vote for their favorites."

Ultimately, one artist not only received a lot of votes, but also fit GSBA's schedule and price range.

Along with Quinn, the spring concert will feature opening performances from up-and-coming artist Tiffany Day, based out of Los Angeles, as well as GU student Kaitlyn Wiens. GSBA views it as a great opportunity to spotlight a GU student along with the big name artists.

GSBA declined to reveal how much the entire event would cost but did say they hope they will be able to break even through ticket sales.

Many GU students are highly anticipating this year's spring concert, both due to the upgraded venue and a big name performer.

"I'm excited about this year's spring concert because it's in the McCarthy Center," said senior GU student Katie Frontz. "During my freshman and sophomore year, the concert was held in Cataldo so I think it's gonna be a lot bigger. I'm looking forward to see what it's gonna look like."

Sophomore Zag Amy McClune voted for Quinn XCII in the schoolwide vote.

"I've always wanted to see him perform, so the fact that I get to see him at Gonzaga is super cool," McClune said.

Even students who are not devoted Quinn XCII fans are looking forward to

the concert.

"Regardless of who is performing, I feel like it's just going to be exciting to go hang out with people, and it's going to be in McCarthy so it'll be a fun experience," said sophomore Haley Yeager. "I think it's gonna be a good time."

Tickets are currently on sale for students for \$15 and are available for purchase with card or Bulldogs Bucks. Tickets will eventually go on sale to Whitworth University students as well as the general public, but GU students will get priority seating at the concert and be able to enter McCarthy before the rest of the public.

Nathan Omodt is a staff writer.

What's in a recipe: Crispy and fresh shrimp tostadas

By DANIEL FORTIN

One of the best foods that everybody likes is Mexican food. Why? Because it is one of the most diverse types of food. You can make anything from a good carne asada steak to Baja fish tacos to desserts like tres leches, etc. With so many endless possibilities, here is one of the first and most simple Mexican foods that I've had the pleasure to cook.

It's called Baja Shrimp Tostadas, and its recipe is from Mexico, mainly the city of Manzanillo, Colima. My mom is from there and I annually visit my family in the city including my grandma who is my idol as she and my mother got me into cooking. This is a dish that her and I cook every time I visit and it has a special place in my heart.

Before talking about the recipe, let's first ask the question: what is a tostada?

A tostada is a flat tortilla crisp covered with various tasty fillings like chicken or flank steak and it's easy to prepare at home. If you don't have time to make them yourself, you can find them anywhere in the supermarket near the tortillas.

Now onto the recipe.

First and foremost, finding a fresh wild-caught shrimp is important for that authentic Colima taste. In Colima, fishing is a big part of the culture and, for my taste, wild-caught is the best, but farm-raised is OK as well. When you have your shrimp be sure to take off the shell, cut down the middle and then clean it of any dirt.

Using a spoon, remove the seed from a split avocado half and transfer them into a small bowl. Crush with the help of a fork or smasher until it is smooth and creamy. Then stir the bowl with Mexican crema or sour cream (¼ a cup or 12 oz/60 g) and a tablespoon of fresh lime juice then finally season it with salt. Now it's time to finish up with the shrimp.

Pour the oil into a small skillet over medium heat until the smooth depth of 12 mm and heat until it registers 180°C (350°F) in a deep-fry or pastry thermometer. If you do not have a thermometer, the best way to try it is by



PHOTO COURTESY OF DANIEL FORTIN

Daniel Fortin's tostada recipe is from Mexico, mainly the city of Manzanillo, Colima.

submerging the edge of a tortilla in the oil, this should hiss immediately and vigorously.

Using tongs, add the tortillas one at a time to the hot oil and fry for about a minute on each side, turning only

once until crisp before transferring to a plate covered with paper towels. Sprinkle it with salt while toasting until it is still hot.

Heat a roasting pan or cast-iron skillet over high heat. In a bowl, mix the shrimp with a tablespoon of oil, chili powder and cumin. Season with salt and transfer to the hot skillet. Let sear for about two minutes on each side, turning just once until the shrimp are bright pink and are completely opaque. Then, transfer the shrimp to a plate.

To assemble it, place two tostadas on each of four individual plates and layer the toppings in the following order: guacamole, pinto or black beans, shrimp, fresh cheese (optional) and sauce. Garnish with coriander leaves (optional) and some queso fresco (optional). Then, bon appétit, you've got yourself a tasty Mexican dish.

This is a great dish to serve for parties, dinner and or just if you have the urge for Baja fish-type food. This was my favorite dish when I visited my family in Colima and my grandma was the one that taught my mom how to do it. Now my mom has taught me how to do it, and hopefully I taught you as well.


Ingredients:
Canola oil for frying
8 corn tortillas
Kosher salt
24 medium-sized shrimp, skinned and cleaned
1 teaspoon of chili powder
2 teaspoons ground cumin
Guacamole (3 ripe avocados, cut in half and without the bone 3 tablespoons fresh coriander, chopped and juice of 1 green lemon.)
Kosher salt and freshly ground pepper)
Canned black beans or pinto bought from a food market
1 tomato
1 onion
¼ cup (10 g/½ oz) of fresh coriander leaves (optional)
Half a cup of Queso fresco/fresh cheese (optional)

Daniel Fortin is a staff writer.


