

The Gonzaga Bulletin

A student publication of Gonzaga University

MARCH 24, 2022

www.gonzagabulletin.com

VOL. 133 ISSUE 26

Two community pantries open on campus

By NOAH APPRILL-SOKOL

In a campuswide effort to combat food insecurity on campus, Gonzaga University opened two food pantries for students last week. The pilot program, called Gonzaga Community Pantries, is meant to target food insecurity on campus by providing students with a free and easy access point for food.

The two pantries are located in the basement of the John J. Hemmingson Center and on the second floor of the Humanities Building, and have been stocked with nonperishable food items since last Monday. The food is gathered by Emily Banick, director of Campus Kitchens, who has partnered with Zagdining, Sodexo and local food pantry Second Harvest for this project.

According to Banick and Charlotte Low, vice president

of the Gonzaga Student Body Association (GSBA), the two pantries have already been used by students, a sign that they are serving their intended purpose.

"It makes me happy, seeing students getting what they need," Banick said. "We should be making sure all of our students have food. No one should be hungry here. No one should be hungry anywhere. There's not a lack of food."

The idea for a food pantry, according to Banick and Sean Joy, director of Center for Cura Personalis (CCP), is not a new idea and has been implemented on other campuses across the country. Banick said that discussions for a pantry on GU's campus have been happening for at least five years but the idea didn't gain cross-campus traction.

This past fall, Low and Joy said that the initiative

was able to gain traction across campus, and became a collaborative effort involving the Division of Student Affairs, GSBA, Center for Community Engagement, CCP, Office of Sustainability, Payne Center for Leadership and Diversity, Inclusion, Community & Equity (DICE). Low and Joy believe that it was this support for the project that allowed for the initiative to be implemented.

"We do have a lot of students who have a lot of means and access to things," Joy said. "When I first started here, the general feeling was that we have a lot of students who have a lot of privileges in different ways, a lot of them financial. But, we also know that that's not the case for all of our students."

Low said that cross-departmental meetings began

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JOE O'HAGAN IG: @ohagandaz

The Gonzaga men's basketball team beat the Memphis Tigers 82-78 last Saturday, earning a spot in the West Regional semifinal in San Francisco.

Men's basketball makes Sweet 16 for seventh year in a row

By VINCENT SAGLIMBENI

Another year, another Sweet 16 appearance for the Gonzaga men's basketball team.

For the seventh consecutive season, the GU men's basketball team will be playing in the second weekend of the NCAA Tournament. After defeating Georgia State a week ago in the first round matchup 93-72, the Zags had a nail-biting victory against the Memphis Tigers 82-78 to advance to the West Regional semifinal matchup in San Francisco.

Andrew Nembhard and Drew Timme were the two catalysts in the Zags' victory against the Tigers. Nembhard was running the show for the Zags, finishing with a stat line of 23 points and five assists, hitting clutch free throws at the end of the game to seal the deal, delivering in a big way. After a slow first half, Timme dominated in the paint, scoring the first seven points of the second half (two more points than he had the entire first half), totaling 23 points and adding 14 rebounds.

Timme praised Nembhard's performance after the game, stating how

teams are becoming more and more aware of Nembhard's presence on the court.

"It's just so easy to get shots off from a guy like [Nembhard] who controls the whole flow of the game," Timme said after the game. "This dude didn't come out of the game one time and he's getting picked up 94 feet."

Like the other teams still in the pool for a quest to win a national championship, GU will face no easy task in the hopes for its first national title. The Zags are set to play the University of Arkansas Razorbacks, the No. 4 seed in the West Region.

In a wall-to-wall matchup with No. 13 seed Vermont, the Razorbacks escaped the upset, winning the game 75-71, led by senior guard Stanley Umude and his 21 points.

In the second matchup for the Razorbacks, facing another double-digit seed, they defeated New Mexico State 53-48 in Buffalo, New York. JD Notae led the Razorbacks in scoring, dropping 18 points on 5-18 shooting from the field, hitting one 3-point attempt in the game.

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Wolff Fellows serve local nonprofits

By BAILEY WHITE

In 2016, the Gonzaga Center for Community Engagement (CCE) used donations from the Wolff family and other benefactors to found the Wolff Fellowship program, allowing six to seven students a year to work for Spokane nonprofits at no cost to the organizations.

According to Zinzi Batyashe, CCE's assistant director of Community Engagement, the Wolff Fellowship was founded to strengthen GU's relationship with community partners.

"This is a program that emphasizes reciprocity, and that's what we love about it," Batyashe said. "There's a shift in power where the student doesn't just come in to serve, they learn from the community partner."

Fellows work eight to 10 hours a week for their assigned nonprofit. They are encouraged to fully immerse themselves by attending staff meetings and meeting with their supervisors on a weekly basis. They can also meet with CCE staff for support as needed but are largely autonomous.

In addition to being a valuable learning experience, the fellowship is one of the only paid opportunities offered by the CCE program, joined by the Opportunity Northeast fellowship and their work-study opportunities.

"We know there are students who depend on extra income that want to serve and live out this mission, but they need extra funds," Batyashe said. "To make things more equitable, we want to be able to give these opportunities to all students. We're very grateful for our donors, including the Wolff family."

This year, CCE is sponsoring six Wolff fellows. These fellows are working at Spokanefavs, Team Child, Priority Spokane, the Northeast Community Center, The ZoNe, the Logan Neighborhood Organization and Way to Justice.

Senior Nate Remcho is the Wolff fellow working with Way to Justice. Way to Justice was founded by Virla Spencer and Camerina Zorroza at the beginning of 2020. According to their website, it is a nonprofit that was

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BULLETIN FILE PHOTO

One student reported being shot with an airsoft weapon on the intersection of Sharp Avenue and Addison Street.

Suspects remain at large after airsoft shooting

By KAELYN NEW

Two suspects remain at large after shooting three students with an airsoft weapon on Gonzaga's campus and the surrounding areas on Feb. 26.

According to an email statement addressed to all GU undergraduate students later that day, the suspects were reported to have shot at least one of the victims from a moving vehicle. The victim described the vehicle as a light-colored sedan and the suspects as possibly males, both wearing hoods.

Becky Wilkey, the director of Campus Security and Public Safety (CSPS), said in an email statement that CSPS received a report of one incident taking place on campus and two other incidents taking off campus on Feb. 26. Since then, no other incidents have been reported.

Wilkey said the incidents were reported to the Spokane Police Department, which is conducting further investigation, but with only a description of the vehicle and no license plate information, cases like these tend to be hard to solve.

However, if the suspects are caught, the GU community can expect to be informed.

"We always want to keep our community informed and updated when these incidents happen," Wilkey said. "Campuswide communication is facilitated and approved by Gonzaga administration. If there is an arrest made, Law Enforcement will give a statement."

One of the students involved said they were jogging on campus on Feb. 26 before briefly stopping to stretch at the intersection of Sharp Avenue and Addison Street. In the time that they were stopped, they were shot with an airsoft weapon. The student requested to remain anonymous.

"For a moment, I'm just doing my thing, just stretching, and then I hear some shouting and I don't really pay any attention," the student said. "Next thing I know, I hear a couple of gunshots and I freaked out."

The student said they were hit by an airsoft pellet on their side and reported the incident to CSPS.

Now, the student said they can look back and find

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GU tennis head coach D.J. Gurule brings team to new heights

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some humor in the incident. In that moment, however, they felt terrified.

“Before I actually felt [the pellet] hit my side, I had a fleeting thought of, ‘Oh God, this is an actual gunshot,’” the student said.

Things could’ve turned out much worse, the student said, adding that incidents like these could have serious repercussions if, for instance, one of the airsoft pellets hit someone’s eye.

Going forward, the student said they hope to get updates about the status of the case and potentially discover the motive behind the assault.

“I have never had something like this happen to me before,” the student said. “I wonder why it did.”

Although random isolated occurrences, like this one, are hard to prevent, Wilkey said that CSPS is continually working to educate students on general safety through safety talks, social media and email communication.

There are several things that students and faculty can do to ensure the safety of themselves and others on campus, including not participating in dangerous TikTok trends.

“We have no reason to believe this is a student perpetrating this dangerous criminal behavior that began as a TikTok challenge,” Wilkey said. “However, we would encourage our students not to



BULLETIN FILE PHOTO

One of the students shot was jogging at this intersection near campus when they were hit by an airsoft pellet by someone driving past in a car.

participate or share any of the recent dangerous TikTok challenges that have impacted our campus, such as the Devious Lick and now this DriveBy Pellet or Orbeez challenge.”

Wilkey said that students should do their best to employ situational awareness as well.

“If you see someone standing up through a sunroof or moonroof as they approach you, back away,” Wilkey said. “If

a vehicle with occupants in dark clothing and hats or hoods obstructing their faces approach, walk away in the opposite direction.”

If incidents like these happen in the future, Wilkey said that students should first call 911 if they are in immediate danger or require medical attention before reporting the occurrence with CSPS so that it can warn the public.

Wilkey said that she also wants to

remind students and employees that CSPS is available to provide safety escorts on campus 24 hours a day. This service can be utilized by calling 509-313-2222. To find additional safety information, students and faculty can visit the CSPS Crime Prevention and Safety website on GU’s website.

