



GU senior founds Hope Festival nonprofit

By AMELIA TRONCONE

While many college students may double in a major or minor, Tyler Zangaglia doubles as both a full-time student and CEO of his very own nonprofit. Zangaglia's organization, The Hope Festival, is a nonprofit dedicated to serving those experiencing homelessness in the Seattle area. Its central mission is to use the power of youth leadership to give hope to those who need it most. The main way The Hope Festival serves Seattle's homeless population is through its annual Hope Festival event. This single-day event provides people in need with free tangible and personal services provided by local

agencies and nonprofits. "[The Hope Festival] is a one-stop shop idea festival that basically provides everything for individuals in need under one roof," said Zangaglia, a senior business major. The tangible services offered through The Hope Festival include clothing, groceries, hygiene products, school supplies and toys, books and much more. The more long-term services offered are dental care, vaccinations and health screenings. In the seven years that The Hope Festival has existed, it has put on six Hope Festival events, served 7,500 individuals in need and gained the support of 2,000 youth volunteers. Zangaglia finds that for him, the individuals themselves

are more important than the numbers generated by The Hope Festival. His favorite aspect of leading this organization is interacting with the people who attend, listening to their stories and hearing how The Hope Festival has impacted them. "It has really been our mission since Day One to give people a sense of hope," Zangaglia said. "Let them know that they're cared about and that there's community and people who have their back." Elliot Wong, a Washington State University alum and current mentor to The Hope Festival's executive board, joined the nonprofit when he was in high school because

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GU's Director of Sustainability, Jim Simon, was awarded the Champion of Sustainability award.

MAKOA DE ALMEIDA IG: @makoa.dealmeida

Jim Simon honored with Champion of Sustainability Award

By SAM FEDOR

Gonzaga University's Director of Sustainability, Jim Simon, was recently honored by the design firm McKinstry with its Champion of Sustainability Award. Simon, GU's Director of Sustainability since 2014 was one of three champions recognized during the Washington and Oregon Higher Education Sustainability Conference, according to the Gonzaga University News Service. The award, which includes a scholarship grant to attend next year's conference, "recognizes organizations and individuals exhibiting a forward-looking approach to innovative energy and waste reduction in the built environment," according to McKinstry's website. A national leader in the building and maintenance of efficient and high performing buildings, McKinstry recognized three champions of sustainability at this year's conference. The other champions recognized were Monica Stenzel of Spokane Falls Community College and Zeen Vincent of Cal Poly Humboldt. Simon has worked on several projects at GU intended to create a culture of sustainability, as well as effective sustainable practices. "We're trying to balance our best intentions with our best practices," he said. His work includes everything from securing every GU student and faculty member a bus

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GU Model UN awarded at regional conference

By KAELYN NEW

Gonzaga's Model United Nations (GUMUN) took home several awards after the Northwest Model United Nations (NMUN) conference in Portland on Feb. 18-20. NMUN is an annual event that simulates work done by the actual committees in the official United Nations. The conference allows for students interested in international affairs to demonstrate their abilities to collaborate on important global issues, according to Colby VerHoeven, a first-year student in GUMUN. "I think it really strikes to the heart of our mission as a Jesuit university to educate the whole person and then also seek, you know, lives for common good," VerHoeven said. While VerHoeven is studying business administration at GU, he said he joined GUMUN this year because it aligned with his international studies minor. He

also said that the experiences offered by GUMUN, such as participation in conferences, allows him to put his high school speech and debate skills to use. At the conference, each delegate who attends represents a specific nation in one of the various simulated committees. VerHoeven represented the United Arab Emirates in the General Assembly Fourth Committee (GA 4). During committee sessions, VerHoeven said they discussed the conflict in Israel and Palestinians as well as the role of peacekeeping operations. "I felt like we've been preparing for a really long time doing committee simulations every time that we meet at Gonzaga," said senior Caroline Corker. Corker, an international studies and political science double major, represented the People's Republic of China alongside VerHoeven in GA 4. It is her first year participating in GUMUN. Other committees that GUMUN

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PHOTO COURTESY OF GONZAGA COLLEGE OF ARTS AND SCIENCE TWITTER

Model UN students brought home several awards from the Northwest Model United Nations conference in Portland.

Students experience Science in Action! through volunteering

By LILLIAN PIEL

From learning about how microscopes work, to examining the effects of pollutants on ecosystems or building rockets to learn about chemical reactions, Science in Action! brings science experiments and excitement to local elementary school students. Science in Action! is a program that allows students of all majors to spend time teaching science lessons to grade school students in the Spokane community. Students involved in the program spend two hours a week for a

semester, with one hour workshopping for the lesson and the other spent in the classroom, said Jiana Stover, the Science in Action! outreach coordinator. The program began 13 years ago, when biology professor Nancy Staub began volunteering in her daughter's classroom and noticed the need and how engaging it was. The program is now run by the biology, chemistry and biochemistry departments, Stover said. Since it is elementary school science that is being taught, anyone can do the activities, she said. The activities are set up as inquiry-based learning, where students

answer a question using the scientific method. According to Stover, Science in Action! has 50 volunteers who participate in the program. Students looking to get involved can fill out the online application, which Stover said is mainly used for matching schedules with classroom visit times. Science in Action! reaches over 400 elementary school students each semester and schools are prioritized based on need and distance from GU. Stover said the program has goals applicable to the

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of its emphasis on giving back to the community.

Wong served as a co-director for four years on The Hope Festival's executive board and believes that The Hope Festival is vital to the Seattle community because it creates a safe space for the less fortunate.

"Struggling can be a very demeaning thing," Wong said. "And I think that [our] biggest impact is letting our guests know that it is OK to reach out for help."

Zangaglia founded The Hope Festival in 2015 after volunteering at a community service event that served the impoverished and homeless population of Seattle. This experience inspired him to take to action to simultaneously raise awareness about and combat Seattle's homelessness crisis.

"Seeing the issues that were taking place just 20 minutes away from me was really just an eye-opening experience," Zangaglia said. "It was something so different than what I saw when I opened my front door every day."

The Hope Festival's existing executive team is comprised of five high-schoolers who work as co-directors. Additionally, according to Zangaglia, around 400 youth volunteers work the Hope Festival event to ensure it runs smoothly.

So, while Zangaglia created The Hope Festival, he credits these members for keeping the organization alive.

"The Hope Festival is so many more people than just me," Zangaglia said. "All the credit goes to the incredible kids I get to work with [who] make this thing happen behind the scenes every single day."

Wong and Zangaglia find that what makes The Hope Festival special is that it is entirely youth-led. They believe that the hands-on work done by the youth volunteers is important in expanding their worldview and growing their perspective.

Youth leadership and participation, according to Wong, is vital in allowing younger generations to see real problems in the world.

"[The Hope Festival] really allows them to wake up and realize that not everybody is as lucky as we are," Wong said.

Since The Hope Festival is based in Seattle and Zangaglia currently lives in Spokane, he oversees more of the organization's overall coordination rather than doing the groundwork. As of now, according to Zangaglia, the next Hope Festival event is scheduled for July.

While preparing for the upcoming event, Zangaglia is also focusing on ways in which The Hope Festival can reach a wider audience. The Hope Festival recently received a \$20,000 grant from a business in Switzerland, which Zangaglia hopes to use to expand The Hope Festival's work.

Zangaglia acknowledges that homelessness in Spokane is a big issue and plans to use the organization's recent grant to help address it.

"This [grant] is going to be put towards finding gaps in the homelessness issue and how it's being addressed in Seattle and also in Spokane," he said.

Zangaglia said that although his job as CEO can be difficult, he loves it because it gives him purpose. He believes that there is nothing better than being able to make real change in people's lives. When all is said and done, he hopes that he leaves behind a legacy of meaningful work that fosters a love for people.

"I think we all have responsibility to do our part in making the world a better place," Zangaglia said. "It doesn't have to be helping the homeless, but just using whatever your talents and passions are to give back and make the world better."

For more information on The Hope Festival, visit the organization's Facebook page at <https://www.facebook.com/Hopefest>.

Amelia Troncone is a staff writer.



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Tyler Zangaglia founded The Hope Festival after he volunteered at an event that served the houseless population in Seattle.