Journal Launch Party

CHARTER REFLECTION & OUR VOICES

March 21st 7:00-8:00pm
Joann Jundt Lounge
Hemm 201



Come grab a copy of the 2022 Student Journals and enjoy some snacks!



CAUGHT READING



Rachel was caught reading the Bulletin and won an Aloha Island Grill gift card!!



ALYSSA HUGHES IG: @alysahughesphoto

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

Not your 'rung' of the mill coffee shop

By SAM FEDOR

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

world equipped to do their best.

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

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

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

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

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

Sam Fedor is a staff writer.



MAKOA ALMEIDA IG: @mdaalmeida

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

Shop, dine and stroll through North Monroe Business District

Commentary by
SAM FEDOR

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sam Fedor is a staff writer.

Celebrate St. Paddy's Day, Spokane style

By KATE SULLIVAN

St. Patrick's Day: a day to recognize St. Patrick, patron saint of Ireland. What better way to do so than to raise a brewski in his name?

Of course, the holiday has been co-opted by Americans and become something that would be virtually unrecognizable by Irish Catholics, who considered it a religious holiday for thousands of years. It is possible that St. Patrick's Day was celebrated as early as the ninth century in Ireland. Even then, St. Patrick's Day was indulgent to some degree, as Lenten bans on eating meat were waived for the day so Irish families could feast and celebrate with abandon.

Though situated more than 4,000 miles away from Dublin, Spokane ranks No. 37 of America's 50 most Irish cities in America, according to a 2021 report by Apartment Guide. Almost 15% of Spokane's population is of Irish descent. This, coupled with the burgeoning local food and drink scene, means there are an abundance of options for students in the mood to celebrate.

1. O'Doherty's Irish Grille — 525 W. Spokane Falls Blvd.
O'Doherty's has been a cornerstone of Irish culture in Spokane for generations. On Thursday, the O'Doherty clan will celebrate St. Patrick's Day with live bands, Irish dance, a DJ, bagpipers and their traditional sausage toss. Guinness and green beer will accompany the evening's entertainment, which also includes a visit from St. Patrick. "There's a local human rights attorney... who bought a mitre (bishops' ceremonial headdress) and crosier (bishop's hooked staff) and walks around and tells people about St. Patrick," said owner Tim O'Doherty. "The first letter for human rights in the Vatican library is actually from St. Patrick."

O'Doherty's notes that the intention of having a real-life St. Patrick circulating the bar is not to offend anyone or tokenize the Catholic church, but to generate interest in the humanitarian St. Patrick was, as well as Irish culture at large. O'Doherty's St. Patrick does not drink during the festivities and is a fixture that locals expect and enjoy from year to year on March 17.

Tim O'Doherty's 10-year-old granddaughter is part of a group of Irish dancers performing at the pub he has owned — and poured his heart and soul into — for 30 years. One of the pleasures of owning an Irish pub, O'Doherty says, is sharing Irish culture with family, friends and customers. He encourages those wanting to learn about the Irish community in Spokane to visit the restaurant on a non-holiday, noting that the hustle and bustle of St. Patrick's Day doesn't usually allow for much conversation.

Nonetheless, visiting O'Doherty's on St. Patrick's Day is a surefire way to experience a whirlwind of Irish tradition and camaraderie. Though silly at first glance, traditions such as the sausage toss signify larger themes. The sausage which is tossed around the bar represents the throne of England and illustrates Ireland's struggle under an oppressive monarchy.

For more information about O'Doherty's upcoming festivities, visit their website or the pub's Instagram @odohertysirishgrille. Doors open at 10 a.m. on St. Patrick's Day.

2. Shawn O'Donnell's American Grill and Irish Pub — 719 N. Monroe St.

Shawn O'Donnell's is offering St. Patrick's Day festivities all week long. In fact, the pub has offered a daily