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Community Pantry aims to help combat food insecurity at GU.

PANTRY

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early in the fall to discuss food insecurity on campus and how to best implement this food pantry initiative. She also said that a survey around food insecurity was sent out to the student body early on in the discussion phase of the fall semester.

Low said that the survey highlighted how there is a significant number of students on campus who struggle with food issues. Of the 1,064 students who filled out the survey, only 366 students (34%) said that they eat three or more meals each day and that 493 students (46%) said that they skip three meals each week due to busyness.

This number, Low said, was significant to her and validated the planning committee’s support for urgent action around addressing food insecurity. She said that the data from the survey was presented to GU President Thayne McCulloh and the Board of Trustees by GSBA President Braden Bell.

“I think this data was really helpful in spreading awareness of the state of undergraduate Gonzaga

students,” Low said. “It helped push the process because it made other students and also [faculty and staff] at the university realize that this is a prominent issue on campus and something that must be done.”

Low, Banick and Joy all spoke about how food insecurity is stigmatized and invisible, its significance diminished due to the large wealthy demographic of the school. Low said that the data represented in the survey showed how the issue has been stigmatized.

Low and Joy said they hope that the initiative begins a campus conversation around this issue and destigmatizes the issue of food security by making it visible. Joy called the Community Pantries an initiative of equitable access.

“A lot of the barriers to equitable access are around assumptions,” Joy said. “We assume that students have meal plans. We assume that students can access the food resources we have on campus at the times that they are open. We assume that students have other sources of income that they can afford groceries and snacks. But, equity is truly about it being visible, being open to it being not a secret, not continuing to marginalize someone for something that they’re experiencing. Equity is about making

it known, seen and destigmatizing those things.”

The Community Pantries are still in the pilot phase of the program and will be reassessed and evaluated next year. According to Banick, there are surveys at each pantry for students to fill out about how the pantry system can improve.

Low and Joy said that issues around access to basic needs, particularly food, are complex issues and require growing action. The Community Pantry initiative is one action in the fight against food insecurity that can be expanded. Low said she hopes that the pantries will grow to include other basic need items, like hygiene products.

“I would hope that it’s something that is widely used by students who need it and is widely supported across the university,” Low said. “We all need to be fed and fed a quality amount of food each day to be students and just to be people. That’s a very basic need. Gonzaga as a student body organization is meant to serve the students of the school.”

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

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The search for a speaker is on

Speaker selection committes are narrowing down commencement speaker applicants for the class of 2022

By KAELYN NEW

The Gonzaga undergraduate and graduate student commencement speaker selection processes for the 2022 graduation ceremony are underway.

Applications for the chance to be selected as the commencement speaker were due on Feb. 18. Since then, the graduate and undergraduate student speaker selection committees have been working to narrow down the applicants.

GU senior nursing major, Kehau Gilliland, said that she and another student were selected to participate in the undergraduate student speaker selection committee by Angela Ruff, the project manager for commencement activities. From there, Gilliland and the other student worked to recruit a team of undergraduate seniors for the committee.

Gilliland said the student committees are an integral part of the commencement activities.

Given the COVID-19 pandemic and other unique factors that the class of 2022 faced, Gilliland said that the selection committees for both the graduate and undergraduate classes bring an element of understanding to the table.

"I think it's important to let some of the students choose the speaker because it's better for us to judge our classmates than somebody who doesn't know anything about our class and experience at Gonzaga," Gilliland said.

Seven undergraduate students work on the undergraduate speaker selection committee, while eight graduate students work on the graduate speaker committee. The seven undergraduate GU students on the undergraduate speaker selection committee are all seniors, while the eight graduate students on the graduate speaker selection committee vary in their respective years of study.

The students on both committees are barred from applying to be the commencement speaker, as it would be a conflict of interest, according to Bonnie Harper.

Harper, an administrative assistant in the Office of the Provost, acts as the liaison between the undergraduate and graduate commencement student speaker committees and the interim Provost Kenneth Anderson. It is her first year overseeing the application process.

The selection committees operate in



The class of 2019's student speaker Olivia Roberts addresses the graduating class.

two phases. In the first phase, which has already been completed, the students were required to analyze the written application submissions and rank their favorites based on certain criteria like content and how well the applicants fulfill the word limit, Harper said.

"I was just looking for someone that's different, if that makes sense, somebody who holds different experiences than the majority," Gilliland said.

The students' rankings are then analyzed and tallied to select the students that will move forward into the second phase of the application process.

In order to avoid personal bias, Harper said that outlier high rankings are ignored. Both committees are encouraged to move forward with a consensus as to which applicants move forward through the selection process.

Ten student applicants were chosen

to proceed to the second phase of the application process. In the second phase, those students were asked to submit a 90-second video that emphasized their speech style and talking points, and from there, the student committees ranked their top three videos.

Gilliland says that the video portion of the application process is an important factor in the committee's decision-making process.

"I think in the video I looked for someone who's well-spoken," Gilliland said. "I think that's a big thing because they could be really good on paper but have difficulties in expressing it vocally."

The undergraduate and graduate student committees delivered their top three recommended applications to Harper on Monday. Now, Harper said that it is her job to deliver the top three choices of each committee to the provost.

Anderson will make his final selection for the commencement student speaker around next Monday. Harper will then reach out to the student to ensure that they can fulfill the duties required of them as a commencement speaker.

In order to be selected as the official student commencement speaker, the student is required to be eligible for graduation and committed to attending their respective commencement ceremonies and duties. This means the student must attend rehearsals and ensure that they have graduation attire.

If all goes according to plan, the commencement speakers for the undergraduate and graduate classes will be announced in a news release in early April.

Harper said that the entire selection process enriches the commencement ceremony, and she couldn't be more appreciative of the applicants' dedication.

"We want to make it meaningful to the graduating class and all of the attendees," Harper said. "It is an amazing time commitment and the thoughtfulness of their responses has been really impressive."

Most of all, Harper said she admires the students who are willing to speak in front of a crowd of students, faculty and families.

"Overall, I'm impressed by anybody that can stand on that stage and not faint," Harper said.

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

FELLOWS

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designed to address the barriers facing individuals who have been negatively impacted by the justice system. They primarily work on drivers relicensing, post-conviction relief and youth empowerment.

As one of the organization's two interns, Remcho said he does a little bit of everything, including working with the outreach team to plan events and working with the legal team to find new clients. He recently had the opportunity to work on an art-related Youth Empowerment Clinic, where local children got to learn from a local artist and create art of their own. Remcho said this was his favorite experience thus far.

"I think the biggest thing [I have taken away from the experience] is engaging with different groups in Spokane, seeing the challenges they're facing and how they're meeting those challenges, where there is and isn't support, and where I can fit into that," Remcho said. "I've learned my identity is something that can help in some situations and hurt in other situations, and understanding when and where that is."

Sophomore Michelle Rickwa is the Wolff fellow working with The ZoNe. Like Way to Justice, The ZoNe is located in Northeast Spokane. According to Rickwa, its mission is to improve overall well-being by connecting community members with resources. This includes employment, education and even access to food. Essentially, it provides a common ground and goal for local resources.

Rickwa usually works on projects related to communications, outreach and data organization. She has a passion for public health and The ZoNe has provided her with the resources to pursue that passion. For example, she has gotten to work with programs that are focused on reducing food insecurity.

"It has made me a lot more interested in how the places we live, the food we have access to, the schools we're able to attend and the resources we have available to us are so determinate of our future outcomes," Rickwa said. "It's definitely made me very frustrated, but also very motivated."

Rickwa said part of the reason she was interested in the Wolff fellowship was because she wanted to get outside the GU bubble.

"[When I moved here], there were a lot of misconceptions about Logan and Northeast Spokane that I was really uncomfortable with," Rickwa said. "It

was really important to me that I avoided internalizing that mindset, and I thought it would be a really valuable use of time to engage with Spokane outside of Gonzaga. When you're interacting with people who know this area and treat it with so much love and genuine belief in its potential, I don't see how you could come away without being changed and inspired."

At the end of the year, Rickwa, Remcho and the four other Wolff fellows will summarize their experience in a presentation that will be open to the public. Remcho said he sees this presentation as a valuable opportunity for fellows to reflect on their experiences.

Wolff Fellowship applications are open now. Interested students can email kellen@gonzaga.edu.

"[As a Wolff Fellow], you're challenged in every way you think is possible, and ways you didn't think were possible," Remcho said. "If you take the time to make the connections in the organizations and outside the organization, you'll realize that Spokane is a lot bigger than you think."

Bailey White is a staff writer.

Behind the scenes of cultural club festival preperation

By ALEXANDER PREVOST

Cultural clubs have held long standing traditions on Gonzaga's campus, from the annual Black Student Union (BSU) dinner to Queer Student Union's (QSU) drag show. These spaces exist as places for students to not only engage with different identities, but also for clubs to showcase and honor their culture.

"We just want to showcase our identity with the community and we also want them to enjoy this Fiesta as well," said Hanah Singco, the Filipino American Student Union's Barrio co-chair.