PHOTO COURTESY OF GONZAGA UNIVERSITY

In the Science in Action! program, GU students volunteer weekly teaching science lessons to local elementary students.

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elementary school students, their teachers and the GU students involved. For the elementary students, Science in Action! works to inspire enthusiasm and confidence in science, while for teachers, it showcases examples of science lessons that can be done in the classroom.

For the GU student volunteers, Stover said Science in Action! provides the opportunity for them to get involved in the broader Spokane community and the chance for students interested in teaching to gain more experience, especially in teaching science. The program also recruits science majors at GU to expose them to teaching as a possible career path, she said.

"You really get to engage and interact with the community that surrounds GU here in Spokane by going into local schools and classrooms," Stover said via email. "You can directly see the impact you're having as you visit with your students each week and see how much information they have learned from you and how you have

inspired them."

Science in Action! also lends itself to developing skills that are beneficial to a multitude of careers, Stover said. Any job will likely require skills such as communication or working in teams and Science in Action! helps students build those skills while also allowing GU students to become familiar with the people they share a community with in Spokane.

"Presenting lessons to young students really forces you to think about how to explain things clearly and succinctly and also how to hold attention," Stover said. "It's amazing how often you utilize the same skills working with adults as well."

Rigel Hall, a senior majoring in biology, described Science in Action! as a program that aims to increase students' confidence in their scientific abilities.

Hall recently taught a lesson to the third grade class he volunteers with that allowed the students to look at items under a microscope. While grade school students don't normally have the chance to use tools such as microscopes, he said, they got to examine items from feathers to crystals and learn how microscopes work.

"It's been really rewarding to kind of share those things I've learned with grade

school students and even beyond that, just show them they're capable of learning these seemingly complex ideas," Hall said.

Hall said he is also working on creating an after-school science program at Shaw Middle School, inspired by his experiences with the program.

Kiana Martin, a sophomore majoring in community, culture and language with an education certification, said she got involved with Science in Action! last semester after finding out about it through a biology class. Since she was already looking to volunteer at a place that would give her experience working with kids, she got involved with the program.

Through Science in Action!, Martin has taught experiments on topics ranging from watersheds to astronomy to food webs.

"Anyone who is interested in science or into becoming a teacher should definitely do [Science in Action!] because you get to kind of combine those two things together and it's getting to help raise up the next generation of kids, you know, and have them believe in science and care about it," Martin said.

At the end of the program each semester, the GU volunteers participate in a college panel for the class they

volunteered at. This gives the grade school students the opportunity to ask questions and learn about higher education, Martin said.

Cassidy Sebastian, a senior biochemistry major who has been involved with Science in Action! for the past three semesters, said it has been rewarding to ignite elementary students' love for science, because they do not always have access to resources to do science experiments or projects that are exciting to them. While Science in Action! is required for the undergraduate research program she is involved in, Sebastian said she loved being involved with the program and wanted to continue volunteering.

She emphasized how Science in Action! teaches the students that anyone can be a scientist, no matter their background or identity, she said.

"Anybody can get excited about science and anyone can be a scientist, so I think it's super important that we do get out into those underserved communities and inspire the future scientists of the world," Sebastian said.

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GUMUN

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members participated in at NMUN include the Human Rights Council, which centered around issues regarding individual nations, the Security Council, which worked on issues pertaining to peace-building and the situation in Cyprus and the United Nations Development Programme, which focused on topics like climate, sustainability and gender.

Conferences like NMUN are important to demonstrate the role that the United Nations plays in the global sphere, Corker said.

"It furthers understanding about the United Nations by simulating peace talks and diplomacy and international debate," Corker said. "It also educates students and participants about important world issues."

At the conclusion of the conference, GUMUN won a "Distinguished Delegation" for its work in the committee sessions.

Several GU students took home awards as well. Kate Kellen and VerHoeven were awarded "Distinguished Delegate" awards for their work on the respective Security Council and Fourth General Assembly committees. Ariana Chin won an "Outstanding Delegate" award for her work on the Security Council.

Corker said that she has several people to thank for helping her throughout the entire process including political science professor and faculty advisor Stacy Taninchev, head delegate Liam McKorkle and secretary general Kellen.

GUMUN, which boasts 11 members, holds meetings every Tuesday from 7-9 p.m. where members simulate different United Nations committees each week. Corker said that this is altogether her favorite part about being in GUMUN.

"I know this sounds kind of cliché, but I'm really glad I get to spend my Tuesday evenings with such intelligent and competent people," Corker said. "It's so reassuring to know that there are so many other people that care about the same issues that I do and that prioritize them in the same way and they're just fun people to hang out with."

Now the GUMUN members are looking to the future

as they prepare to showcase their hard work at the New York Model United Nations conference in April. The conference is anticipated to be much larger, as it boasts collegiate Model United Nations organizations from all over the world.

GUMUN is representing Afghanistan, a feat that poses several unique challenges, according to Corker.

"You know, it's been really challenging to navigate, like, the changing governments, the changing of governments and laws in Afghanistan lately and the regulations that have occurred with those changes since last summer," Corker said.

Regardless, both Corker and VerHoeven said that they are excited for what is to come.

"To be participating in an activity that is simulating and international organization that seeks out the common good and international peace and represents those marginalized communities ... I think that's a really exciting thing to be a part of," VerHoeven said.

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

Two bros, one mic, no collars

By BENJAMIN VANDEHEY

“Collars Off,” a podcast hosted by two Gonzaga University students, has furnished the school’s student-run internet radio station, iZag, with a novel mannerism.

Co-hosts Patrick Janicek and Daniel Kruschke pride the foundation of “Collars Off” to be a uniquely casual approach. Garnering an average of 100 listeners per episode, this style has proven to be successful.

“Our shtick is just common college dudes having common conversations,” Janicek said. “I think that’s one of the big things that has set us apart from other podcasts: its relatability among just normal people.”

In previous episodes, topics of these “common conversations” have included favorite childhood TV shows, experiences playing pee-wee football and feelings toward various celebrities. This diverse assortment of talking points within “Collars Off” stems from an environment of ease and spontaneity.

The podcast is predominantly unplanned. The duo’s sole preparation for each episode is identifying a topic that they know they have a lot to say about. From there, they proceed to converse as if no recording is taking place.

“We just start to get talking,” Kruschke said.

Much of the podcast’s dialogue stems from private inside jokes between Janicek and Kruschke.

Consequently, they regard the podcast as being merely an extension of their daily conversation.

Further contributing to the natural feel of “Collars Off,” there is no post-production addition of an introductory

theme song or any sound cues to episode recordings, features many other podcasts possess.

“We’re not really into that. I wanted to keep it really raw and really genuine,” Janicek said.

This casual ambiance has welcomed numerous guests on the podcast. Maxton Yount, a friend of Janicek and Kruschke’s who was featured on the third episode of “Collars Off,” remembers feeling very comfortable when recording the podcast.

“It felt like we were just talking like we do every night,” Yount said.

A friendly and informal environment such as this is exactly what Janicek envisioned when he created the podcast in November.

“I would always bicker with my friends and I was like, ‘this is a great podcast.’ Why don’t I start making content out of it,” Janicek said.

Since then, “Collars Off” has released a total of 14 episodes, each one adhering to the podcast’s unspoken rule of casualness.

As for the future, Janicek has high hopes.

“As of right now, we’re working to get cameras involved and that will probably happen within the next month or so,” Janicek said. “It would be really big if we could have multicamera functions to be able to switch between the interviewers and the guests.”

Regardless of these advancements, “Collars Off” will continue to simply serve as a platform for casual conversation.

“It’s always going to be just some college dudes talking,” Janicek said. “Expect some more average Joes to come on.”

“Collars Off” is available for listening on Apple Music, Spotify and Mixcloud.

Benjamin Vandehey is a contributor.



PHOTO COURTESY OF BENJAMIN VANDEHEY

"Collars Off" highlights organic and casual conversations.

SIMON

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pass to helping the university achieve a Sustainability Tracking Assessment & Rating System (STARS) gold rating. GU was also recognized as a bronze-level bike-friendly university by The League of American Bicyclists.