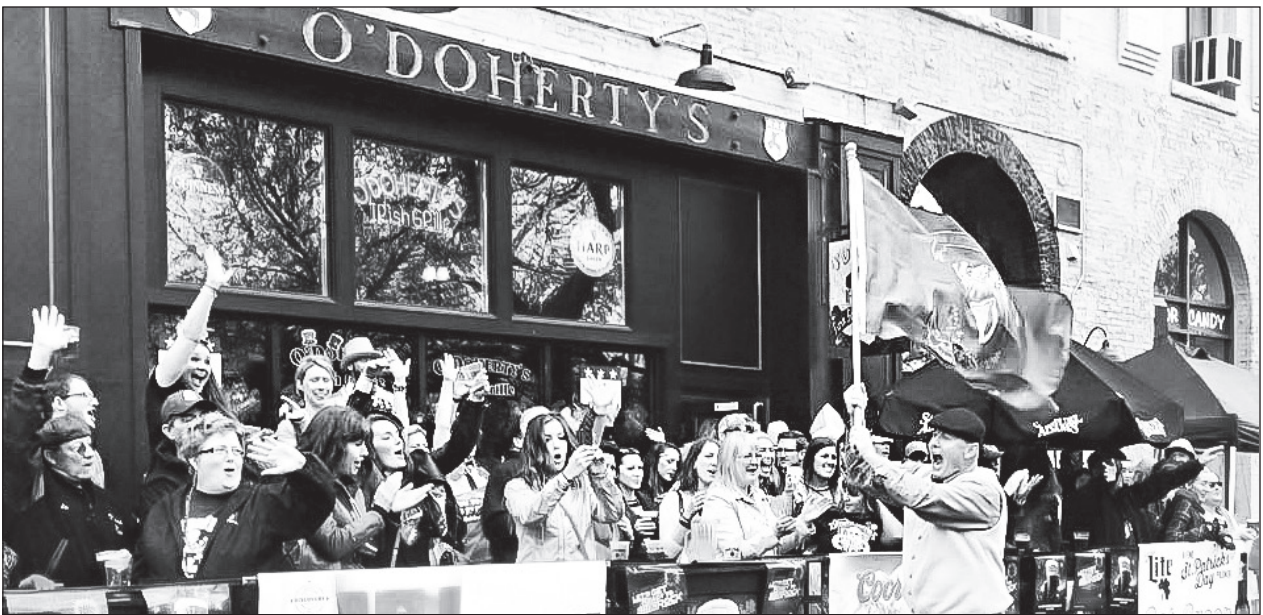


PHOTO COURTESY OF O'DOHERTY'S FACEBOOK

O'Doherty's has been a centerpoint for Spokane's Irish culture.

discount for the 17 days prior to the holiday, in addition to special events such as Irish dance lessons, Irish trivia, live music and a full Irish breakfast.

On the day-of, doors at Shawn O'Donnell's open at 10 a.m. with no cover charge. From 2-4 p.m., the Spokane County Firefighters Pipes & Drum band will perform with the MSD Irish Dancers. During this time, customers can enter a Guinness giveaway.

The Shea Tea Irish Folkin' Band is set to perform from 6-9 p.m. while customers enjoy offerings from Guinness beef stew to rasher burgers. Can't get away from school or work on a Thursday night? Shawn O'Donnell's offers food delivery on UberEats. With a takeaway Dubliner Toastie and Spotify's St. Patrick's Day 2022 playlist, your study area might just transform into an Irish watering hole.

To learn more about Shawn O'Donnell's St. Patrick's Day celebration, visit their website or @shawnodonnells_irish_pub on Instagram.

3. Lucky's Bar — 408 W. Sprague Ave.
For the old souls, Lucky's boasts "old Irish atmosphere, always a good time," according to the pub's Facebook page. Everything about Lucky's harkens back to a simpler time — from the neon-lit shamrock sign befitting the Irish-American charm to a menu that's easy on a college budget — as if to draw customers back into an '80s nostalgia that says, "everything will turn out OK."

If only these walls could tell stories. Inside Lucky's, there's an undeniable air of hospitality, camaraderie and goofiness that's found in pubs up and down the Emerald Isle.

All week long, Lucky's is serving up green draft beer at \$2 for 16 ounces and \$3 for 32 ounces. Manager Pauly Devine's vision is to have everyone in the bar cheering on the Gonzaga men's basketball team at 1:15 p.m. on St. Patrick's Day whilst enjoying green draft beer at a great price.

"On that day, we're hoping to have some bagpipers in here and some live bands as well," Devine said.

Later in the evening, Lucky's will also host DJ Exodus and DJ Freaky Fred and offer giveaways during service.

Lucky's Pub is owned by the same proprietors as the

Checkerboard Taproom (also located on Sprague Avenue) and the Blind Buck on Division Street. The Checkerboard, which, according to its website, boasts the oldest liquor license in the state of Washington, is celebrating St. Patrick's Day with a performance by Kéilidh Shillelagh and the ElektroKelts, an Irish/Scottish band with a large local following. The show begins at 5 p.m. and ends at 7:30 p.m.

To learn more about Lucky's Pub, check out their Instagram @luckysirishpub. Lucky's Pub does not have a website, but Checkerboard and Blind Buck do.

4. Purgatory Craft Beer and Whiskey — 524 W. Main Ave.

If a smaller setting is what you fancy, the new Purgatory Craft Beer and Whiskey on Main Avenue is a sophisticated up-and-coming restaurant and bar with a whiskey wall that boasts over 640 options. The bar menu's whiskey, bourbon and scotch selection is organized by country.

"If I had to guess off the top of my head, we probably have 30-40 Irish whiskeys," said owner Kevin Cox, a restaurateur and Colville native. "We're running a St. Patrick's Day special all week that started Saturday and runs until Sunday [which] includes bangers and mash for \$13, Fighting 69th Irish whiskey and Harp [Lager] Irish beer."

Year-round, customers at Purgatory are invited to build a flight with any of the 640+ wall whiskeys.

"Specific to St. Paddy's Day, you could pick three, four or however many you want to and make a flight of Irish whiskey," Cox said.

For those searching for lighter fare, Purgatory's regular menu features a diverse selection of cocktails and beer, as well as small plates such as a smoked salmon board, gourmet deviled eggs and a spicy poke salad.

Purgatory is open from noon to 11 p.m. on Thursday. For more information, visit their website or on Instagram @spokanepurgatory.

Kate Sullivan is a copy editor. Follow her on Twitter: @KSullivan2023.

Los Angeles Times

Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

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3/13/22

HI, C!