Student-run organizations have to navigate a series of procedures to put on their events. Club executives have to reach out to the Center for Student Involvement (CSI) to get their events approved. Event request forms include details such as the event name, event dates and which venue said groups want to host their events in.

Depending on the event, clubs may also reach out to campus food distributor Sodexo for a catering quote. Here, they can plan out their menus in line with dietary restrictions and budgets.

Clubs primarily gain event funding through the Gonzaga Student Body Association's (GSBA) finance team. Cultural clubs have to send in requests for event funding, too. However, clubs can also gain funding through a number of options.

"Thankfully, that helps cover for decorations, food and other expenses we have for this event," Singco said. "And each club got like \$1,500 for their event, so that was another piece of funding we were able to get as well which was really wonderful."

Club executive teams approach each



Dancers in the Filipino American Student Union's Barrio Fiesta finalize their performance before Saturday's show.

event differently; roles are delegated among the various executive leaders, so everyone has a role to play in putting on the events.

"I think mostly my role was making sure that everyone within the exec board knew what they were going to do," said QSU Vice President Matias Lagrange. "I didn't do a whole lot of the paperwork, but I was the one making sure, 'OK, do we have this thing done, and if we don't, do you want me to do it?'"

Club performances encourage a

showcase of talent. Based on the type of event, performers are either brought in from outside the GU community, or students involved with the groups volunteer. Performances can be a number of things including dance, spoken word, songs and more.

"We've actually used the House of Amore and the houses surrounding [Amore] for [the Drag Show] for the past couple of years," Lagrange said. "Since COVID-19 happened, we weren't able to get the local drag queens because we

wanted to make sure they're safe, but I think the year before my freshman year they came here, so we re-contracted them."

Student volunteers also aid in the process of set-up and food preparation.

Ultimately, events put on by cultural clubs exist to highlight the talent and the culture of their communities. They give others, who may not be involved in those clubs or communities, a chance to interact with something they might not have had a chance to yet.

"We want to just showcase our love for our culture, our food, our dances, our identity with the whole GU community," Singco said. "That's the whole point of Barrio Fiesta. We want to showcase our identity with the community, and that's the whole point of Barrio."

Leading with values of love and inclusion, cultural club events also seek to be safe spaces for folks of all identities.

There is a tremendous amount of work that goes into putting on these kinds of events, but for those who are part of the production, the end result is always worth it.

"I think one of the main values that we have behind the scenes is making sure that we have icons from all kind of minorities," Lagrange said. "Something we talk a lot about behind the scenes is, 'How can we make this feel like not only safe space for queer people, but for people of color as well?'"

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



Homeless murder is still murder

A letter to the editor delves into the complexities of the recent attacks on the disenfranchised

As housing prices climb and more people find themselves on the streets, fear and anxiety grip America. However, these emotions, deeply resonating with citizens who lack shelter and support, are not felt by our nation as a whole. Rather, it is fear of these “dirty” individuals and street encampments that clenches jaws and straightens the spines of most Americans.

While laws and city policies continue to push houseless people to the margins, this growing underclass suffers even more danger. Over the past few days, a lone gunman terrorized unsheltered people, murdering two and injuring three others in New York and Washington, D.C.

How could one man cause such coldhearted bloodshed? Nationwide media certainly emphasized similar questions. Publications and news stations clamored to identify the suspect. Furthermore, New York’s Mayor Eric Adams applied city resources to the cause, along with his demand “to bring a cold blooded killer to justice.”

With such vehement condemnation of the gunman,



By ISAAC KATCHER

our leaders again quickly turn to incarceration and punishment as the remedy. Yet, no one stops to question the heightened vulnerability of the victims. Instead, all attention turns to the individual perpetrator. In doing so, our country neglects to criticize the true perpetrators. Why do a whole set of people live on the streets in the first place? The invisibility of those experiencing homelessness is heartbreaking. Solely through violent victimization and fear does the media bring this underclass into light.

If we as fellow Americans revolutionize our suspicion and fearfulness into compassion, then future victimizations may be prevented. Contrary to Mayor Adams’ words, only a reassessment of the wealth disparity in our country achieves true justice.

Isaac Katcher is a junior sociology and criminology major.

Respect during the NCAA Tournament

A reflection on last year's couch burning, and GU's duty to its neighbors

Can you hear it? Listen closely. Somewhere there’s an elderly gentleman watching a video of Gonzaga University’s couch burning in the Logan Neighborhood after advancing to the NCAA National Championship; he’s grumbling to himself “that’s not the Gonzaga I know.”

And you know what? He’s right. GU has changed. Once a small college of primarily Catholic students, the school’s reputation has drifted away from a quiet school and seminary to a burgeoning liberal arts college with young people who work hard and play harder.

Monday, April 4, marks exactly one year since the infamous couch burning block party in the Logan Neighborhood following a similar incident just five days prior on March 30, 2021, in which about 400 students gathered in the streets, according to the Spokane Police Department.

Let me make myself very clear: the modern GU community is not in deficit from its humble beginnings. As a school, I believe we better understand marginalized groups, social justice movements and the complexity of the human experience than our predecessors. There are many elements of the 2020s GU which would not be the same without the vibrance and enthusiasm of the people who fill its buildings and quads.

Knowing all this, I still beg the question: have we as GU students strayed so far from our Jesuit ideals that we view the Logan Neighborhood as our personal playground, not a community that has been gracious enough to invite us in?

Within the core curriculum, we as students are given a roadmap to becoming self-aware individuals with an interest in the common good. Every student who graduates from GU, other than those with a large number of transfer credits, will take a course in social justice, two global studies courses, three philosophy courses and two religion courses, just to name a few.

This is fine and dandy, but what is the use in paying faculty members to come to campus every day and dedicate their careers to instilling compassion and self-awareness in students if those students fail to internalize and apply the lessons? Through no fault of the faculty,



By KATE SULLIVAN

their lessons just don’t seem to be setting in when the temptation of the block party calls.

GU students are adults who know not to destroy public property such as street signs. GU students are adults who know not to set fire to private property and obstruct traffic with a block party to celebrate it. GU students are adults who know it is illegal to carry open containers of alcohol in a public setting without a liquor license.

The past two years have been hard on everyone and it is crucial to have outlets to blow off steam in healthy and nondestructive ways. I can confidently wager, though, that however hard the pandemic has hit the GU community, it has hit the Logan Neighborhood in harder and fiercer ways.

In addition to the life experience I arrived at GU with, the classes I’ve taken and people I’ve met here have only further assured me that excitement and youthful ignorance is not a valid excuse to wreak havoc on the Logan Neighborhood and its inhabitants.

In Environmental Justice (ENVS 397) with Professor Ulil Amri, I learned that an American individual’s ZIP code is a determinant of life expectancy. This is due to one’s proximity to manufacturing facilities and air

pollution, water quality, access to healthy food, medical attention and other necessary services.

“Setting furniture on fire is dangerous not only because the fire can spread to nearby residences, but because the smoke is often toxic,” said Spokane Fire Chief Brian Schaeffer in an interview with the Spokesman-Review. “The fire will consume all the fuel, but the problem with a lot of the furniture is that it’s so synthetic that the smoke it makes is toxic.”

What might it take for GU students to connect the dots between these ideas?

In Social Entrepreneurship (BENT 493) with Professor Chris Stevens, I learned that vaccine distribution is most difficult in low-income areas and countries. Last year, only a handful of GU students were fully vaccinated at the time of the two couch burning incidents.

“It’s hard, because we’re at a point in time where the pandemic is still very real and students still really want to celebrate,” GU student Lucas Brisby said in an interview with the Spokesman-Review last year.

What might it take for GU students to connect the dots between these ideas?

My greatest hope for GU is that the student body — its success and failures which I care about deeply — might begin to take a hard look at the incongruencies between its philosophy and its treatment of the neighborhood.

GU students do not stay in the Logan Neighborhood forever, but Spokane residents do. We are walking into the homes and lives of others without so much as a thank you. This March Madness presents a unique opportunity to turn this relationship around and demonstrate that the student body is not only capable of maturing, but also capable of developing empathy. Take the high road, Zags.

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

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Opioid settlement rings empty

After decades of prescribing more opioids at higher doses, the U.S. is experiencing an opioid epidemic. As unfortunate as it is, hearing of the opioid epidemic at this point hardly garners a surprised reaction.

According to the CDC, nearly 500,000 people died from overdoses involving any opioid. The first wave of these deaths came with the increased prescription of opiates beginning in the ‘90s and has been increasing since at least 1999. While most deaths now are attributed to fentanyl and synthetic opiates, most people struggling with opiate addiction get their start from prescribed painkillers.

According to the Department of Health and Human Services, 10.1 million people aged 12 or older misused opioids in the past year. Of that sample, 9.7 million people misused prescription pain relievers.

Thirty-eight people die every day from overdoses involving specifically prescription opioids, while 136 die every day from a general opioid overdose.

As stated earlier, the start of the epidemic can be traced to an increased prescription of painkillers in the ‘90s. The effects of that are still being felt in communities ravaged by opiate addiction.