Simon also plays a role in the sustainable building of new structures on campus, particularly in regards to energy efficiency. This is McKinstry’s area of expertise, making their nod of approval important for accountability. McKinstry, though headquartered in Spokane, is a national leader in the building and operation of sustainable structures.

Sustainability in the built environment is an important part of Simon’s mission at GU. Energy consumption from the built environment comprises nearly 40% of global carbon emissions.

Simon is GU’s first director of sustainability and has fostered the Office of Sustainability since its inception in 2014. Though often involved in sustainability initiatives before the creation of the office, its creation marked a renewed attention to sustainability within university administration.

Its creation was catalyzed by the university’s commitment to Pope Francis’s encyclical “Ladato Si,” which calls Catholics and Catholic organizations all around the world toward environmental stewardship.

The Office of Sustainability was preceded by GU’s Advisory Council on Stewardship and

Sustainability (ACSS), an advisory body composed of GU faculty, staff and students, that advised university administration on sustainability initiatives both on and off campus.

Sustainability on campus is grassroots in origin — and it still is. Students have an important role to play in making the GU community more sustainable. The first American Jesuit university to join with Pope Francis’ “Ladato Si” action plan, the Office of Sustainability plays a leading role in encouraging students toward sustainable practices.

“Students can be more conscious about recycling and waste reduction ... taking the time to separate compost and trash,” Simon said. “Students can also be more conscious about energy use [by] turning off lights and appliances while not in use, or opening a window rather than cranking the air conditioning.”

As far as the big picture goes, the Office of Sustainability has big plans. The university has pledged to be carbon-neutral by the year 2050, in keeping with President Joe Biden’s promise to do the same for the federal government. The university is also in the process of planning the construction of LEED-certified buildings.

Jim Simon’s contribution to these efforts cannot be understated.

“We congratulate Monica, Zeen and Jim for their inspiring leadership in championing sustainability in higher education and their communities,” said Ashley Ruiz, McKinstry’s director of corporate social impact. “We are proud to work alongside leaders like these to make a difference on campuses across the country.”

Sam Fedor is a staff writer.

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Letter to the editor: FASU addresses misrepresentation in Bulletin article

As the Board of the Filipino-American Student Union, we wanted to express our disappointment in *The Gonzaga Bulletin's* effort in properly representing cultural clubs on-campus.

An article was released about our annual Barrio Fiesta event from last Saturday, but it included many misspellings, lack of accuracy and it felt like our event was not covered under the right preparation.

We did not want to express hostility to the writer specifically, but rather we wanted to share our dismay toward the process of preparing for event coverage for cultural events.

Based on our knowledge, we know that the Bulletin editors pitch out story ideas and staff writers volunteer to take up articles whether or not they have knowledge on their topic. We feel that the writer was not prepared well to cover the event as there were some questionable aspects shared in the article that were on pamphlets on every table to information being shared on a slideshow throughout the show. An example of this would include “Magoa boys” instead of “Maglalatik.”

We also wanted to correct a mistake in the article and state that we did have a cultural event last year virtually in collaboration with AAU called “Bridge to Heritage.” There were many mistakes, and the lack of fact-checking misled many readers and made it seem like we were making a “comeback” when in fact we have put so much effort into presenting our culture even during the hardships of the pandemic.

Then, there were some issues such as the spoken word pieces being summarized but only sharing the beginning portions of the pieces and the descriptions of dances, skits and foods seemed basic or inaccurate. These descriptions seemed unfair to our culture, along with being demeaning and taking credit away from our members.

For example, the description and importance of “Tinikling” was not described properly even though that is a classic traditional dance that we emphasize at every show annually. The article acknowledged it as a former national dance of the Philippines, but did not share the importance of it to the history of the Philippines, nor the unique, creative choreography of performing both a traditional and contemporary dance.

One other part that felt demeaning was the description of Maglalatik and the performers being “11 shirtless young men went on stage and wore coconut shells on their torsos and sides



PHOTO COURTESY OF THE FILIPINO AMERICAN STUDENT UNION

The Filipino-American Student Union serves to spread awareness of Filipino heritage.

to bang on the shells on themselves and each other to create a beat to different songs.” Once again, this fails to accurately describe the performance because we creatively combined a traditional dance with contemporary art. Stating that there were 11 shirtless young men on the stage went and banged shells on themselves is not right, and we are shocked that this was part of the publication.

The fact that this was also a crowd favorite and the description lacked accurate information is why we are in disbelief over a lot of why this article was published. A last example is the skit being said as a “reenactment” and being compared to a Latin American telenovela.

This whole skit was written and recorded by Miranda Abunimeh and Marianne Nacanaynay, along with it being influenced by Filipino teleseryes and portrayed the theme of courtship in Filipino culture, while the main character learned how to gain self-confidence. However, the original article didn't mention the true meaning of the skit and the way it was described was very surface-level. All of these examples show how no fact-checking occurred and shows how this article was rushed and the care of accurately portraying our show was little to nonexistent. This is a majority of the reason why we feel offended by the article's publication.

Other issues included not interviewing reliable sources to discuss the event, such as the club president not being interviewed or other members on the board being asked any questions related to the meaning of the Barrio and how much it impacts the lives of many.

We understand that it was hard to be approached during and after the show occurred, but many of the members purposely arrived at the show two hours before and many of us were available to have some sort of conversation.

The sources for fact-checking, sharing feelings and emotions and retrieving statements were not out of reach, thus we do not understand why Lyca Racho's grandfather, another guest and a performer were the only sources. The most informative sources were the board members, but none of us were interviewed ahead of time nor after the show, but we were rather approached during our most stressful moments and during a 10-minute intermission.

The final aspect we wanted to bring up was that every club deserves to have the environment and the impact we made on the crowd and the GU community. Barrio took a lot of time and preparation by our Barrio chairs and members of the club, but the article did not reflect any of that. We took a whole week to rehearse the show, cook food and put the event

together.

All this time and effort put into the show is what drove the emotions of our club members and the audience as we brought smiles, laughs and tears throughout the night. However, the article failed to state how impactful we were after just an hour and a half on stage. We feel that this Barrio Fiesta was one of the best events that we have hosted, especially after the COVID-19 pandemic not allowing us to have an in-person event last year.

We also wanted to point out that we showed so much unity and that our club is a family away from home. One moment that portrayed this was when Dawson Oen and Dominic Pe Benito went on stage to offer a thank you speech to the seniors causing many of the seniors, the audience and other club members to shed tears. This may have been one of the most memorable moments of the evening and in the lives of FASU members.

The failure to acknowledge this family aspect takes away the opportunity for our club to grow and to show the GU community that we are making positive changes and impacts in people's lives.

The article took away a lot of the truth and success away from us.

We feel belittled and are disappointed that the Bulletin staff allowed this article to be published and that no corrections were checked and edited prior to publication.

As an underrepresented part of the GU community, this truly shows how proper training and change is needed on GU's campus in terms of handling diversity and culture. Minority groups, cultural clubs and other underrepresented groups deserve to have our events and work accurately described, along with giving us credit for our hard work. We are tired of going through so many barriers just to share our culture properly.

We are disappointed that there is lack of care toward minority groups on campus. We want change in the Bulletin's process of training for other cultural event coverages so this never happens again. We desire to fight for our right to be heard and work to educate others so we can once again impact the GU community. FASU means a lot to many people on campus, thus we desire change and want to not be failed any longer.

The Filipino-American Student Union is a cultural club on Gonzaga's campus dedicated to spreading understanding about Filipino culture and tradition.

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Slap heard round the world

The internet is abuzz following the 2022 Academy Awards ceremony on Sunday night after actor Will Smith's shocking and disturbing display of violence onstage against comedian Chris Rock. While the night started out with a relatively normal Oscars' exhibition, complete with superstar musical numbers and awkward jokes, it ended up becoming a spectacle of toxic masculinity.

Things took a turn for the worse when Chris Rock proceeded to make a decidedly insensitive joke about Jada Pinkett-Smith regarding the lack of hair on her head. Pinkett-Smith has previously commented on her struggles with alopecia, a medical condition that causes hair loss, and the particularly painful effect that it has had on her. Her husband, Smith, took offense to the joke, and in the span of a few seconds he marched across the stage, hit Rock across the face and spewed aggressive and expletive language at him from his seat.