By Mark McClain

ACROSS

1 Wood that means "raft" in Spanish

6 Small openings

15 TV father of Rod and Todd Flanders

18 Japanese brew

19 Virtuous sort

20 Words said with a finger wag

21 Vatican figure

22 Disturbance on the cruise ship pool deck?

24 Bet using inside info

26 Chicken tikka __: curry dish

27 Fixed look

29 Pleasure seeker

30 Not as much

32 Youth organization skills contest?

34 5 mL in recipes

37 Avoid

39 Cork coin word

40 Cowboys or Broncos

41 Lotion additive

43 Prep for publication

45 Oxford notables

47 Valleys

51 Fraud involving bedding?

54 Rigs on the road

57 Put in the mail

58 Surrey racecourse town

59 Massive

61 Pack (down)

62 Poetic tribute

63 The Arno runs through it

66 Overnight spot

67 Resorts with springs

69 "Stat!"

70 Prison guard's subjugation, slangily?

76 Run out of juice

77 Bro and sis

78 Shoe part

79 Texter's "Too turny!"

80 "Do __ solid"

81 Bouncy tune

83 Quaint oath

85 Montague teen

89 Island that's the westernmost point of Alaska

91 More than one would hope to pay burg?

93 Hardly a bountiful

96 Seventh-century pope

98 Arduous journey

100 Red-wearing duck triplet

101 Minor quarrel

102 __ High Stadium

105 Blockhead

107 Strong lager

109 __Caps

110 Transport for old-fashioned folks?

115 Puckery

117 Audio tape making a comeback

118 Living room staples

120 Low tie

124 Observed

126 Passover, in a way

128 Edinburgh Airport?

129 They may be black or yellow

130 Fleck with a banjo

131 Full of passion

132 Martini order

133 God of love

134 Earth, in some sci-fi

135 Over-__: sports bet

DOWN

1 Lip help

2 Sri Lanka locale

3 Blokes

4 Submerged ridge

5 Supermarket sections

6 The Big Ten's Nitanny Lions: Abbr.

7 Clumsy sorts

8 Splits

9 Wrap around

10 MLB's __ era

11 Actress Gasteyer

12 Russian city that hosted the 2014 Olympics

13 Purpose

14 Pester

15 Tag cry

16 Anglican denom.

17 Poor essay's lack

21 Tropical toppers

23 Nut from the tropics

25 Wanderer

28 Continental coins

31 Brewski

33 Basic principle

34 Sticky or ticker

35 Minor error

36 D.C. veterans

38 French Riviera city

42 Emulate Monroe

44 Easy putt

46 Many a tennis winner

48 Spaghetti Western director Sergio

49 Fund for the long haul

50 Meal in a bowl

52 Forgets about, maybe

53 Artistic Chinese dynasty

55 Push forward

56 Jerk

60 Monetary nickname based on a Roman numeral

64 Heads out of port

65 Scope

68 Spine-tingling, maybe

70 Connect with

71 Hershey's __ bar

72 Dots on some charts

73 Confused states

74 Give lessons

75 Ancestry

76 Key of Brahms' Symphony No. 2

82 Phone service outfit

84 Apply crudely

86 Janitorial tools

87 Scottish Gaelic John

88 "I'm __ your scheme!"

90 Bares, in a way

92 Golf shop array

94 Modernists, briefly

95 Leader that rhymes with a storm

97 Small greenish songbird

99 Deteriorate

103 Doesn't disturb

104 Old Testament queen

106 Cover with graffiti

108 Panda's skill, in a 2008 film

110 Burn badly

111 Arabian Peninsula

112 Words before some dates

113 Green with Grammys

114 More red, but not visibly

116 Epoxy, e.g.

119 Cast topper, usually

121 Prevented a return from

122 Tales of the past

123 Astronomical dist.

125 Coll. dorm figures

127 Words with nutshell and pickle

Sudoku

By The Mepham Group

Level

1

2

3

4

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

Solution to last Sunday's puzzle

3/13/22

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9.

For strategies on how to solve Sudoku, visit [sudoku.org.uk](https://www.sudoku.org.uk).

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Chet Holmgren's case for NCAA Player of the Year

Commentary by
TOMMY CONMY

Chet Holmgren has been called many things in his basketball career. The 7 foot 1 inch center (point guard?) has been called a Unicorn, a game changer and a one-of-one prospect. He has, too, been criticized for being too skinny and too weak for his otherworldly abilities to translate fully to the professional level.

By the end of March, he may be called the National Player of the Year.

The freshman is one of 10 semifinalists for the Naismith College Player of the Year award along with teammate Drew Timme. Auburn's Jabari Smith is the only other freshman on the list.

To find the No. 1 overall prospect on a player of the year list is not uncommon. What is uncommon is the way Holmgren has played himself into the conversation.

The Minnesotan rose to fame when he crossed over Steph Curry at his own camp using his own move against him. In college, Holmgren has certainly contributed offensively, but his defense is what stands out.

Holmgren is No. 1 in the country in Defensive Rating — a metric that measures how many points a player allows per 100 possessions. He is a full four points better than the No. 2 player. He is also No. 4 in the country in defensive win shares and No. 3 in win shares per 40 minutes, a more accurate statistic that takes into account the minutes Holmgren spends on the bench during blowouts.

Holmgren is the most important player on the nation's No. 1 team. Without him, the Zags would be nowhere near the same defensive or offensive unit. Last year, the Zags were 21st in team defensive efficiency. This year, the Zags are fourth in the country, nearly five points better than the year prior.