According to the CDC, rates of opiate dispense have decreased nationwide, with 2020 marking the lowest dispensing rate in 15 years.

However, rates continue to remain very high in certain areas. In 3.6% of U.S. counties, enough opioid prescriptions were dispensed for every person to have one. Furthermore, while the overall opioid dispensing rate in 2020 was 43.3 prescriptions per 100 people, some counties had rates that were nine times higher than that. Even still, 43.3 per 100



By SYDNEY FLUKER

people equates to a total of more than 142 million prescriptions.

The effects of the epidemic are felt in our communities and shown in documentaries and exposes. “Dopesick,” “The Crime of the Century,” “The Pharmacist” and “The Trade” detail different aspects of the epidemic in America, including the responsibility of pharmacists. Books like “Opioid, Indiana,” tell the stories of the children affected by the adults battling addiction, painting the behind the scenes stories of families lost.

With increased media attention on a problem we’ve known about since at least 2017 when opioid overdose was declared an epidemic, we are finally seeing accountability.

Corporations are facing hefty fines for their roles in the epidemic.

Four of the largest U.S. corporations have agreed to pay \$26 billion in fines stemming from civil lawsuits claiming their business practices helped fuel the epidemic.

The settlement resolves thousands of civil lawsuits filed against the companies. Local and state governments as well as Native American tribes nationwide have been filing lawsuits against such companies since 2014.

Johnson & Johnson will pay \$5 billion, AmerisourceBergen will pay \$6.1 billion, Cardinal Health will pay \$6 billion and McKesson owes \$7.4 billion. Initial payments will begin in April and will continue over the next two decades.

Outlines of the deal were unveiled in July, but the companies wouldn’t accept the settlement unless enough governments agreed to sign on and drop their lawsuits. The settlement funds will mainly go to health care and drug treatment programs designed to ease the opioid crisis.

The companies themselves have not acknowledged their role in the epidemic aside from the settlement to eliminate the lawsuits.

There is so much that could have been done to stop opiate addiction from claiming so many lives. Prescription painkillers are many people’s first time with opiates, as depicted in the HBO documentary “Warning: This Drug May Kill You.”

There is no way to tell how many lives would have been saved had they never been introduced to opiates through overmedication.

Greedy corporations failed to warn their consumers of the true dangers of their product. Between lives and money, those corporations choose money time and time again.

The settlement is a start, but further action is necessary. Those responsible, from pharmacists who knew and overprescribed to the presidents of the companies, need to be held accountable to the law.

Millions of lives lost in the name of greed — shouldn’t we, as a nation, want that to be illegal?

There is no price tag that will compensate for the amount of lives ruined by prescription opiates — there needs to be true justice.

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

FLUKE

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RAFFLE PRIZES



Career & Professional
Development

Mastering meal prep as a student on a tight budget

Budgeting meals can be intimidating, but using services like Mealime and Budget Byte make it easy

By ANDERS SVENNINGSSEN

If you’ve ever watched five minutes of “Hell’s Kitchen,” you know that cooking can be a nightmare. Even without Gordon Ramsay screaming across the room about terribly undercooked sea bass or egregious capellini, making something as simple as a grilled cheese can send a heart rate through the roof, taking blaring smoke alarms along with it.

Cooking as a college student? Forget it. Tight grocery budgets, limited kitchen options and exacting schedules put the squeeze on anyone looking to hone their cooking skills before ending up with a mortgage and a cooking repertoire consisting of instant noodles and sandwiches.

Make no mistake, working on chef skills is a valuable pursuit. Confronted with fraught university lifestyle, every single opportunity to make the process easier should be taken advantage of. Luckily, the modern age through blessed conveniences of the internet has bestowed us stressed college students of the world with a veritable arsenal of cooking related tools.

Mealime is one of these powerful aids for easing cooking woes. A free-to-download app, it provides simple recipes based on your preferences for eating, and even prepares a shopping list in advance. Additionally, their recipes can be replicated with minimal kitchen tools and space, perfect for a college student with a communal kitchen or limited area to work with.

Transitioning to life without the COG or a meal plan has its own difficulties. Luckily Mealime has meal-plan options built in (although some remain locked behind a subscription paywall). The free plans will compile lists, recipes and tips to get you through the store, in the kitchen and whipping up weeks’ worth of meals in as little time as possible.

Although Mealime is a great option, it does have a premium subscription — like many services nowadays — that unlocks features like recipe editing, note taking and extra meal plans. Personally, I’ve always been satisfied with their free version, and have never felt the need to upgrade for \$6 a month.

Continuing in a vein of thrifty meal-prep possibilities, BudgetBytes has been a go-to for me since beginning college.

The website/app has delicious recipes from all different types of cuisines that are cheap — and it’s excellent for budgeting, with information on the exact (and often insanely low) monetary cost per serving of each.

Like Mealime, BudgetBytes provides a section detailing basic kitchen equipment, how-to’s and other guides for making the most of stretching your dollar in the kitchen and at the store. Their fleshed out comprehensive “meal plans” come at a premium cost, but just as with Mealime, I felt their basic recipes have always provided more than enough.

In addition to grocery-list and budgeting capabilities of other services, it’s important to know what you can cook with only the ingredients in your fridge and pantry right now. That’s where I personally found the website SuperCook to be immensely helpful. Allowing you to input all the ingredients you have on hand; it suggests recipes comprised entirely of ingredients waiting patiently in your cabinet.

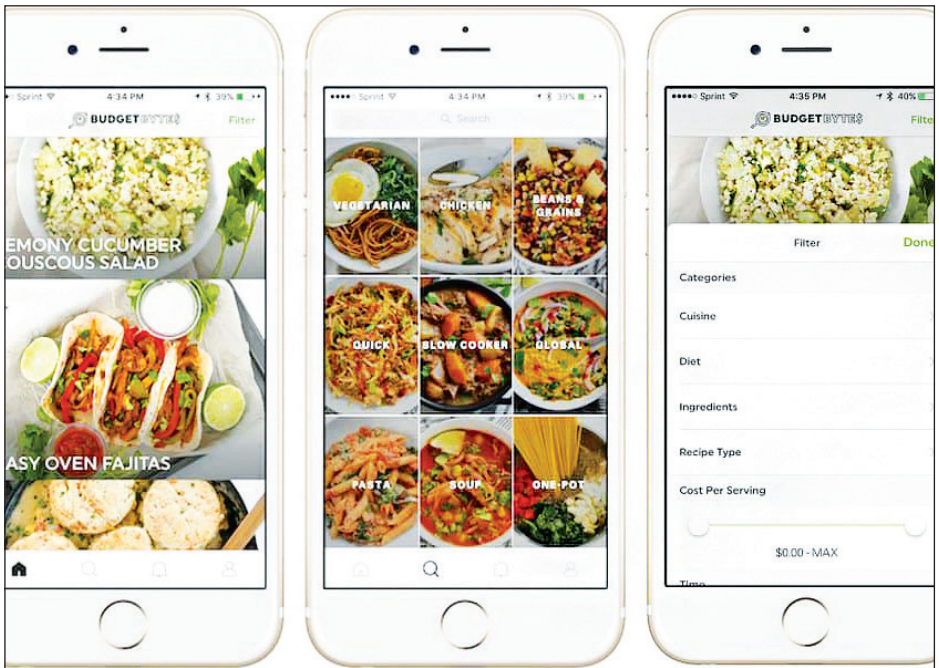
I always seem to have random assortments of foodstuffs around; sometimes they end up going to waste simply because I couldn’t think of a proper use for them before expiration. If you’re ever struggling with what to cook and the store is out of the question, SuperCook is an excellent aid for inspiring the next meal. It allows you to plug in a staggering variety of ingredients, from nutritional yeast to squid ink. The only items the website assumes you have on hand are water, salt and pepper.

You can filter recipes by meal type, video demonstration, cuisine and rating among others. The only trouble I’ve run into has been some poor recipe experiences, (at times filter by rating doesn’t help much) and some clunky interface issues. The internet is fantastic, but what about the world of paper and pen? But sometimes the cold impersonality of a digital screen is inferior to the warm comforts of a levelled and bound recipe book you can thumb through over a glass of oaky merlot after an especially long seminar lecture.

What to do, when quality cookbooks can heat up your wallet to the tune of fifty dollars, and require expensive, exotic ingredients that Safeway is surely lacking? The answer lies in a codex I believe every aspiring student-chef add to their repertoire, the highly esteemed “Five



Mealime can be downloaded from the app store for free and has many meal plan options.



Budget Byte provides meal plan options, refrigerator section detailing and budgeting.

Ingredient College Cookbook." Full color illustrations, easy to follow directions and fantastic recipes practically burst from its pages into your dorm or apartment kitchen. Organized from breakfast to dessert options, each recipe is time-effective, meal prep-able and exceedingly cheap. Combined with practical tips and helpful visual aids, it has a practical quality that doesn’t skimp in the slightest. It is my number one

recommendation for beginning chefs — and I haven’t even revealed the best part. A copy costs \$8 on Amazon. You will be guided in your blossoming journey as a chef to a phenomenal, dirt-cheap food at a phenomenal, dirt-cheap price. What more could a college cook ask for?