The aftermath ensued with several people attempting to patch up the fiasco and move on with the ceremony, and this is where the first problem arose.

The way that an act of physical assault on national live television was allowed to go on without a condemnation or even a serious reference is unacceptable. If another man of less status, power and wealth had acted as Smith did, they would have most certainly been escorted from the premises, and the ceremony would not have continued with a simple gloss over of a joke. The perpetrator of such violence would be decried, and their capacity for decorum doubted immediately.

As if the irony was not strong enough already, Smith then won the award for Best Actor



By LILY JOHNSON

just moments after the encounter, and was allowed back onstage to give a speech. While Smith rambled tearfully to the audience, a second problem took shape. Instead of taking full responsibility for his brazen actions, he created a narrative in which he is a “defender,” and “protector,” seemingly condoning his own violence.

There should never be a situation where it is OK to react with and condone violence over words first. As a high-profile celebrity at one of the most televised events in history, Smith bears a responsibility to maintain a degree of respect. Not just for himself, but for the hundreds of people and children watching him, particularly young men.

By hitting another man ‘in defense of’ his wife in that context and getting away with it, he shows those watching him that the toxic patriarchal standard of unchecked violence ‘in defense of love’ is completely acceptable. This issue with this is that it enables and may even encourage young men to continue to commit acts of violence against their peers for the sake of maintaining a certain perceived dignity.

Smith concludes his speech with the phrase, “Love will make

you do crazy things.” I know I am not alone when I say that hearing these words shook me to my core. Anyone who has experienced an abusive relationship, or has been close to someone who has, will recognize the toxicity in this statement. Though perhaps meaning well, Smith's use of it contains a coded message: that it is right to assimilate acts of violence with acts of love. This creates a dangerous narrative to share with those who look up to Smith because it perpetuates the idea that violence and love are interchangeable within relationships throughout life.

While Smith apologized to the Academy and his fellow nominees, he failed to make a bigger, much more important apology; to that of his supporters, and to anyone who may have witnessed what he has done. If he is to make this right, he should renounce his actions just as publicly as he performed them. He should explicitly correct not only his personal narrative, but that of those whom he represents and plays idol to as well.

As Smith's blow found its mark, the laughter of the crowd did not subside, and as he left the stage with an Oscar in hand, he received a standing ovation. If there is one thing the world can learn from the dramatic events of this year's 94th Academy Award show, it is that people, especially those in positions of power, should be held accountable for their mistakes.

Though the Academy has briefly announced their condemnation of Will Smith's actions, the large majority of Hollywood has yet to condemn their fellow celebrity; a necessity if so-called progressives are to truly make progress in abolishing toxic patriarchal standards for the future.

Lily Johnson is a staff writer.



ALYSSA HUGHES IG: @alyssahughesphoto

Cedar Coffee roasts its own coffee in house and feature a variety of blends, including "Artemis," "Alona" and "Igor."

Cedar Coffee supports Ukraine on Monroe

By KAYLA FRIEDRICH

On the corner of Monroe Street and West College Avenue, Cedar Coffee is becoming a staple in the Spokane community with quality brews and passionate business.

The Ukrainian couple Igor Anisimov and his wife Iryna opened up shop in 2017 where their passion for coffee and community have combined to create an unforgettable experience.

"Igor makes all of his own flavors and blends here," said Olya Zuyev, an employee at Cedar Coffee. "The roasts that have names like 'Artemis,' 'Alona' and 'Igor' are all his own and the ones labeled with places like 'Brazil' actually come from there."

There are a number of drinks and flavors on the menu that Zuyev finds to be an absolute hit with almost every customer who tries them.

Cardamom syrup, sea buckthorn tea and the Cedar Chai are just a few of the handcrafted favorites.

"The Cedar Chai is one that he makes himself and there's a secret blend that he does," Zuyev said. "I think there might be a little bit of coffee in it."

Seth Flanders, a frequent customer at Cedar, looks forward to the days when Igor makes the cardamom syrup saying the smell completely fills the shop.

An experience like this is one of many that make Cedar stand out among the other hundreds of coffee shops situated on the corners of busy Spokane streets.

Being an employee for nearly a year, Zuyev has been around to see some serious growth for the Ukrainian-owned business.

Since the business' fundraiser for Ukraine aid and relief on March 5, the coffee shop has been rushing to keep up with the steady flow of business.

"[Cedar] has raised so much support since the event," Zuyev said. "Igor's business wasn't really popular and then



ALYSSA HUGHES IG: @alyssahughesphoto

Cedar Coffee has a wide tea selection and pastry array, along with its espresso drinks.

it hit the news and everything expanded. He hired three more people to work after that one crazy Saturday."

With an initial fundraising goal of \$700, everyone was surprised when the total amount by the end of the day \$35,000 and since then, that amount has grown to around \$48,000.

The shop that used to mainly serve regulars is now serving people who are coming from all over to support Ukraine and enjoy the unique product.

Yana Vasilyeva Sade has been working at Cedar for only two months, but was a regular herself for three years before she was asked to become an employee.

"We've had so many new people coming in," Vasilyeva Sade said. "Some people are even driving from Colbert just to come to Cedar. Ever since the fundraiser we've been busy and it hasn't been dying out as much."

Behind every good business, there's an even better boss.

Zuyev and Vasilyeva Sade are inspired by the work ethic and passion that their boss, Igor, pours into his work as well as other aspects of his life.

"I've never wanted to work at any other coffee shop," Vasilyeva Sade said. "[He] is here almost the whole day and he treats the staff really well."

His dedication to his business, customers and employees is something that cannot be overlooked.

"He has a coffee shop in Ukraine too that is still going even during the war," Zuyev said. "It just shows how willing people are to work for him."

Cedar Coffee's mission to create good coffee and good vibes has made itself one of the many hidden gems of Spokane.

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



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Changing seasons, changing produce

As we head into spring, farmers markets are opening and purchasing fresh produce has never been easier

COMMENTARY
By MIA GALLEGOS

The long-awaited spring season has finally arrived. With the change in weather, local farmers markets and grocery stores are preparing for an influx in customers looking for seasonal produce that they can begin to incorporate into their diets. Farm fresh produce — especially during the spring — is not a hard thing to come by in Spokane.

Here is a list of some of the various farmers markets and food groups you can visit this season to stock up on all of the organic goods.

Spokane Farmers Market
The Spokane Farmers Market, located in downtown Spokane, has a wide variety of vendors, selling products ranging from produce to baked goods to meat and eggs. If fruit and vegetables isn't necessarily what you are looking for, you will likely be able to find something else that is catered to your preferences.

Aside from foods, the Spokane Farmers Market vendors often come with a selection of freshly cut flowers. The flowers from the various stands are both greenhouse and field-grown, allowing you to select your decorative plants from a wide variety.

On their website, the Spokane Farmers Market has a complete produce calendar, listing the various types of fruits and vegetables that are in season during different parts of the year. Some of the upcoming produce that is in season includes cucumbers, potatoes, lettuce and strawberries. For the complete calendar, visit www.spokanefarmersmarket.org.

Kendall Yards Night Market
The Kendall Yards Night Market on Summit Parkway is a farmers market unlike many others in Spokane. Here, you can buy fresh produce from vendors like The Farm-Spring Water, Agape Farm and Flowers and Fuentes Fresh Farm. Sweet treats can be found at John Dough, The Scone Ranger and Fannie's Ice Pops. Aside from vendors themselves, the Night Market offers a variety of food trucks to choose from, and often has live entertainment of some type.

The Kendall Yards Night Market will keep you busy all evening, and you most definitely won't leave with an empty stomach. While not open yet, the seasonal market will return in May.

Piper Farms
Piper Farms is a berry farm in Spokane. You have the option of either going to the farms and picking the berries for yourself, or to buy pre-picked packages. But, imagine making a day out of going to a berry farm to pick your own berries. Nothing can match that.

Piper Farms is a vendor at the Thursday Market on Perry Street and the Liberty Lake Farmers Market. So if picking isn't for you, you can always visit either the farm itself, or one of the two markets that Piper Farms is a vendor at.