"He's a one-of-a-kind player. You just see his confidence and how natural things are coming to him," Timme said in an interview with the Washington Post.

On offense, Holmgren is the country's most efficient player. Of the five centers in the top 10 for effective field goal percentage, Holmgren is the only player who's true shooting percentage is above 70%, a number indicative of his ability to efficiently shoot from the 3-point line coupled with his high-level finishing ability inside.

None of the other centers come close to matching Holmgren's defensive production as the freshman has 2.8 defensive win shares on the season. No other player on the list has



JANNA PRICE IG: @jannapricephotography

Chet Holmgren has averaged 14.2 points, 9.6 rebounds, 3.6 blocks and 1.8 assists per game this season.

above two.

The player most comparable to Holmgren is Auburn's Walker Kessler. Kessler is No. 6 in the country in defensive win shares and leads the nation in block percentage. While Kessler will likely be a lottery pick in the upcoming NBA draft, he is not considered an all-time talent because of his offensive ceiling. Kessler is an effective rim runner and post threat, but only shoots 20% from the 3-point line and doesn't possess any ball-handling ability.

When Kessler grabs a defensive rebound, he directs it into the hands of an Auburn guard. When Holmgren grabs a defensive board, he's a threat to go 94 feet down the floor and crossover his primary defender before spinning into the lane for a slam dunk like he did against USE. That ability is unheard of for a player of Holmgren's size, and it is what separates him from other seven footers like Kessler.

On the offensive end, Holmgren's most valuable trait is his ability to score without specific plays or sets ran for him. Frontcourt mate Drew Timme cannot say the same. Timme has vanished in multiple contests throughout his three years at GU because he primarily plays with his back to the basket and relies on GU guards to feed him post touches. In last year's National Championship game, Timme struggled to get the ball in his hands against a hounding Baylor defense. Because Timme cannot put the ball on the floor and create his own shot with his dribble, his offensive abilities are capped. Holmgren's, on the other hand, are limitless.

Although his offensive numbers are modest — 14.2 points per game on only 8.7 shot attempts — his efficiency has the GU coaching staff begging for him to shoot the ball more often.

"Early in the year he was passing up shots that were hurting us and him personally.

He was passing up good shots because he wanted to make the right team play," said GU assistant coach Brian Michaelson in an interview with CBS Sports.

With such a small gap separating the ten semifinalists, the winner will likely be the individual who leads their team the farthest in the tournament. Currently, No. 2 Kentucky's Oscar Tshiebwe is the odds on favorite to take home the hardware at -215. Holmgren is +3500 after Big Ten stars Johnny Davis, Keegan Murray and Kofi Cockburn in addition to Kansas's Ochai Agbaji.

In Mark Few's tireless pursuit of an elusive national title, the most unique college basketball player in a decade may be the man to finally lead GU to the promised land. Say what you will about the merits of the other semifinalists, none bring to the table what Holmgren does on both offense and defense.

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

Name, Image and Likeness improves fan experience in college sports

Commentary by
DANIEL FORTIN

It's been eight months since the Division 1 Board of Directors approved the Name, Image and Likeness (NIL) policy. This allows all NCAA DI, DII and DIII student-athletes to be compensated for their work regardless of whether their state has a NIL law in place or not. The belief that the NIL is bad for schools and athletes is a myth and needs to be dismissed.

An example of the NIL being put to good use is GU basketball players Ben Gregg and Rasir Bolton. Both put this new rule to good use as they held basketball camps for kids in fourth through eighth grade to teach them basketball fundamentals.

Many believed that athletes getting paid at the collegiate level would be the death knell of college sports, but contrary to the scare tactics that the NCAA has used for decades to insist that it would mean the end of amateur sports, it's ultimately a good thing for athletes — for everyone. It is, above all, certainly not the "existential threat" to college athletics that NCAA president Mark Emmert predicted of NIL in 2019.

It has been good for players, obviously with the example of Gregg and Bolton, who used their skills to teach young athletes how to be better on and off-court. These activities wouldn't be allowed before the NIL.

Athletes will no longer be exploited for their labor while coaches reap millions and the NCAA brings in billions off their talent. The quaint notion that a scholarship is compensation enough can finally be put to rest. That's valuable, of course, but there's no reason that athletes shouldn't have the opportunity to earn money off their publicity.

Will there be a disparity in the earning power of, say, an Alabama quarterback and a mid-major cross country runner? Of course, but that's the nature of sports at all levels. Stars tend to draw the most attention and reap the most benefits. Any athletes who are effective in building their brand through ingenuity, savviness, humor, a unique backstory, aesthetic appeal or simply their transcendent talent have the potential to thrive and potentially prosper.

Also, the new NIL culture might induce players to stay in school rather than leave early to chase the lure of professional dollars. If they're making decent money in college, as the top players stand to do, they might decide that it's worth sticking around to get that diploma.

NIL does not turn the amateur athlete pool into a free-agent market of sorts. The reason five-star athletes will commit to upper-echelon schools remains the same — brand exposure. Now, athletes can capitalize on that exposure financially. In fact, for the purveyors of parity among us, NIL may swing the pendulum back toward the little guys (smaller schools).

For example, star forward Drew Timme — while being an NBA-caliber player — is still really big in the Spokane area and around college basketball. His stardom and opportunities to profit aren't as big if he



EMMA PATENODE IG: @emmapatencode

Freshman Forward Ben Gregg has appeared in 16 games this season, averaging 6.6 minutes per game.

leaves school early.