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



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RACHAEL HALEY IG: @rachaehaley

The owner of Auntie's Bookstore and Merlyn's Comics and Games, John Waite, prioritizes supporting other local businesses within the Spokane community.

Auntie's and Merlyn's bring local life to books and board games

By EMMALEE APPEL

If you're looking to support local business and find the best selections of books, board and card games, comics or fun trinkets, Auntie's Bookstore and Merlyn's Comics and Games should be your first two stops.

Auntie's bookstore has two stories and is filled wall-to-wall with new and used books. Its book sections include everything from fiction, to philosophy, to gender studies and poetry. The store also offers T-shirts, cards and all kinds of literary odds and ends.

Located at 402 W. Main Ave. in the over-100-year-old Liberty Building, Auntie's is open Sunday through Thursday from 9 a.m. to 7 p.m. and Fridays and Saturdays from 9 a.m. to 9 p.m.

Auntie's prides itself in its efforts to highlight local authors and give spotlights to those whose voices may be silenced or drowned out in mainstream media — like BIPOC and LGBTQ authors.

Owner John Waite says that giving back to the local community is extremely important to his vision of the stores and their involvement with Spokane.

"We do try to help educate people about where your money goes and these concepts like money turn and your money staying local," Waite said. "We put a lot of our money back into this neighborhood."

Waite has been the owner of Auntie's for six years and Merlyn's for about 23 years — but the businesses have been around since 1978.

The ongoing struggles of competing with large, national conglomerates like Amazon and Walmart have made it difficult for smaller businesses to keep themselves afloat, so Auntie's and Merlyn's success is a story that should be highlighted.

Auntie's holds new and used books — offering store credit for books that are donated — which aids in making their products more accessible to a wider audience.

The store also has the staff write short book recommendations, which are extremely helpful for shoppers browsing for a new find or looking for something specific in terms of genre or style but not title.

"I had been to a lot of other stores that always ended up being my favorite place whenever I go to a bookstore if they have local staff," Waite said. "That's always the funniest, weirdest stuff."

The personalized attention and knowledge from the staff truly sets Auntie's apart from other bookstores like Barnes & Noble — and it's a good opportunity to get to

know some local opinions and try out new literature that may not be held in name-brand stores.

Currently, Auntie's has a large display that lays out recommendations for the "Book Riot's 2022 Read Harder Challenge," which is a yearly set of 24 tasks that are meant to expand one's worldview through reading all kinds of books. It asks that you read books from different genres, settings and perspectives that push you out of your reading comfort zone.

At Auntie's, there are printed lists of tasks that you can take and a large case of books that meet one or more of the tasks with little synopses and why the staff picked them for each task fulfillment.

The bookstore also hosts fun activities the community can get involved in, like small events with local authors and book clubs. Additionally, Waite says that Auntie's works very closely with a local charity called "Our Place."

The community outreach program is centered in the West Central neighborhood of Spokane and focuses on providing emergency resources such as food, clothing, hygiene products and even bus passes to people in need of said resources.

For Waite, who grew up in West Central, putting so much energy into the organization equates to community supporting community.

"You know, the theory is, if we have customers that are doing well and are healthy and have disposable income, that's better for us," Waite said. "So, by helping the community and helping people, maybe it's good for us too."

Speaking of community support, Auntie's also contains two additional stores within the large Liberty Building — Uncle's game store and Pottery Place Plus.

Uncle's, if you couldn't tell, is an off-shoot of Auntie's and is essentially a mini-Merlyn's and upholds the idea of the original 1978 store, "Book and Game Company." Pottery Place Plus is a local mixed-media art store that was also formed in 1978 and sells all kinds of art by local artists.

These two stores add not only to the business drawn in and the aesthetic of the area, but also add to Auntie's dedication to supporting other local businesses and the Spokane community.

The store is widely known as a destination spot in Spokane and, for Gonzaga students, a great place to wander if you like the calm, comforting atmosphere of a bookstore.

"I absolutely love Auntie's- it feels like coming home

every time I go. There is truly something for everyone... and it's local," said Mae Cramer, a sophomore at GU.

Now, for Merlyn's.

Located at 15 W. Main Ave., Merlyn's is smack-dab in the middle of several amazing local shops and rounds out a great local shopping area. Merlyn's is open every day from 10 a.m. to 9 p.m.

Merlyn's Comics and Games is very large for a comics store — with several boxes of assorted comic books and rows of board and card games. The shop is a very comfortable environment, even if you're unfamiliar with comic book culture, and the friendly staff is always willing to recommend games that will fit any occasion.

The store also has a massive game room in the back area of the store with large tables that make a perfect space for groups to come and play social games. Before COVID-19 hit, Waite says that many nights of the week the game space would be packed with people, particularly when they held large tournaments.

Waite says that although he wishes things could go back to that bustling group event space, he believes it will be better in the long run to take things slow as the community recovers slowly from the pandemic.

"As much as I would like to do something with a bang and be giant and very exciting, it's pretty scary stuff," Waite said. "I'm gonna take it easy, you know, very steady for a while."

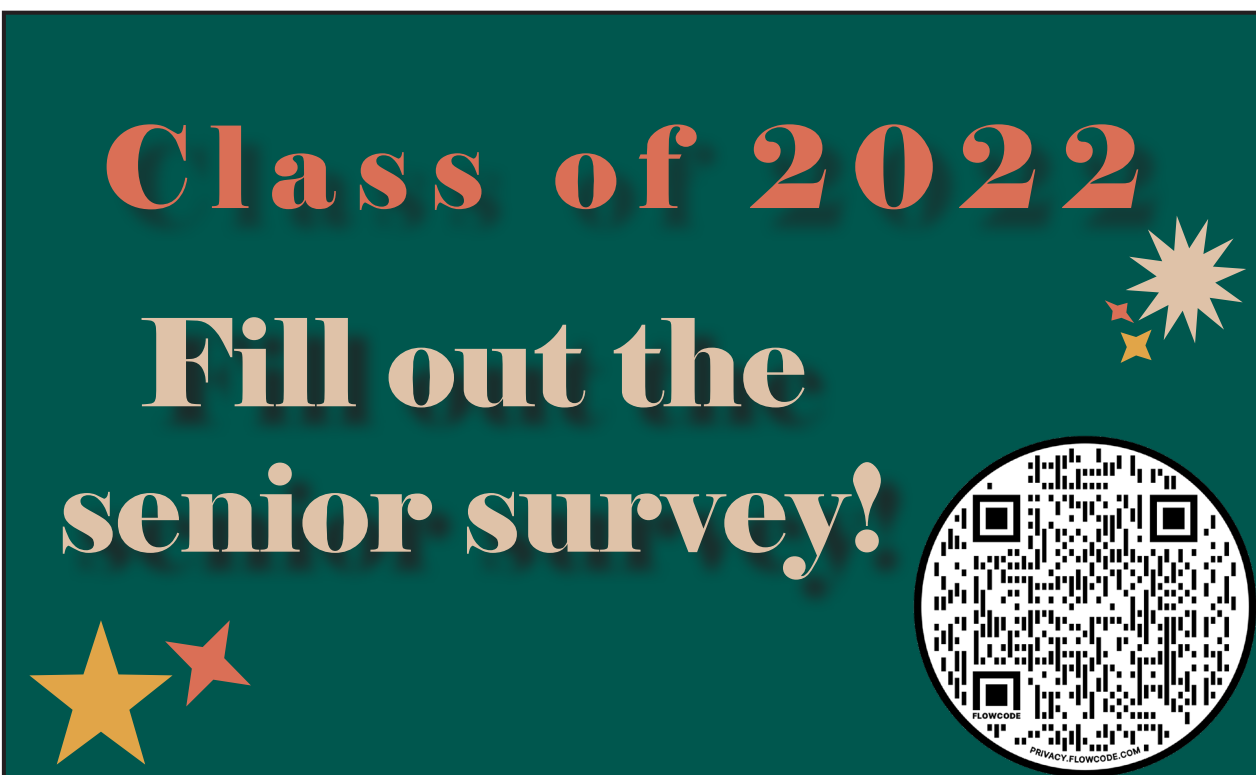
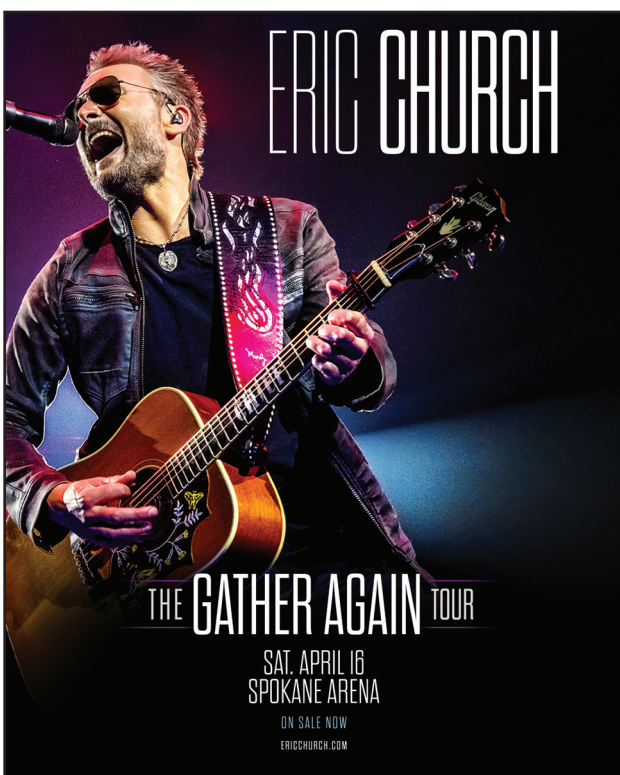
Especially during the last couple of years with the pandemic, supporting local businesses and in turn local businesses supporting each other has been very important.

