

The Gonzaga Bulletin

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School of Nursing wins \$169,000 Grant

The money will go to supply new medical equipment, including a Doppler ultrasound and pediatric simulator

By AMELIA TRONCONE

Gonzaga University's School of Nursing and Human Physiology received a \$169,000 grant from the E.L. Wiegand Foundation to purchase training equipment for nursing and human physiology students.

The grant allowed the school to purchase 13 pieces of equipment, including ultra-low temperature freezers and refrigerators, a Doppler ultrasound and a pediatric simulator.

Ryan McCulloch, chair of the human physiology department, said he believes that the new tools put GU's nursing and

human physiology department ahead of other undergraduate programs. Students will be exposed to unique learning opportunities, according to McCulloch.

"To get a chance to use this type of capable equipment as an undergraduate is a pretty novel experience," McCulloch said.

Along with the purchased equipment are handheld ultrasound machines, allowing students to perform ultrasounds on themselves and a real-time polymerase chain reaction unit that allows students to perform DNA research.

The two technologies provide students with new modalities and teaching styles,

McCulloch said, which lead to a more robust understanding of the structures they have learning about.

"The pieces of equipment we obtained through the grant are instrumental in the education of our students," McCulloch said.

McCulloch also believes that this equipment will encourage more students to conduct research in the anatomy and physiology realm.

"I think that it is very appealing to most students in our program to be able to interact with stuff that's really only seen in very high-end research labs," McCulloch said. "To get to do that as part of their curriculum is a really neat opportunity."

According to an impact report written by the School of Nursing and Human Physiology, the new equipment has benefited over 180 nursing students, future scientists, medical professionals and other health practitioners.

Most of the equipment was installed prior to the fall 2021 semester and has been phased into classrooms ever since. Two student projects that used the new Doppler ultrasound technology were submitted for presentation to a regional conference in February 2022, the report said.

SEE GRANT PAGE 3

SASU strives for student-made community

By MARISSA CONTER

One of the most universal values of those at Gonzaga University is the emphasis on community. That is what first-year students Deeya Chandran and Anisa Grewal aim to create for South Asian Zags with the formation of the South Asian Student Union (SASU).

Chandran and Grewal got the idea to start the club in October, when they were celebrating Diwali. Also known as the Festival of Lights, it is a five-day celebration of the triumph of good over evil. It was during that time that they noticed there wasn't necessarily a place for everyone who celebrates their culture to gather.

"There is definitely enough of us to create that space," Chandran said.

They began talking with the Unity Multicultural Education Center (UMEC) about their interest in starting a club for South Asian students, similar to other cultural clubs on campus. It was during this early stage of planning and promotion that senior Kaitlin Le became involved.

"I work at CSI [Center for Student Involvement] and by chance I was the one printing posters to advertise," Le said. "I was like, 'no way, this is really cool.'"

Le has been involved with cultural clubs like Asian American Union (AAU) and Filipino American Student Union (FASU) since her first year at GU.

Chandran and Grewal are planning for the club to meet biweekly on Wednesdays, however they are still



MAKOA DE ALMEIDA IG: makoadalmeida

SEE SASU PAGE 3 Founders Anisa Grewal (left) and Deeya Chandran (right) participate in tabling inside the John J. Hemmingson Center.



COURTESY OF JEFF DODD

Students have the opportunity to travel to Zambezi, Zambia for study abroad.

Zags around the world

Study abroad gives students cross-cultural education

By BRADLEY SAUVÉ

Though Gonzaga in Florence might be GU's longest standing and most popular study abroad program, it is far from the only option for students looking to broaden their horizons overseas. In the summer, two such programs sponsored by GU's Department of English are Gonzaga in Zambezi and Gonzaga in Literary Ireland.

The Zambezi trip, which brings students to northwest Zambia in southern Africa, roughly aligns with Summer Session 1 from May through June, while the Ireland program runs during Summer Session 2 in July.

Gonzaga in Zambezi participants head to Zambia for about a month, primarily to engage with the community around the Zambezi River.

"The trip is based on the Jesuit posture

of accompaniment, to walk alongside, to understand, support and advocate for communities, often on the margins," said professor Jeff Dodd, leader of the program.

Students' service is dependent on what the community needs, as well as the students' own skills. Activities in the past have included working in local schools, shadowing medical professionals in the local hospital, working to develop kids' athletic skills, teaching computing skills, home first aid and business and leadership principles.

Students will also have the opportunity to gain six credits through Intercultural Experiences on Leadership (LDRS 355, a global studies course) and The Writing Traveler (ENGL 305, a writing enriched course).

Students have the chance to partake

SEE ABROAD PAGE 3

GU furthers social justice with health equity minor

By KATE SULLIVAN

Gonzaga University's College of Arts and Sciences introduced a Health Equity minor last fall to offer students interested in health sciences and public health an 18-credit social justice-based curriculum.

The program, open to all undergraduate students, integrates lower division coursework in sociology and solidarity and social justice, as well as experiential learning courses including internships and praxes and a host of electives from the Health Professions Pathways Program, known colloquially as the pre-medical program.