Piper Farms specializes in blueberries and the website has a complete list of all of the different types that can be found at their farm. As a lover of berries, I didn't



LINC Foods offers the Spokane community with box subscriptions that feature in-season produce.

even know that there were different types of blueberries. However, the complete list of these and more information on the farm can be found at piperfarms.wixsite.com.

LINC Foods
LINC Foods, a food group located in downtown Spokane, provides quality produce for its customers in a unique way. LINC allows you to scroll online through their selection and put together a basket that you can pick up in-store.

LINC Foods also offers a program in which Spokane community members can sign up to receive boxes filled with a variety of either produce, pastured meats or craft beers. These produce boxes can be delivered either bi-monthly or weekly. The frequency for meats and beers is slightly different. These boxes will be put together for you so that you can try new combinations of foods based on the season.

“Our mission and values are really just focused on building up the local food system and creating an

environment that is sustainable and flourishing just like the beautiful Inland Northwest,” said Michelle Youngblom, the crop promotions director at LINC.

LINC foods has direct connections with Gonzaga and will bring a “produce truck” to come park in the McCarthy Athletic Center parking lot during the spring. Visit www.lincfoods.com for more information on this local food cooperative.

There are many places in Spokane to choose your produce and various other groceries from. The ones listed here aren't even half of what the city has to offer.

“Yeah, these [markets] definitely seem like something I could get into and get excited about,” said Lexie Peason, a freshman who said she was nervous about finding fresh and organic produce in Spokane upon first moving here.

Take a look around and you will find a market that has just what you are looking for.

Mia Gallegos is a staff writer.

What's in a recipe: Spicy summertime pasta

This cold pasta recipe will liven up any picnic as the weather warms up

By OLIVIA GALBRAITH

Growing up, there was a riverfront park near my house that would have public concerts on Monday evenings in the summertime. My family would go to these concerts pretty often — my mom packing a classic wicker picnic basket with dinner, a red-and-white checkered blanket and a little collapsible table.

A family favorite for dinner at these picnics? Spicy noodles.

The recipe initially came from a neighbor of ours, but became a staple in the summertime for my family, especially for my sister and I. We used to request it all the time, just for it to be eaten within a few days.

With my sister and I both college students now, Monday night concerts in the park are no longer a tradition for my family. But, the iconic spicy noodle recipe picnics have lived on through dorm room picnics with my friends.

The first time I made this recipe for them, we laid out our blankets, grabbed our plastic Target bowls and mixed together a bag of Caesar salad — though low maintenance, I now get frequent requests to make spicy noodles on the weekends.

This recipe is very straightforward, and only takes around 20 minutes to prepare (not including refrigeration time).

For those who only have access to a communal residence hall kitchen, it can also be made in one pot. Having fewer dishes to wash is always a plus.

It can serve about three to four people — so grab your friends, find a blanket and enjoy a floor picnic with my favorite pasta recipe.



Gonzaga Bulletin staff writer Olivia Galbraith's family recipe is a cold pasta dish that will get your taste buds going with crushed red pepper flakes, soy sauce, sesame oil and honey.

Ingredients:

- 16 ounces of pasta (I prefer penne or cavatappi)
- ¼ cup of corn oil (I've used olive oil before too — most substitutes will work)
- 3 tablespoons of sesame oil
- 1 teaspoon of crushed red pepper
- 3 tablespoons of honey
- 2 tablespoons of soy sauce

Optional garnish:

- ¼ cup of green onions
- 1 tablespoon of sesame seeds

Directions:

1. Simmer together the corn oil, sesame oil and crushed red pepper for 3-4 minutes.
2. Turn off the heat and add the honey and soy sauce. Set aside your sauce.
3. Cook and rinse your pasta. For those with a small kitchen or can only cook in a dorm kitchen, I recommend cooking your pasta first. While it is straining, use the same pot to simmer together your sauce, and then add your pasta back into the pot.
4. Mix the pasta and then set aside sauce together and refrigerate. Time allowing, refrigerate for at least a couple of hours — I think it tastes better the longer the pasta and sauce sit, but you can also serve it immediately after preparation.
5. Before serving, chop the green onions and toast the sesame seeds either on low heat in a pan, or for a few minutes in the oven. Add garnish to the chilled pasta, and enjoy!

Olivia Galbraith is a staff writer.

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A Sewing Shoppe, located at 2936 E. 29th Ave in south Spokane, is one of the places where people can go to alter their clothes.

ALYSSA HUGHES IG: @alyssahughesphoto

Mend your clothes, don't toss them

By KAELYN NEW

It is no secret that social media has helped launch trends into cultural relevancy, but what happens when those trends are over?

For most people, they throw those former fashionable clothes in the garbage.

Conversely, when clothes get torn or start to show signs of time, many may find the task of repairing their own clothing tedious, and those clothing articles end up in the trash.

According to the California Public Interest Research Group, 85% of clothes end up in landfills or burned. With fast fashion and micro-trends at the forefront of consumer culture, there are several sustainable alternatives that one can endorse instead of buying and discarding clothes when trends die.

“Overall, I’m against fast fashion, just like quick turnaround rates with clothing and stuff that doesn’t necessarily need to be there, and especially the problems with exploitation of workers,” said Mackenna Vandergon, a sophomore at GU.

Vandergon, a biochemistry and special education double major, has a knack for embroidery and thrifting. She says that thrifting is largely accessible for GU students and the broader community because of the sheer number of thrift stores in Spokane.

“Usually [thrift stores] mark down a lot of stuff that has holes in it, which doesn’t necessarily mean it needs to be thrown out,” Vandergon said. “So, I’ve had some sweaters where I’ve embroidered over holes.”

Vandergon says she has firsthand experience with fast fashion, having worked in retail in the past.

“I worked like twice a week unloading trucks and we would unload sometimes close to 15,000 items a day... when there definitely were not 15,000 people shopping for clothes,” Vandergon said.

When clothes cannot be mended, Vandergon says there is no reason to throw them out. She employs several old clothing articles for other uses such as cleaning rags. While shopping sustainably or mending clothes is not viable for everyone, especially for lower-income communities, she recommends those measures to those who can afford it.

However, Vandergon isn’t the only student who tries to make mindful decisions about what they wear.

GU junior Ethan Burke says that there are several ways to be sustainable that do not entail popping some tags at a thrift shop.

“I think you can support businesses like Levi who are kind of buying up old Levi jeans and reselling them through their website,” Burke said.

Burke says that when clothes get torn or worn down, he recommends a do it yourself approach to bringing life into a piece.

“You know, sewing kits aren’t that expensive. It is pretty easy to look up a YouTube video and learn,” Burke said.

Spokane additionally boasts multiple tailors and alteration shops that offer mending services for clothes whether they be too big, too small, torn or worn down.

One of those alteration stops, A Sewing Shoppe, is nestled into a refurbished apartment at 2936 E. 29th Ave in south Spokane.

Owner Linda Graff says that A Sewing Shoppe offers a variety of services, from tailoring and alterations, to mending old clothes, to custom works and designs.

Graff is a master at her craft and has been sewing since the age of 8. After she got married and had kids, she decided to start a business out of her home before relocating to a space that she could dedicate exclusively to her craft.

The services offered at A Sewing Shoppe can breathe life into well-loved, worn-down clothing items.

“A lot of times [clothing] can’t be replaced or the replacement value is higher than the alteration or the repair value,” Graff said. “They have to make that judgement.”

Graff says older fabric and material often tend to be of higher quality than those found in newer clothes. This makes altering the clothing worth it.

“A lot of people do lose weight and still have wonderful, you know, clothes that they’ve had for 20 years or so, and that fabric is better than anything they can find currently,” Graff said.

While she accepts walk-ins, Graff says she appreciates when people take the time to schedule an appointment by calling ahead of time at 509-533-9033. A Sewing Shoppe is open 10 a.m. to 5 p.m. Tuesday through Friday and on Saturday from 10 a.m. to 2 p.m.

Whether it be thrifting, embroidering clothes or stopping by an alteration shop, there are several ways to give an old wardrobe new purpose.

“It’s nice to buy things that you want sometimes, but you don’t always need it,” Vandergon said. “Especially with something like clothing, I think we take that for granted.”