So, if you are hating on the decision and wondering how your DIII alma mater is going to compete athletically, don't. The NIL has been a positive through and through for both fans and athletes.

For example, in recent years, high school basketball players have forfeited their college careers to leap into the professional development leagues. This trend has been present in college baseball for years; most of the time, the decision to go "pro" directly relates to the financial instability that afflicts most university students. This school of thought also applies to potential Olympians and women's athletes.

Also, compared to developmental leagues, the NCAA provides a larger platform ten-fold. In the case of professional women's leagues and the Olympian-in-

training path, the breadth of the exposure gap may be even larger.

Another example is that the NIL has provided for a non-scholarship college athlete who is working two jobs outside of their sport just to make ends meet. Free meals, sponsored social media posts and autograph sessions will make their life easier.

So, what does all this mean to the average fan? It probably means more access to your favorite players, which can only be a good thing as you can see them in camps, talks, interviews, autograph signings, etc. The only thing for certain is that collegiate athletes are getting more equitable compensation for their contributions.

Daniel Fortin is a staff writer.

Miguel Angala manages passion through GU basketball

By DOMINIC PE BENITO

The love for basketball is what drives Miguel Angala, the senior team manager for the men's basketball team, to stay involved with the program after all these years.

Angala has been connected to basketball since high school where he attended St. Ignatius College Preparatory in San Francisco. He served four years as a basketball manager and wanted to stay involved with basketball in college. His experience at Gonzaga Experience Live (GEL) weekend helped him choose Gonzaga University as his home for four years.

"Before I made the ultimate decision to commit to Gonzaga, I had spoken to one of the managers when he was a sophomore, because now he's a graduate assistant for the team," Angala said. "During GEL weekend, he explained to me what the job entails and said that if you're on board with it then we can put you through the right people and so that made the decision easier to come to Gonzaga."

After going through the process, Angala became one of the freshman team managers for the 2018-2019 team. He would go on to be team manager for three out of his four years at GU, because due to COVID-19 protocols last year, he was unable to return for his junior year.

Angala has been around many NBA prospects ranging from Rui Hachimura, Josh Perkins and Brandon Clarke his freshman year to Corey Kispert and Joel Ayayi last year.

Angala reflected over his experience of witnessing high-level basketball players go through the program, but also took part in this highly-recruited basketball program.

"Gonzaga has grown an exponential amount since they got a name in college basketball in the '90s and early 2000s but as to where we are now to recruit higher level players, getting the No. 1 overall recruit in the country is truly been good to see," Angala said. "It just feels good to be a part of that process like this is where we started and look at where we are now where we're still a high-level program and we are able to recruit some of the best guys in the country to hopefully bring us a national championship."

Angala said his favorite moment over the years was senior night when he was able to share a moment with his mom.

"What made that night special for me was just being able to share a moment with my mom on center court in front of the entire Kennel and be celebrated by all the people thanking me for my work even though I've been a small part of what has made Gonzaga basketball what it is today and I'm just happy to have been able to serve this program for so long," Angala said.

He also discussed how his relationship with his mom was important to his experience as a team manager.

"The only real person I have is my mom and it means a lot to her because she understands basketball and it means a lot to her to see that her son is working with the number one team in the country with some of the best players in the country," Angala said.

Angala is well-known by his peers and his impact



ALYSSA HUGHES IG: @alyssahughesphoto

GU men's basketball manager Miguel Angala hopes to work for an NBA team after he graduates this spring.

on the team has not gone unnoticed as many know his involvement with the team is important to the players, coaches and staff.

Cole McKittrick, junior team manager, and sophomore team manager Graham Myers shared their thoughts on Angala's impact.

"The managers in general have a big role with the team and Miguel is a great guy, and I can always rely on him to do his duties," McKittrick said. "I'm happy to be able to work with him every day, but his impact is definitely more than what it shows. I think everyone loves Miguel and he really makes a positive impact."

Myers shared a similar sentiment.

"Miguel is one of the most genuine people I have ever met," Myers said. "He means so much to the players, coaching, and us as a staff. He is always setting a great example for us and the players by being on top of every task. He is one of the most dedicated people on our staff and it's awesome to have him teach me the ropes."

Angala, like many Gonzaga fans, hopes that this year will be the year to win a national championship.

After the year is over, Angala, who majors in international relations and political science, aspires to work with an NBA team to continue to build on this bond with the game of basketball.

"I want a job with an NBA team and to what capacity, it doesn't matter to me because I like enjoy player development, looking at video, and watching film, but the thing about basketball is that it is interpreted differently by everybody," Angala said. "I try to learn, absorb as much as I can so that it will translate to the next level and ideally, I want to work with an NBA staff."

Dominic Pe Benito is a staff writer.

“

The only real person I have is my mom and it means a lot to her because she understands basketball and it means a lot to her to see her son is working with some of the best players in the country

Miguel Angala, GU men's basketball team manager

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Gonzaga junior runner Riley Moore finished No. 25 at this season's West Coast Conference (WCC) Championship and No. 179 at the NCAA Championship.