Auntie's and Merlyn's both implemented mail order setups and curbside delivery options so that customers could call in orders or order things online and still support the small businesses from home in the peak of quarantine in Spokane.

"People really came through and supported us — they put their money where their mouth is and really helped us out," Waite said. "And you know, it could have been different. It was very hard for a lot of businesses, some weren't as lucky as us."

The next time you're looking for a new book, game or just wandering downtown on a free afternoon, check out Auntie's and Merlyn's, along with all the fun local shops around them, and support some local businesses.

Emmalee Appel is a digital editor. Follow them on Twitter: @emm_appel.



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Tackling puberty and generational trauma, Pixar releases 'Turning Red'

REVIEW
By EMMALEE APPEL

Nothing feels more on-brand for Pixar than an odd-sounding plot synopsis, so here it goes: an awkward Chinese teen living in Toronto navigates the drama of eighth grade and an overbearing mother. All while facing the possibility of turning into a giant, fluffy red panda whenever she is overcome with strong emotions.

Pixar's newest release, "Turning Red," (available on Disney+) is an adorably playful and touching movie that tackles puberty and generational trauma in a creative and magical way.

The movie also works to smash barriers in representation, not only on the silver screen but also in the movie making industry. Director Domee Shi is Pixar's first solo female director and this is the first Asian-led film from the studio.

Shi tells the story of Meilin "Mei" Lee (Rosalie Chang) and her mostly average teenage life in the early 2000s. She sings, dances and fangirls to the boy band "4*TOWN," is

very attentive to her Tamagotchi and has a group of quirky friends who provide an emotional support group when times get tough.

The dynamic between the friend group is phenomenal and their friendship is truly the best part of the whole movie. Mei's three friends — Miriam, Abby and Priya — are all adorable characters, have bold personalities and fully embrace and accept Mei as her red panda self and give her the love she needs throughout the film.

We're also introduced early on to Mei's mother, Ming (Sandra Oh), who plays the role of the antagonistic and slightly stereotypical Asian mother. Ming is always expecting top grades, perfect behavior and Mei's help running the family business, a Chinese ancestral temple. Ming, though extremely loving toward her daughter, is also intrusive and strict about the things Mei spends her time doing.

Ming, along with the other women of the family like Mei's grandmother and aunts, are seemingly the forces working against Mei. However, (spoiler alert), we see by the end that these women are victims of the same

emotional trauma that Mei is going through: the strain of trying to be perfect in order to please a critical mother.

I will say that I found some of the movie's storytelling and emotional beats to be predictable and not as hard-hitting as I had hoped. Disney's "Encanto" tackled generational trauma in an astounding and heart-wrenching way just four months ago, and I felt that "Turning Red" failed to match that level of magnificence.

I will, however, acknowledge that the portrayal of Asian families is absolutely an important step in on-screen diversity and that I, a middle-class white kid, was probably not the target audience for relatability.

Overall, I believe that this movie creates a space for Asian communities, especially Asian women, to see themselves in mainstream media, which is so important. Please take the time to read some thoughts on the movie from a few Asian individuals — as their voices should be the ones highlighted rather than drowned out.

Emmalee Appel is a digital editor. Follow them on Twitter: @emm_appel.

Latin vibes and versatility fill Rosalía's new album

REVIEW
By MIA GALLEGOS

Rosalía, the Spanish singer-songwriter from Barcelona, released her third studio album, "MOTOMAMI," last Friday. Over the past few months, Rosalía has taken part in several collaborations, including releases with Billie Eilish, Bad Bunny and Tokischa, the last of whom is featured on this most recent album.

However, Rosalía has not come out with an album of her own since 2018, and boy, has she made a comeback with "MOTOMAMI." This album is very versatile, going from hype to heartbreak in a matter of minutes. Rosalía has described this album as one of her more experimental and fun albums and this is very present in the ever-changing pace of these tracks.

The album starts with "SAOKO," a Puerto Rican slang term that means "style" as it relates to a music artist. This is a high energy song that I can only think to describe as club dancing music. The heavy back beat and high energy lyrics that, when translated, encourage self-discovery and transformation, make for a song that will motivate female listeners to be themselves and not to conform to the typical "saoko" that it can be so easy to fall into.

Another song with a similar club-like feel is "CHICKEN TERIYAKI." This was another one of my favorite songs in the album. Its heavy base and consistent backbeat both have properties that encourage listeners to get up and dance.



PHOTO COURTESY OF ROSALÍA'S FACEBOOK PAGE
Rosalía's new album features Latin tunes and a diverse set of songs.

Rosalía is able to slow down after some of these high-intensity songs with tracks that are much more heartfelt and slower. Ballads like "HENTAI" and "G3 N15" are both a much slower change in pace, allowing listeners to decelerate and really listen to how this artist can switch from

energized to soulful. I do feel like Rosalía is a bit out of her comfort zone with some of these slower tunes, considering a good majority of some of her top hits are more upbeat (such as separate singles "Con Altura" and "TKN"). I enjoyed these songs, however, I think her lively songs are

a lot more fun to listen to.

Several songs in "MOTOMAMI" have a more Latin feel than others. Though the whole album is in Spanish, certain tracks have more of a classic Latin American vibe than songs like the aforementioned ones. "LA FAMA" has a beat that sounds similar to a classic bachata song. "DELIRIO DE GRANDEZA" has a traditional bolero melody and fervent intent behind the lyrics. I love that Rosalía chose to include some more traditional songs within her modernized Spanish style. This incorporation feels like a tribute to her heritage and her native country in light of her popularity within the U.S.

Overall, Rosalía was able to accomplish a lot with this album. Her versatility and largely eclectic album keeps her audience gripped. I would recommend this album to anyone who has been exposed to Latin music in the past. For novice Spanish listeners, this album may be a bit daunting. However, "MOTOMAMI" is entertaining nonetheless.

Best songs:
"CHICKEN TERIYAKI"
"COMO UN G"
"LA FAMA"

Rating: 8/10

Mia Gallegos is a contributor.

Los Angeles Times

Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120

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3/20/22

FREAKONOMICS!

By Ed Sessa

ACROSS

1 Big do

8 Attacks

14 Discusses, with "out"

20 Traditional Eastern garments

21 Arch support

22 1974 Top 10 Ringo Starr hit

23 "Surgeon freaks out over higher ___"

25 Dish out messily, as goulash

26 Email clutter

27 Nerve cell transmitter

28 Bring comfort to

30 Jared of "Fight Club"

31 Luv

32 TV Drs. Isles and Quincy

34 Build-it-yourself furniture chain

35 Scott in an 1857 case

36 "Cattle rancher freaks out over ___"

43 Estate planning list

44 White option, briefly

45 "___ go down to the seas again": Masefield

46 Put on notice

47 Ones at home on the range

50 Stock seller, often

51 Hesitant sounds

52 Vaccine safety agency

55 It may accompany vertigo

56 "Landscape freaks out over cut back ___"

59 Open, as an envelope

60 Write "mispell," e.g.

61 Hard-to-move type

63 Hawks

64 Popeye's stop

65 Country singer

67 Mekong River land

69 Grammy, alternatively

70 All, in scores

71 Curved moldings

72 Ski resort near Montpelier

74 "Let me sleep on it"

76 Dr. Seuss' Sam-___

77 Billionth: Pref.

78 "Shrimper captain freaks out over ___"

80 Punk rock's Joey or Dee Dee

82 No. on a landscaper's doc

83 Came out on top

84 Newspaper stand?

85 Some fictional turtles

86 Name in early Genesis chapters

88 Auricle, in anatomy

90 Sombbrero wearer's title, often

91 Breakfast strips

93 "Restaurant owner freaks out over ___"

97 Aunties' mates

98 Card relative?

99 NBA great Ming

100 La-la precursor

102 New Mexico art colony

103 Julie with multiple Tonys and Emmys

106 TriBeCa neighbor

109 How many ER orders are given

110 Perceptiveness

112 "Car rental agency franchisee freaks out over ___"

115 Common workday starting hr.

116 "Swan Lake" heroine

117 Longtime "General Hospital" actress

118 Major course

119 Affirmatives

120 Taco truck fare

DOWN

1 Itty bit

2 "Hungry, hungry" game beasts

3 "Let me clarify ..."