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

Los Angeles Times

Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

1

Country that's about 24 times longer than its average width

2

Online access cos.

3

Nixon's older daughter

4

Established Congress

5

PDQ, in the ER

6

Satisfied with one's work in the transporter room?

7

Miles "Sideways" love interest

8

NFL official

9

Conger catchers

10

Daring deed

11

Informers

12

Setting for searches

13

Black

14

Big mess

15

Title book in a classic computer game

16

Brezhnev of the USSR

17

One who gets in

18

Detain Dr. McCoy?

19

Sends, in a way

20

Cover letters?

21

One may be painted

22

Fancy topping

23

Mangy mutt

24

Apple product

25

Opening tempo of Dvorak's "New World Symphony"

26

gratia artis:

27

McGM motto

28

End of a warning

29

Weave

30

"Be silent," in music

31

Arch type

32

Phaser, slangily?

33

Tiny

34

Katniss' ally in "The Hunger Games"

18

Surpasses

19

Forward pass

20

No. with two dashes

21

Ski weekend destination

22

Pluck

23

Flamenco shout

24

Heineken brand named for a Mexican city

25

Recurring

26

Actor Beatty

27

Warm sign-off

28

DNA sample from Kirk's chief engineering officer?

29

Beverly Cleary title dog

30

DeFrauded, say, with "on"

31

18-wheeler

32

Frontier home

33

Either Zimbalist

34

Crepe-filled

35

Drake's cake

36

Bobby of the Bruins

37

Contents of some banks

38

Gloomy

39

Wedding promise

40

Newton, e.g.

41

Masseuse trained in massage techniques from Spock's home planet?

42

Fabled loch

43

Observing lions in the wild, maybe

44

Sign up

45

De Matteo of "The Sopranos"

46

Uncalled-for replica of Captain H.B. ___

47

DOWN

48

Makes with skill

49

Gender-specific pronoun

50

Less cordial

4

Flax fabric

5

High nester

6

"Easy to Be Hard" musical

7

Song and dance

8

Unnamed degree

9

Cocktail party staple

10

"Bad Moon Rising" band, briefly

11

Adjust in a garage

12

Flight by night

13

Connections

14

School of thought

15

Allure of boldly going where no man has gone before?

16

Pony up the service charge, say

17

Museum pieces

18

Wee

19

Cup part

20

Bayou, perhaps

21

Poet who used the name Old Possum

22

Abbr. often after a comma

23

Carbon compound

24

Storage spot

25

Horatian work

26

Sports org. name since 1910

27

Historic loch

28

It's a wrap

29

Big name in jeans

30

Elevator name

31

Runs easily

32

Grazing area

33

Barely enough

34

News exclusives

35

Clears of data, as a PC

36

Happy Meal toy replica of Captain Kirk's ship?

37

"A Death in the Family" author

38

James

39

Wonderstruck

40

"Buenos ___"

41

Flea market deal

62

Did salon work

63

Allow

64

Latin "behold"

65

Bygone depilatory brand

66

First word in all but one "Seinfeld" episode title

67

Cause of inflation

68

Everglades deposit

69

Wheel connectors

70

Play delays

71

Gave in (to)

72

Start of a classic accusation

73

Fabled racer

74

Flapjack cooker

75

Dorm overseers, for short

76

Wilcox daughter in "Howards End"

77

Tabloid couple

78

Sign-off letters before L

79

Nice season

80

Blow away

81

"Ambition should be made of ___ stuff": "Julius Caesar"

82

EMT skill

83

It's found in banks

84

Immigrant's subj.

85

Tighten the strings of, maybe

86

Safe to have

87

Example

88

Composer

89

Stravinsky

90

Bogus

91

Church official

92

Nemo's creator

93

Habituate

94

Makeup line

95

Galathea et al.

96

Action movie weapons

97

Screening org.

98

Heel

99

CIO partner

100

Dundee denial

101

NYU rival

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3/27/22

THE FINAL FRONTIER

By Gary Larson and Amy Ens

ACROSS

1 Country that's about 24 times longer than its average width

6 Vendor's wagon

14 Online access cos.

18 Nixon's older daughter

19 It established Congress

20 PDQ, in the ER

21 Satisfied with one's work in the transporter room?

23 Miles "Sideways" love interest

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62 End of a warning

63 Weave

66 "Be silent," in music

68 Arch type

69 Phaser, slangily?

73 Tiny

74 Katniss' ally in "The Hunger Games"

DOWN

1 Makes with skill

2 Gender-specific pronoun

3 Less cordial

Sudoku

By The Mepham Group

Level

1

2

3

4

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

Solution to last Sunday's puzzle

3/27/22

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

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

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

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Gonzaga alumni prepare for upcoming baseball season

COMMENTARY

By DOMINIC PE BENITO

After an offseason that included numerous trades, shocking signings and huge contract extensions, excitement is growing around the upcoming Major League Baseball (MLB) Season.

However, with Gonzaga baseball playing well and the new season for the MLB approaching, one may wonder — who and where are some of our favorite GU baseball alumni today?

There are many Zags that have been drafted into the professional baseball, but many of them are still working their way through their respective farm systems and organizations to develop their game for their MLB teams.

On the other hand, GU has major-league representation from four active players: Marco Gonzales, Wyatt Mills, Taylor Jones and Eli Morgan.

Gonzales, better known as Gonzo, is a pitcher for the Seattle Mariners. After being drafted in 2013 as a first-round pick, he played with the St. Louis Cardinals until 2017 before making his mark as a starting pitcher for the Mariners.

Gonzales has made major impact for the Mariners rotation after posting winning records since 2018. His most notable season was 2019 when he went 16-13 with a 3.99 ERA, along with being named the Mariners MVP.

Gonzales was very vocal about wanting to pitch in a game in an interview with Daniel Kramer, who covers for the Mariners.

“No more lives,” Gonzales told Kramer. “I’ve thrown four lives already. Get me in a game as soon as possible.”

Gonzales did exactly that in his first start in the Mariners’ Cactus League opener as he went three innings and allowed only one unearned run.

Gonzales is coming off an up-and-down year as a forearm injury sidelined him last season but he came back for the second half with a 2.70 ERA and the Mariners won 10 of his last 14 starts.

As the main leader in the Mariners’ pitching staff, the 30-year-old starting pitcher is expected to have another consistent pitching year and have a double-digit win season as he mans the No. 2 pitching slot for the Mariners.

Mills is another GU alumnus who was drafted in 2017 as the 93rd overall pick in the third round by the Seattle Mariners. The hometown hero made his MLB debut on May 1.

Mills has only pitched in 12 games and has a 9.95 ERA in only 12.2 IP in the MLB, but he has shown a lot of potential in the minor leagues. In the MiLB, Mills has a career stat line of a 3.49 ERA in 126 games played.

Although Mills might be a low impact player for the Mariners’ bullpen staff, he has a lot of potential and his role on the team can change depending on his numbers later this season. He may keep fluctuating between the majors and minors this season, but he could remain on the Mariners’ pitching staff like last season.

His spring training has shown his potential as he has



PHOTO COURTESY OF THE SEATTLE MARINERS FACEBOOK PAGE

Seattle Mariners Starting Pitcher Marco Gonzales posted a 10-6 record with a 3.96 ERA during the 2021 season.

appeared in three games with a 6.00 ERA in three innings pitched with three strikeouts.

Another former Zag, Jones, has been a part of the Houston Astros since being drafted in 2016. The 28-year-old first baseman made his MLB debut in July of 2020.

Jones has only played in a total of 42 games in the past two seasons, his role has been limited. In 2021, he hit .245 in 102 at-bats while coming off the bench. His best month last season was in August where he hit .333 (15-for-45), but he tested positive for COVID-19 which sat him down for two weeks.

Jones shared to Alyson Footer, an editor for MLB.com, about his hopes of making the playoff roster after recovering from COVID-19.

“It was a bummer, when I woke up with symptoms,” Jones said. “Obviously, this is a time of the season where it’s crucial. Testing positive was kind of a bummer, but hopefully I can come back and get right back to it.”

Unfortunately, Jones fell short of making the playoff roster and had to watch his Houston Astros teammates play in the 2021 World Series.