Riley Moore finds his footing as GU runner

By SYDNEY FLUKER

When Riley Moore isn't in school or doing homework, he's running. "At this stage of my life and career, I only have about a couple years left so I'm just enjoying [running] and being around my teammates," Moore said. The GU runner is a junior completing his third season at GU, winding down his competitive years. Moore grew up in an athletic family in Richland, Washington. His mom ran in high school and still runs frequently and his sister is a first year cross country walk-on at Whitworth University, while his dad and younger brother are basketball fans. "My family is all in on sports," Moore said. "I wanted to be really, really good at my sport, because it's something you can tell mom and dad and they really enjoy it. I got [my passion] from them." While he's played sports his whole life, he wasn't always set on running. He found running by trying different sports in middle school, searching for the one he could thrive in. While finding the sport to focus on, he enjoyed running and basketball equally the same. "I wanted to find something I was going to be good at so I could go to the next level and it ended up being running," Moore said. In middle school, cross country began to take off and he went to Nationals. Once that happened, he put more energy into it until eventually quitting basketball early in

high school. Throughout high school, he ran cross country and track, racking up accolades as the years passed. However, there were times throughout high school where Moore wasn't fully into it. While those times came and went, he thrived overall in high school athletics. At Richland High School, he placed at state all four years and was the only athlete ever to win the Mid-Columbia Conference cross country title four times. Now, he likes running more than ever before. "I am fully in love with it, and I really do love what I do," Moore said. "I have a lot of fun with it every single day. I enjoy just the progression and having a lot of routine, and there's a definite progression in running that's very purposeful for me." Moore hasn't taken a planned day off from running since Thanksgiving, having taken one day off during winter break due to a mild injury. His passion for running has paid off on the track. His freshman year, Moore recorded his personal record for the 3000m (8:28.80) and dropped his 5000m time (14P39.13) by almost a minute since coming to GU. In his final couple of years at GU, Moore is focused on leadership and self-improvement. "Leaving the program in a better place is really important to me," Moore said. "I think about that quite a bit, honestly."

Moore credits the leadership from upperclassmen for helping him thrive at GU when he was an underclassman. His first season at GU, he placed 22nd at the WCC Championships (24:41.80) and received WCC Freshman of the Year. This year, Moore finished 25th at the WCC Championship (24:26.4) and debuted at his first NCAA Championship in Tallahassee, Florida, placing 179th (30:49.1). "I don't even think I'd be in the position I'm at without the leadership we had in this team earlier on," Moore said. "So it's important to me to be that person to give back." Yacine Guermali, one of the team captains, recognizes Moore's leadership on the team. A leader through and through, Guermali said Moore leads by example and vocally, following coach Tyson's orders and sending reminder texts to the group chat before meetings. "He takes time to understand a lot of athletes to meet them where they're at," Guermali said. "But off the track is where we really enjoy Riley because he's definitely one of the funniest guys on the team. Even when he was a freshman and I was a junior, there were a lot of guys that really liked to be around him just because of how funny he is." While Moore runs both cross country and track seasons, he prefers the team environment of cross country to the individual points in track.

When trying to figure out where to go to college, his old Richland teammate and GU runner Jonah Sandoval spoke highly of GU's program. Moore was nearly set when he went on an unofficial visit in the fall of 2018, and said he was starstruck after his official visit. When it came down to choosing between GU and Southern Utah University, GU's environment is what stood out as the deciding factor. GU has allowed Moore to grow spiritually, athletically and academically. Since coming to GU, Moore, who identifies as Christian, has grown in his religion and works closer with God. "I'm a religious person, that's really important to me," Moore said. "That's how I like to live my life and center my life around." Academically, Moore has enjoyed his time at GU and has found his footing with balancing academics and athletics. A business major with a concentration in human resources, Moore was inspired by his mom to pursue HR and hopes to enter that field after graduation. "Selfishly, I'd like to run fast," Moore said. "I really do want to run fast, and I want to leave the school with top 10 marks, maybe some records and stuff like that. But at the end of the day, I just want to leave the program better than it was and be good for the team."

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

The Zag Dining Dish

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NCAA Women's Tournament features must-see matchups

Commentary by
DANIEL FORTIN

After months of thrilling college basketball action, the women's NCAA tournament is finally here. For the first time, the bracket will feature 68 teams, as the full field was unveiled Sunday. Also new this year is the NCAA's use of March Madness branding for the women's event, a decision made after last year's tournament highlighted a number of inequities between the men's and women's competition. South Carolina, Stanford, North Carolina State and Louisville were named as No. 1 seeds on Sunday.

Top Teams to Watch in the Tournament

South Carolina is one of the top teams this year and are still the favorites to win the whole tourney. Though they lost in the SEC tournament final against Kentucky, this team is still a powerhouse in both offense and defense.

Sporting the country's top defense, the Gamecocks allow five fewer points per 100 possessions than Stanford, which has the No. 2 unit in the country. And while South Carolina's offense has at times struggled, as was especially apparent in the fourth quarter of its final two SEC tournament games, it features a number of versatile and dynamic players, namely star forward Aliyah Boston and guards Zia Cooke and Destanni Henderson, capable of breaking down different types of opposing defenses.

Headlining the Spokane region are last year's reigning champions, Stanford is eyeing its fourth title in school history. The Cardinal are 27-3 on the season and have won 20 consecutive games this season, with just five of them being in single digits.