4 It's not unusual

5 ___ kit

6 Itty bit

7 Unofficial EU leaders group

8 Bottom-line name

9 Letter abbr.

10 General ___ chicken

11 Just okay

12 Tin mints

13 Radon detection aid

14 Book before Joel

15 Minor league rink org.

16 Burn sans flames

17 "Balloonist freaks out over ___"

18 Stage attention-getter

19 Church councils

24 Bedouin, e.g.

29 With it, old-style

32 Tackled moguls

37 Folk legend Phil

38 Cocktail hour array

39 Gold measure

40 Woolf's "___ Dalloway"

41 Salon and Slate

42 Large serving bowl

43 Is down with

46 Subj. of arms negotiations

47 Buttercup relative

48 Kryptonite, for one

49 "Electrician freaks out over drop in his ___"

50 Chill

51 Retract

53 A long ways off

54 Now and then

56 "Perfectly Good Guitar" singer John

57 Attacked via email

58 Arm bones

59 "Law & Order: ___"

62 Daily Planet name

64 Gorged oneself

66 Sign of summer

68 Passes out

73 College sports airer

75 Netflix title puggle dog

78 ___ de guerre: alias

79 Morally repugnant

81 Trade center

83 Sickly looking

85 Travis Tritt's "Tell ___ Was Dreaming"

87 FBI file

88 Original name of a classic NOLA sandwich

89 Offer an unwelcome opinion, maybe

90 Left one's seat

91 Lighter fluid

92 Pain relief brand

93 "Argo" spy org.

94 Cuts partner

95 Fifth-century enemy of Rome

96 Explicit, in a way

98 What's done for fun?

101 On the briny

104 Dire day for Caesar

105 Pepper et al.: Abbr.

107 Pressure

108 ___ consequence

109 "Beat It!"

111 ___ Bo

113 Paris Jazz Festival saison

114 Seat holders

Sudoku

By The Mepham Group

Level

1

2

3

4

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

Solution to last Sunday's puzzle

3/20/22

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

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

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

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EMMA PATENODE IG: @emmapatenode

Sophomore women's golfer Mary Scott Wolfe has posted a 77.44 stroke average this season, the fourth-best mark on Gonzaga's team.

From promising freshman to standout sophomore

Women's golfer Mary Scott Wolfe looks to win her second WCC Championship in just her second season

By TOMMY CONMY

Pressure is said to create diamonds and Gonzaga sophomore golfer Mary Scott Wolfe is no exception to that rule. Lightly recruited out of Jesuit High School in Portland, Wolfe has emerged as one of the Zags' best golfers in only her second season. Wolfe finished last season with a 74.86 stroke average, good for second best on a veteran team that won the program's first ever WCC Championship in a two-hole playoff. "I was extremely nervous," Wolfe said of the playoff. "It was just so much pressure and sitting up on the 17th tee box with everyone watching me, knowing that for every person on my team, every shot counts. It was the most pressure I've ever felt in my life." From tee box to pin, Wolfe didn't play like a freshman under championship level pressure. She found the green off the tee on the first playoff hole and kept the Zags tied with Pepperdine with a clutch par save from the bunker to force a second playoff hole. Wolfe finished seven over par (79) with two birdies in the final round of the WCC Championship, finishing tied for 10th with teammate Jessica Mangrobang. She was also selected to the All-WCC first team, one of four freshman in the conference to receive that honor alongside WCC Medalist Caroline Hwang of Pepperdine. "[Winning] was amazing," Wolfe said. "After the 18th hole I was hugging my teammates and seeing everyone's faces, it was awesome." Winning, it seems, follows Wolfe wherever she swings a club. As a high schooler, Wolfe was a two-time All-State golfer, winning two OSAA Championships in addition

to winning the 2019 Oregon Jr. Amateur and the Oregon Four-Ball Championship in 2020. Despite her extensive resume, Wolfe wasn't heavily recruited. She took an official visit to Oregon State, but after touring GU, she signed her National Letter of Intent when head coach Brad Rickel offered her the spring of her junior year. "Mary Scott is, I believe, the best player coming out of Oregon this year," said Rickel to gozags.com after Wolfe signed her national letter of intent. "She is steady and a scrappy competitor... we love her passion for GU and know her work ethic on the course and in the classroom will help our program continue to thrive." Wolfe built upon her breakout freshman campaign in a big way last summer. After winning the Pacific Northwest Women's Amateur Championship as a No. 8 seed and finishing as a runner-up at the Oregon Amateur Championship, Wolfe was named the Pacific Northwest Golfer's Association (PNGA) Women's Player of the Year. The region encompasses British Columbia, Washington, Oregon and Idaho. Wolfe took down the No. 1 and No. 4 seeds on her way to winning the Pacific Northwest Women's Amateur over teammate Cassie Kim, who finished as the runner-up. Although Wolfe doesn't play like a sophomore, the presence of seasoned veterans like Quynn Duong and Kim have proved invaluable as Wolfe is one of two underclassmen regularly competing in the top five for GU. "In pressure situations like the WCC Tournament last year, I was super nervous and just hearing them give me words of encouragement is super helpful," Wolfe said. Wolfe admits that 36 holes of golf can be "exhausting," but to alleviate the strain of focusing for multiple rounds of golf, Wolfe intentionally talks to her playing partners and takes in the blue skies she plays underneath. The Kinesiology major grew up playing soccer, lacrosse

and ice hockey into middle school. She attended a summer golf camp going into sixth grade and fell in love. A golfer in his own right, Wolfe's father Randy helped get her into the sport. Following the camp, Wolfe quit every other sport to focus on her newfound passion. Eight years later, Wolfe and her father play in parent-child tournaments in the offseason. The offseason, for college golfers, is a loose term. With fall and spring seasons including up four tournaments each and the WCC and NCAA Championships to conclude the spring, breaks don't last long. "It's good to take a break, because there's a lot of pressure and that's exhausting," Wolfe said. "Especially after six rounds and then you play 18 on Tuesday and then go to school. It's good to take a break and reset." Wolfe's next break will have to wait, as she and the Zags are in the heart of their spring season in hot pursuit of their second WCC Championship in a row. Wolfe was named to the All-WCC Preseason team and the Zags were picked to finish first as a team in the preseason coaches poll. With lofty expectations for a program that has seemingly arrived, pressure is a feeling the Zags will have to get comfortable with, none more so than Wolfe. Thus far, she has shined in the face of adversity, struggling off pressure and calmly executing drives, chips and putts. With a litany of accomplishments under her belt already, coach Rickel can feel confident he found a gem on the Oregon recruiting trail. "We're taking these next upcoming tournaments as preparation for the biggest one, the WCC," Wolfe said. "We want to be playing our best."

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

Bulldogs surpass program and meet records at Sam Adams Classic

By SYDNEY FLUKER

The Gonzaga University men's and women's track and field teams kicked off their outdoor season Saturday at the Sam Adams Classic hosted by Whitworth University. Freshman Ellie Armbruster led the Zags in the 400-meter dash, shaving off time to take second in the race at 0:57.77, breaking her previous record of 0:58.12. Armbruster is coming off of a record-breaking indoor season where she claimed the fastest times in program history in the 200-meter, 400-meter and 600-meter runs. Junior Ava Prunier-Herman ran the fastest 100-meter race in program history at 0:12.91, taking third overall with Alexis Knight coming in fifth at 0:13.32. Prunier-Herman also led the Zags in the 200 meters, finishing sixth with a time of 0:27.16. Junior Jillian Greene led the six Zags competing in the 800-meter run, running 2:16.95 for first place with Morgan Greene following close behind, taking second place at 2:17.65. Flood, Brittney Hansen, Karina Smith and Atin followed behind, placing between fifth and 13th place. Jillian Greene also took first in the 1,500-meter run, running 4:35.37. Hansen was close behind, taking second for the Zags at 4:41.57. Bienfang, Robertson, Brands and Ferrell finished out between fourth and 11th place. The women's 4x400 relay "A" team left the Classic with an all-time best time of 4:01.92, competing with Armbruster, M. Greene, Bienfang and J. Greene. The "B" team placed third overall, with Leighton Joy, Flood, Hansen and Prunier-Herman



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Three Zags broke the Sam Adams Classic meet record in the 5K, led by sophomore Evan Bates (center) (14:17.49).

running 4:17.99. GU swept the 3,000 meters, with Danis (9:47.12), Emily Phelps (10:13.47), Georgi Brady (10:25.82), Fogo (10:27.95), Tuckwood (10:28.82) and Jasmine Nguyen (10:29.95), taking places first through sixth respectively. On the men's side, Evan Bates led the 5,000 meters, running 14:17.45 for first place followed by Radosevich (14:18.31) in second, Riley Moore (14:24.25) in third and Dominic Arce (14:33.81) in fourth. Baughan, Mackie, Lyne, McCloughan, DiMartino, Roberts and Brown placed between ninth and 20th. The all-Zags top-three broke the meet record of 14:30.45. Redshirt senior Ben Hogan took first in the 2,000-meter steeplechase, running 5:54.20. Laird ran 5:59.75 to place second and Jaxon Mackie ran 6:02.98 for third, making an all-Zags top three for the event. Rickey ran 6:18.08 for fifth. The Zags finished the Sam Adams Classic with seven overall wins and 25 top-five finishes, marking the first of 16 events this outdoor season before the NCAA West Regionals and NCAA Outdoor Championships. The Zags head back to Whitworth on Friday and Saturday for the BUC Scoring Invitational before heading to San Francisco the next weekend for the Mike Fanelli Classic. Sydney Fluker is an A&E editor. Follow them on Twitter: @sydneyfluker.