Jones is expected to make the Astros roster this season and if he can stay healthy, he can make a positive impact in a limited role playing behind starting first baseman Yuli Gurriel.

This spring training, he has not seen so much playing time as he has only had three at-bats.

The fourth Zag to make an MLB roster was Morgan, who was drafted in 2017 by the Cleveland Guardians. The starting pitcher recently made his MLB debut in May 2021, where he remained in the rotation and ended with a 5-7 record with a 5.34 ERA in 18 appearances.

Morgan is currently fighting for a spot on the starting pitching rotation and his manager Terry Francona expressed his feelings toward Morgan’s upgraded physique to Paul Hoynes of cleveland.com.

“[Morgan has] gotten a little stronger, thickened up in a good way,” Francona said. “He’s an interesting guy. Especially if you’re looking early in the season for somebody to come in and throw three innings.”

Morgan can be expected to make the Guardians roster, but his exact role as a starter or as a relief pitcher is still up in the air.

The GU Baseball alumni are filling important roles for their respective baseball clubs and fighting for their roster spots. Each of these players have potential, but the jury is out on the quantifiable impact each will have on their clubs.

Dominic Pe Benito is a staff writer.

Men's rugby open to athletes of all skill levels

By SYDNEY FLUKER

The Gonzaga men’s club rugby team allows experienced and novice athletes alike to find their place on the field.

As rugby grows in popularity in the U.S., more athletes are giving it a shot. Likened to American football but in a way more varied, rugby is a contact sport played without pads. As the saying goes, soccer is “a gentleman’s sport, played by hooligans,” while rugby is “a hooligan’s sport, played by gentlemen.”

The GU team plays standard rugby 15v15s in the fall and 7v7s in the spring, meaning the number of players on the field at a time shrinks by about half while using the same field. The goal is to advance the ball down the field, with rucks determining who maintains possession of the ball after a tackle.

“Rugby is completely different [from football] in the fact that you need to be under control and have the right technique that’s going to get a tackler down safely and then get yourself back up as quickly as you can to contest the ball,” said GU rugby player and junior Isaac Katcher. “There’s a lot more self control that someone needs to exhibit in rugby compared to football.”

While the majority of players have little to no experience with the sport, it is widely accessible to athletes. Parts of rugby are similar to other popular sports, like offsidess and touching the ball down in the tri-zone.

“It’s very inclusive as long as there’s that aggressive undertone,” Katcher said.

The team actively recruits athletes of all abilities, setting up booths at club fairs and posting on social media. The team does not have cuts, so anyone can join.

GU senior Jack Nelson is captain of the rugby team and has played on the team all four years of college. Beginning rugby as a freshman in high school, Nelson joined the GU team to continue playing sports.

“There’s a really interesting culture about rugby, it’s something I was drawn to the sport for,” Nelson said. “People are very, very kind and welcoming.”

For a player’s first practice, team leaders will step aside with the player to work with them individually. In the beginning stages of a player joining a team, Nelson said the team makes sure they are connecting with other players outside of practice to help integrate them into the team.

“My experience has been very varied with COVID, but my freshman year was incredible,” Katcher said. “I was able to just come out for four hours a week, in the afternoon after classes and run around and do that physical activity that I needed. But at the same time, it just really helps me develop bonds with upperclassmen and other students at the school.”

Rugby culture values the team dynamic of the sport, even between opposing teams. A common rugby practice is both teams celebrating together after a game, which is Nelson’s favorite part about the sport.

“At the end of the game, you come together instead of going your separate ways,” Nelson said. “Even if the other team has to go... you

make sure you take some time at the end of the game to all come together in the middle of the field and share a moment and just appreciate what we went through together.”

When time permits, the home team will bring food and drinks for the visiting team to share after a game. According to Nelson, after a game all aggressive tackles are forgotten and players just get to hang out.

The team had to reorganize itself after coming back from COVID-19. The pandemic made it hard to recruit new players and spend time together outside of practice, but the team has been rebuilding itself with the help of a new coach.

“This past season was really great because we have this amazing new coach, Shotaro Egashira, and he brought all this rugby knowledge to our club and helped coach us and organize the team more than student-led leadership could,” Katcher said.

Egashira is a Japanese citizen and came to GU for the English as a Second Language (ESL) program, which he completed last month. Now, he is attending Spokane Falls Community College and hopes to pursue further education in coaching.

Egashira grew up playing rugby, competing for 12 years beginning in elementary school. A career-ending injury forced him to change tracks, and he was encouraged by his mother, teacher and head rugby coach to pursue coaching.

Egashira studied elementary education and sports coaching in college. Following

graduation, he coached rugby at the collegiate level for Hokkaido University and Kwansei Gakuin University.

“[America is] very different from the Japanese coaching style,” Egashira said. “I always talk with players and captains here, but in Japan I would never do that. Japanese players follow my coaching, but American players like to speak and talk with each other.”

While the cultural differences initially came as a surprise, Egashira enjoys coaching American rugby just as much as Japanese rugby.

“[His coaching] brought us within just a couple points from beating Western Oregon, who went on to take third in the Nationals for small schools,” Katcher said.

With GU’s rugby team, where an emphasis is placed on community, working as a team and communicating is a big part of their practices.

“This seems like much more of a team sport in the sense of communication — I need to tell you where I am, where I’m running, if I want the pass, if I want you to hold on to it,” Katcher said. “It just helps build bonds between teammates and me.”

While constant communication may seem distracting, Nelson said the team practices hard in the four hours a week they get on the field.

The men’s rugby team is always looking for new players and encourages athletes of all levels to give it a try.

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

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Meet GU's 'Vrieling' experience from the mound

From the Tri-Cities to completing GU's trifecta of pitchers, junior Trystan Vrieling delivers heat off the mound as the go-to Sunday starter

By TOMMY CONNOLLY

Every pitcher in baseball is a little different from one another. Some are ground ball pitchers; others rely on precise command and others simply overpower you with a deep arsenal of pitches.

Gonzaga University junior Trystan Vrieling fits into the third category. Vrieling has started the 2022 season on fire for the Zags, sitting second on the team in strikeouts while in full control of his entire arsenal of pitches.

"We always talk about when you get to two strikes you need to have that bulldog mentality," Vrieling said. "Thinking I have to get after this guy and trusting my stuff and what Coach Harmon calls and trusting that the stuff will play is a big part of it too."

That trust has paid off for Vrieling, as he's totaled 54 strikeouts on the year through 38 innings of work, placing him in the top 15 in Division I for strikeouts.

Vrieling has had four games of nine strikeouts or more on the season, with a season high of 13 Ks in five innings of play against nationally ranked Oklahoma State to help the Zags sweep the series in Stillwater, Oklahoma. The right hander has been huge for GU this season, as he's seamlessly slotted into the position as the Sunday starter.

"We knew our pitching would be one of the anchors of our team," GU head coach Mark Machtolf said. "Our weekend rotation of [Gabriel] Hughes, [William] Kempner and Vrieling have been great so far."

Coming into the season, Vrieling was behind preseason All-Americans Hughes and Kempner, leaving him without the preseason hype that the other two starters received. However, this did not deter Vrieling in his work ethic as the Sunday starter.

"I don't really view myself as the third guy," Vrieling said. "I view us all as being really good pitchers, I try to do my job and watching those guys do well motivates me to play well too."

Vrieling came in as the third arm in GU's weekend rotation that has given the Zags one of the most formidable rotations in college baseball. With Hughes and Kempner starting on Friday and Saturday for GU respectively, the three junior pitchers have helped lead the Bulldogs to one of its best starts in recent years.

"It is really a statement when we can throw Hughes out there on Friday," Vrieling said. "Then following it up with Kempner's unicorn stuff gives us a huge impact."

From Eastern Washington, Spokane has been a second home for Vrieling for most of his life. The Tri-Cities native and Kamiakin High School graduate committed to the Zags in 2018, giving him the chance to play just hours from his



EMMA PATENODE IG: @emmapatencode

Right-hand pitcher Trystan Vrieling won WCC Pitcher of the Week on March 14 after not allowing a single earned run in 13 frames of action on the mound.

hometown in front of friends and family.