The Cardinal feature the Pac-12 Player of the Year in junior guard Haley Jones and the conference's Defensive Player of the Year as well, in sophomore forward Cameron Brink. But beyond the two individual standouts, the roster features great balance and versatility. Six players average more than 21 minutes per game and eight average 10 or more minutes per contest.

Louisville is another team that will look for a deep tournament run this season and a potential foe that the Zags will face if they beat Nebraska. After dropping its first game of the season to Arizona, it lost only three more times.

The Cardinals defeated opponents by an average of 17.1 points per game this season, good enough for 10th in the nation. Both their offense and defense are also top-10 in the country, per HoopsStats.com.

First-Round Games to Watch

No. 8 Creighton vs. No. 9 USF (Greensboro Region)

Creighton is a dangerous team in the Greensboro region mainly because of its reliance on 3-point shots. The Blue Jays average the third-most 3-point attempts per game in the country, shooting 36.8% as a team, 11th-best in the nation. While they finished third in the Big East and have dropped their last two games, any team that scored 90 or more points six times this season can't be counted out.

By comparison, South Florida's strength is on the defensive end, where it is just outside the top 20 in defensive rating. On offense, the Bulls are No. 347 out of 356 teams in terms of pace on offense, creating an intriguing clash of styles.

No. 6 Kentucky vs. No. 11 Princeton (Bridgeport Region)

Two of the hottest teams in the country meet in this first-round matchup, which could be the most exciting of any in the entire bracket. As stated above, Princeton sports one of the country's top defenses and has won 17 consecutive games. Kentucky, on the other hand, hasn't lost since Feb. 10 and recently picked up what might be the most impressive win of the entire season, defeating South Carolina in the SEC tournament title game.

No. 5 Virginia Tech vs. No. 12 FGCU (Spokane Region)

ACC Player of the Year Elizabeth Kitley exited the NCAA tournament last year with a sour taste in her mouth, scoring only six points on 2-of-12 shooting from the field in a 42-point loss to Baylor. She responded this year, however, playing consistently like one of the best bigs in the country. Kitley recorded an ACC-high 15 double-doubles while averaging 17.3 points, 9.9 rebounds and 2.45 blocks per game. She'll lead the Hokies into a first-round matchup against the Eagles, who pride themselves not on post play but on stretching opponents from the perimeter. FGCU attempted the most 3-pointers in college basketball (961), making the second-most (319). No

player is more important to FGCU's style of play than guard Kierstan Bell, who averaged 24 points and 10.6 rebounds per game this season.

No. 6 BYU vs. No. 11 Villanova (Wichita Region)

There were no guarantees the Wildcats would hear their name called on Sunday, but after drawing BYU in the first round, fans will be treated to a matchup featuring two of the best guards in the country. Villanova is led by star junior Maddy Siegrist, who averaged 25.9 points and 9.5 rebounds per game this season on 49.8% shooting from the field.

BYU, on the other hand, has watched Shaylee Gonzalez continue to blossom and lead the Cougars to a 26-3 record. She averaged 18.7 points, 5.9 rebounds, 4.3 assists and 2.3 steals per game. Both were recently honored as the Player of the Year in their respective conferences, meaning that one of the sport's brightest stars will be receiving an early exit.

No. 8 Nebraska vs. No. 9 Gonzaga

This season, the Zags went 26-6 overall with a 15-2 conference record as they won the WCC title over BYU 71-59 to automatically qualify them to the tournament.

Their next opponent is No. 8 seed Nebraska in the first round of the tournament.

The Zags this season are led by senior forward Melody Kempton, junior guard Kayleigh Truong, and sophomore forward Yvonne Ejim.

While Nebraska is led by sophomore Jaz Shelley and two freshmen who are now in the starting lineup: forward Alexis Markowski and guard Allison Weidner.

Markowski averages 12.8 points per game and eight rebounds per game. While Shelly leads the Huskers in points with 13.1 points, 6.5 rebounds and shoots an impressive 40.7% from 3-point land.

Both teams are similar in their approach to playing so it will be interesting to see how they match up.

There are a lot of games to be played this round, so get ready for March Madness this week. Catch the games on with the First Four on Thursday.

Daniel Fortin is a staff writer.

GU SPORTS CALENDAR

Thursday, March 17

- ➔ Men's basketball vs. No. 16 seed Georgia State, Portland, OR., 1:15 p.m.

Friday, March 18

- ➔ Track at Sam Adams Invitational, Spokane WA., all day.
- ➔ Women's tennis vs. Washington State, noon.
- ➔ Women's basketball vs. No. 8 seed Nebraska, Louisville, KY., 12:30 p.m.
- ➔ Men's tennis vs. Montana, 4 p.m.
- ➔ Baseball at University of the Pacific, Stockton, CA., 6 p.m.

Saturday, March. 19

- ➔ Men's rowing at Oregon State, Corvallis, OR., all day
- ➔ Baseball at University of the Pacific, Stockton, CA., 6 p.m.

Sunday, March. 20

- ➔ Women's tennis at Boise State, Boise, ID., 10 a.m.
- ➔ Men's tennis vs. Boise State, 11 a.m.
- ➔ Baseball at California State University at Fullerton, Fullerton, CA., 1 p.m.

Tuesday, March 22

- ➔ Baseball vs. University of Oregon, 3 p.m.

Local events in bold

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