Game, set, match(made in heaven)

After leading the women's tennis program to new heights,
D.J. Gurule continues to empower GU student-athletes

By SYDNEY FLUKER

In the past three seasons of Gonzaga University women's tennis, program records were broken in team winning percentage, individual single wins, doubles pairs wins and more.

Since 2004, GU has had 40 All-West Coast Conference honorees. In 2017, the Zags reached the final match of the WCC championships for the first time in program history, one year after reaching the semifinal.

Behind the players' success in taking home the titles is head coach D.J. Gurule.

"I would classify myself as a player's coach, especially later in life as I've gotten a little bit more comfortable with who I am," Gurule said. "My philosophy is that for somebody to do the best they can, they have to feel and be valued. They have to feel supported. They have to know that they, individually, care."

His start in 2004 marked a turning point in GU tennis history, as the program continues to grow under his leadership. Most of the players on the GU career wins lists come from Gurule's team.

Gurule took over the men's tennis team early last summer after the departure of former head coach Jonas Piibor. His assistant coach for the women's team, Natalie Pluskota-Hamberg, was hired to take the helm of the women's team at the same time.

Gurule's coaching journey began coincidentally, when he was approached by Barry Laing, the director of tennis at Bend Golf and Country Club in Bend, Oregon, where he was living with a friend after college.

He grew up playing tennis in Montana before playing in college at Pacific Lutheran University in Tacoma, Washington.

"I wasn't a superstar or anything, but I just really enjoyed my time," Gurule said. "After college, I was done with tennis. I didn't want any part of it."

While he and his friend messed around on the court to pass time, Laing offered him a job as assistant coach at Mountain View High School in Bend, Oregon. After serving six months as assistant, the head coach at the time resigned and Gurule was promoted to head coach.

When the head coaching position opened up at GU, Gurule took a chance. The family presence in Spokane attracted him and his family to move there and



D.J. Gurule and the GU men's tennis squad was ranked No. 46 by the ITA in February, the highest ranking in program history.

despite the pay cut, it would allow them to spend more time together.

"It was a perfect fit for both of us," Gurule said. "I wasn't very experienced, but they needed somebody a little bit more stable at that time. I was married and very stable, so it just fit together pretty well. They took a chance on me and I took a chance on them."

At the time, GU's tennis program played on outdoor courts in front of Herak Center, where the soccer fields are now. Once Paccar construction began, the courts were removed and the team had to travel to a club facility.

Gurule's coaching has grown with the program, as the Stevens Center was built eight years ago and assistant coaches were added.

"I'm the only one out of anybody, even Natalie, that can remember how hard we had it back in the day," Gurule said.

While Gurule never thought he would coach anybody other than women, the vacancy for the men's team enticed him to apply. His move would also make his spot up for grabs and he wanted Pluskota-Hamberg to have a chance with her own team.

"That's a program I really put a lot of blood, sweat and tears into — literally

and figuratively," Gurule said. "But I'm so happy with the decision I made and the luck that they entrusted me to do it. It worked out. I think they took a leap of faith both times on me and I've yet to let them down."

Assistant coach Cesar Vargas Rodriguez was friends with Gurule before he became head coach, making the jump to a new team less intimidating. Gurule credits Vargas Rodriguez with helping him get caught up on the players and over the initial learning curve.

Gurule's leadership style adapts from player to player, but he pushes building accountability and ownership to everyone. From his perspective, being a coach is about nurturing the whole player, in alignment with GU's cura personalis philosophy.

"[The men] were lacking validation," Gurule said. "They were lacking input from within. I felt like they needed to be nurtured from within, allowed to grow and allowed to fail without repercussions."

According to Vargas Rodriguez, what makes Gurule a great coach is his ability to get players to trust each other and work together.

"One of the most important aspects of coaching is the ability to manage and

motivate," Vargas Rodriguez said. "You don't necessarily coach a sport, you coach people that play a sport. That's what [Gurule] does."

With his first season with the men's team still in progress, Gurule is already coaching the team to victories. On Feb. 23, the D1 International Tennis Association rankings were released with GU in 46th place, the highest in program history. The previous best ranking was 62nd on March 26, 2021.

"He does a good job of making sure that we each have good ownership of ourselves and of the team," sophomore men's tennis player Sasha Trkulja said. "Last year, a lot of times we were maybe not given enough ownership — maybe the coach tried to take control of too many things. While DJ, I think he does a good job of trusting us as players and we know what we need but he's there to support us whenever we need it, on and off the court."

Trkulja credits Gurule's addition of individual training with his improvement this season. This year, the players get individual time to work on what they want to with the assistance of the coach, putting ownership of their training into their hands.

"He's just a good players' coach," Trkulja said. "He just understands a lot of the things we want and need as players and that's always beneficial."

Now 15 years into his time at GU, Gurule has no plans to move on.

His schedule with the university aligns with his wife's schedule as a schoolteacher, meaning he gets more time with his two daughters, Eliana and Calliope. Aside from his love for GU, the importance of family alone makes it worth it.

"There's zero doubt in my mind that I am a better human being for being employed here," Gurule said. "The crazy thing about it — and I feel like I'm stealing — is that they pay me to do it. They paid me to be a better person than I ever imagined."

To Gurule, being a coach is being gutted after a loss but not letting it bog the team down. It's about motivating to compete, helping the team bring everything they have to the court week after week.

"I know the grass isn't greener somewhere else," Gurule said.

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

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CAUGHT READING

Christa L. was caught reading the Bulletin and won an Aloha Island Grill gift card!!

Pick up your Bulletin every week and you could also be a winner!

SWEET 16

Continued from Page 1

The Razorbacks won the game shooting 27.5% from the field and 18.8% from behind the arc, but it was the persistent and tough defense of the No. 4 team in the SEC rankings that pushed it over the edge to give the team the victory.

GU head coach Mark Few emphasized the Razorbacks' stout defense in an article posted on Whole Hogs Sports, a site dedicated to coverage of Arkansas Razorbacks athletics.

"Their defense is kind of what jumps out at you, right off the page," Few said. "They've got good balance. And then watching them, they seem to have a lot of freedom, so even guys that might not statistically look like they're shooting the ball very well, they jump right up and shoot them anyway and with confidence."

Here are the two main things the Zags need to do in order to advance to a third straight Elite Eight appearance.

1. Let Nembhard Cook

With the likes of Timme and Chet Holmgren dominating in the front court, Nembhard is the X-factor for the Zags in this NCAA tournament run. Nembhard is the quarterback of the Zags offense, and when he's clicking, the Zags begin to fire on all cylinders.

Nembhard is calm, cool and collected when he gets the ball in his hands, knowing what to do five steps before everyone else, and when Nembhard is the best player on the court, the Zags become practically unbeatable. Nembhard's production will be important for a Zags victory.

2. Contain Notae and Jaylin Williams

Notae and Williams are the lethal 1-2 combo that make the Razorbacks click. Few had high praise for this duo, saying how dominant they have been for the Razorbacks.

"They made a great run after the first



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Andrew Nembhard had 23 points, including five 3-pointers, in GU's narrow victory over Memphis in the second round.

month or so of the season and figured things out," Few said in the Whole Hogs Sports article. "Notae is kind of the engine that drives them and he has a lot of freedom and can hurt you in a lot of different ways. They have a good inside kid in Williams."

Averaging almost a double-double, Williams vs. Holmgren will be a matchup to look out for, as the freshman will look to keep the sophomore forward in check. When it comes to Notae, it wouldn't be a surprise to see more minutes from freshman guard Hunter Sallis, as his

length and defensive abilities could come in handy for the Zags.

The Zags and Razorbacks will tip off at 4 p.m. in the Chase Center in San Francisco. The game can be found on CBS or on the GU athletic's website. Jim Nantz, Bill Raftery and Grant Hill will be on the call, with Tracy Wolfson as the sideline reporter.

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

GU SPORTS CALENDAR

Thursday, March 24

- ➔ Men's basketball vs. No. 4 seed Arkansas, San Francisco, CA., 4 p.m.
- ➔ Track at Buc Scoring Invite, Spokane, WA., all day (Day 1 of 2)
- ➔ Baseball at BYU, Provo, UT., 5 p.m. (Games 2 and 3 on Saturday and Sunday)

Friday, March 25

- ➔ Women's rowing at San Diego Crew Classic, San Diego, CA., all day (Day 1 of 2)
- ➔ Men's tennis at BYU, Provo, UT., 11 a.m.
- ➔ Women's tennis vs. BYU, noon

Saturday, March 26

- ➔ Men's rowing at San Diego Crew Classic, San Diego, CA., all day (Day 1 of 2)

Sunday, March. 20

- ➔ Women's tennis vs. Boise State, 10 a.m.

Local events in bold

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