"I love being in the Spokane area, it is basically where I have grown up being two hours away in the Tri-Cities and it has been a second home for me," Vrieling said. "Being so close to home and feeling a home crowd here in Spokane and having the availability to have my parents come up for a weekend series is a big comfort to me."

Vrieling started last season as a reliever for the Zags but has transitioned into a workhorse for GU this season. The junior's 38 innings pitched on the season is the most on the team, while his ERA of 2.61 is good enough for fifth on the team and second on the weekend staff.

Last summer Vrieling had the chance to hone his craft in the Cape Cod Baseball League (CCBL), the premier collegiate summer baseball league in the U.S.

The Tri-Cities native had the chance to pitch for the Bourne Braves of the CCBL and finished the summer with a 2-0 record and a 1.03 ERA. These statistics catapulted Vrieling onto the 2021 Cape League All-League Team.

"It is different pitching out there where every guy in the lineup is good," Vrieling said. "Here there are sometimes when teams have holes in their lineup, but all nine guys in the lineup are really good. Testing your stuff against every batter in the lineup really makes you focus and get better."

David Seifert of D1Baseball said that Vrieling had "one of the better breaking balls on the Cape this summer."

The Zags have gone 3-2 in Vrieling's starts this season, with one of the those losses coming after Vrieling had gone eight scoreless innings against Long Beach State

“

Being so close to home and feeling the home crowd here in Spokane and having the availability to have my parents come up for a weekend series is a big comfort for me.

Trystan Vrieling, junior right-hand pitcher at GU.

and struck out nine.

Despite losing the start against Long Beach State, Vrieling continued his run of consistent starts after a rough opening start against Oregon State. The right hander has settled into his groove and is using many different pitches to stifle batters at the plate.

"He has been outstanding when we have been trying to figure things out on offense," Machtolf said. "He has been consistent for us, and I think he'll continue to do that."

With the schedule beginning to get tighter for the Zags as conference season and mid-week games overlap, keeping arms fresh is paramount for GU. This tight schedule means a weekend series on Thursday instead of Friday for GU against conference foe BYU.

Machtolf stressed the importance of keeping Vrieling and the others pitchers healthy going into the conference slate.

"Trystan's pitch count was a little higher, but he's a big strong kid and I think he'll be able to bump up a day and do well," Machtolf said.

The day bump proved to be no problem for Vrieling on the road in Provo, as he went 6 and 1/3 innings and totaled six strikeouts and surrendered one run to help the Zags clinch the series win on the road.

The Bulldogs will continue to lean on their pillars of defense and pitching to take them as far as they can this season, with Vrieling right in the middle of the recipe for success for GU.

Tommy Connolly is a staff writer.

CAUGHT READING

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Zags outperform expectations during season

COMMENTARY
by DANIEL FORTIN

Just because Zags fans are feeling sad about the women's basketball team's loss to Louisville doesn't mean that this wasn't a great and memorable season for the team.

The women's team at the beginning of the season was ranked second in the West Coast Conference (WCC) standings right behind the talented BYU Cougars.

A lot of fans and analysts thought this Zags' team would not be as good as last year's team that was seeded No. 5 seed in the NCAA Tournament before losing in the first round to No. 12-seeded Belmont.

"I mean, a lot of people doubted us from the get-go," said junior guard Kayleigh Truong. "We just kept hearing like, 'Gonzaga is losing 50% of their scorers, rebounders,' which isn't wrong, but I think people believed that we weren't going to be as good as last year."

Kaylynn Truong talked about the preseason doubts ahead of an expected rebuilding year.

"We had a lot to prove, and I'm super proud of this team because we definitely did prove that we belong here," she said.

Highlight Games
The first impressive game this season was the first game against former No. 1 ranked Stanford as the Zags would keep that game close throughout the contest.

The defending champion Cardinal were held to 66 points. And despite GU being outmatched in terms of height and talent, the team showed a fight and edge where they only lost 66-62. But that fight and attitude would be prevalent throughout the season.

Another highlight game of this year was the WCC

Championship, where GU beat BYU by a score of 71-59. The Cougars were ranked No. 1 in the WCC the whole year and had two convincing wins over the Zags in the regular season. So, again the Zags surprised many with their toughness and never-give-up mentality.

With the win over BYU, the Zags booked a ticket to the NCAA tournament where they faced No. 8 seeded Nebraska. GU was again favored, but again, they proved the doubters wrong as they kept pace with the Cornhuskers and eventually pulled away from them in the second half as they won in a convincing 68-55 game. This was also the women's first win as the No. 9 seeded team.

Highlight Players
The Truong twins proved to be one of the most efficient backcourt duos, not only in the WCC, but in all of college basketball.

Kayleigh finished the season averaging 11.2 points, 3.8 assists and shooting an efficient 34.8% from 3-point land. She increased her point averages from last year by five points thanks to her increased workload, but nevertheless, she was the floor general for GU's offense.

Kaylynn also has an excellent year, averaging 10.4 points, 3.4 assists and shot 35.1% from deep. Like her sister, she increased her averages from last year by six points and was also an impact player for the team.

Forward Yvonne Ejim was another player who had a standout season, serving as one of the most reliable reserves for GU.

The sophomore vastly improved from her freshman year, finishing the season with an average of 10.1 points, 5.6 rebounds, 1.3 steals and 1.2 blocks per game.

Senior Melody Kempton



DYLAN SMITH IG: @dylansmit.h

Kaylynn Truong averaged 10.4 points per game this season.

was another player who needed to be highlighted. She not only lead GU in scoring and rebounds, but was a consistent force throughout the season.

The senior forward averaged 11 points, 6.3 rebounds and was awarded WCC Tournament Most Valuable Player after finishing with 15 points, four rebounds and three assists in the championship game.

"It's everything," Kempton said. "It's just all my hard work I feel like I put in year after year after year and just to see it pay off and to get that recognition ... feels great."

The Future
The future is interesting for the Zags as they lose Melody Kempton, Abby O'Connor, Anamaria Virjoghe, Cierra Walker and Kylee Griffen next year (four of whom were starters). "I just told them that I

love them," GU head coach Lisa Fortier said. "And they're leaving our program better than it was before they got there. I'm thankful that I got to coach them, which is all very true."

The question is who will step up, whether that be from returning upperclass women or younger faces. Freshman guard Bree Salenbien was player who showed a lot of potential before her leg injury so look for her to be a key player next year for the Zags.

Also, look out for the Zags to try to bring in top-level recruits and transfers for next season.

None of these options are guarantees, but the women's basketball team is in good hands because of players like the Truong sisters, Ejim and the brilliant coaching of Fortier.

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

GU SPORTS CALENDAR

Thursday, March 31

➡ Track at Mike Fanelli Classic, San Francisco, all day.

Friday, April 1

➡ Track at Mike Fanelli Classic, San Francisco, all day.
➡ Track at Hayward Premiere (men only), Eugene, OR., all day.
➡ Track at Stanford Invitational, Palo Alto, CA., all day.
➡ Women's tennis at San Francisco, 11 a.m.
➡ Men's tennis vs. San Francisco, 2 p.m.
➡ Women's soccer vs. Trinity Western, 2:30 p.m.
➡ Baseball vs. Pepperdine, 6 p.m.

Saturday, April 2

➡ Track at Mike Fanelli Classic, San Francisco, all day.
➡ Track at Hayward Premiere (men only), Eugene, OR., all day.
➡ Track at Stanford Invitational, Palo Alto, CA., all day.
➡ Women's rowing vs. Washington State (4V/Novice), all day.
➡ Women's tennis at Santa Clara, CA., 11 a.m.
➡ Baseball vs. Pepperdine, 6 p.m.

Sunday, April 3

➡ Men's tennis vs. Santa Clara, 2 p.m.
➡ Baseball vs. Pepperdine, noon.

Monday, April 4

➡ Women's golf at The Brickyard Collegiate
➡ Men's golf at Wyoming Cowboy Classic, Chandler, AZ., all day.

Tuesday, April 5

➡ Baseball vs. Washington State, 6 p.m.

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Darrien (left), who is behind our famous COG Salmon, and Sandy (right), our Catering Supervisor just celebrated their work anniversaries. Darrien has been with us for 7 years and Sandy has been with us for 6 years!