Andrea Bertotti, chair of the sociology department and director of the social justice and solidarity minor, is the director for the health equity minor. Bertotti, in addition to Kevin R. Measor, lecturer of biology, were the faculty who led the implementation of the minor in the fall.

Bertotti said the minor was a result of her own reflection years ago.

"The minor is helpful for students who both want to go into applied health care careers, so [a] doctor, nurse, physical therapist, etc., because it will offer those folks a nice foundation for understanding their patients as humans within social context..." she said.

Students pursuing the health equity minor do not need to be on the pre-medical track. Bertotti said that because health equity is one component of social justice, anyone interested in enacting social change would be well-suited to the program.

Students in the health equity minor come from a variety of different majors. Yet, Bertotti said she was able to gauge interest best from her own students.

"I had Dr. Bertotti as my advisor and I went to her to meet with her about classes for the next semester and I said 'I don't love my [political science] class and I'm

really interested in public health,'" said Zia Meyers, a sophomore studying sociology.

According to Meyers, Bertotti suggested Meyers think about the health equity minor because it fit her interests.

Meyers hopes to work in the nonprofit sector or in community organizing. With that end-goal in mind, she said she appreciated that the minor offered more than only sociology classes.

"I'm really excited to take the medical Spanish class that's offered and the health economics, because I took [economics] in high school and really enjoyed it," Meyers said.

Maddy Rose Lennon, another sophomore sociology student, echoed the benefit of incorporating diverse expertise to resolve a complex issue.

She said that in addition to medical professionals, politicians who write policy can be trailblazers in public health, as well as economists, sociologists and many others.

Lennon said that when she took HEAL 475, Community Organizing for Health Equity, she realized the minor could complement any major, including political science and economics.

"Generally, we think of health as either something that happens to an individual through their choices or their access to health care and what this health equity program offers is a look into the structural, cultural and other social forces and how those create health disparities," Bertotti said. "If we're looking at the social causes of health, we can actually address those, whereas if we're just looking at the individual then we're just going to act downstream. We need to go upstream."

Bertotti's attitude resonated with Lennon, who characterized modern American health care as a temporary solution. She said the minor's more

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JANNA PRICE IG: jannapricephotography

Senior Cole Forsman, a journalism and sports management major, caps off his four years at the Bulletin as the editor-in-chief.

Meet Cole Forsman: Spring editor-in-chief

The Washington native hopes to do an "egg-cellent" job this semester to capstone his time at GU

By KAELYN NEW

During his final semester at Gonzaga University, Cole Forsman is stepping into his role as the editor-in-chief (EIC) of the Gonzaga Bulletin for the spring 2023 semester. Forsman, a senior from Shelton, Washington, is a journalism and sports management double major with a minor in public relations.

Driven by a love for sports and writing, Forsman began writing for the Bulletin during his first year at GU. Since then, his passion for sports journalism has grown exponentially, shaping into a career. Now, Forsman hopes to push the Bulletin to fairly represent the voices and ideas on GU's campus while fostering an inclusive workplace community.

Gonzaga Bulletin (GB): How did you get into journalism?

Cole Forsman (CF): I got into journalism because I really like sports and in high school, and I was a fairly good writer, I felt like. So, I kind of just combined my love for sports and writing and I learned more through my coursework here at Gonzaga about what journalism is all about.

The more I studied it, the more I got involved with the Bulletin and got hands-on experience, the more I really felt like a true student journalist at that point. Whereas when I came into Gonzaga, it just felt like a "maybe," or something I might want to do.

I guess it came out of the passion for two different [things]— writing and storytelling. And then for sports. Now it's so much more than that.

GB: What are your major goals for this semester at the Bulletin?

CF: For our readers, my goal is to always provide them with news that impacts them on a daily basis. I want to make sure that we're representing every group on campus fairly and that we're representing all different perspectives and backgrounds and learning from each other.

I think internally, for our staff, I also have goals for them to realize that there's a lot of opportunity out there with working with the Bulletin. This is a great place to work.

My overall goal is to just make the Bulletin a better place than what it was when I first got in, and everybody, all the EICs before me have done such a great job making it easy for me to come in and build off what they've done.

GB: You were one of the sports editors last year. How did that experience contribute to your time at the Bulletin?

CF: Yeah, so being sports editor — obviously I like sports — but I think it allowed me to talk to a lot of people and build good connections and start from there to grow my network here at Gonzaga to the point where now, as editor-in-chief, I can count on people. I have sources for things.

As a sports editor you learn — or just as a section editor in general — you learn some valuable things [like] time budgeting, planning, all that good stuff, but also finding stories that connect with the community. It laid the foundation for what I want to be as a journalist and the kinds of stories I look for.

GB: What has been your favorite memory from

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My overall goal is to just make the Bulletin a better place than what it was when I first got in, and everybody, all the EICs before me have done such a great job making it easy for me to come in and build off what they've done.

Cole Forsman, spring editor-in-chief for The Gonzaga Bulletin

working at the Bulletin?

CF: The one that sticks out the most to me is the first day I was officially hired as a staff writer in my freshman year. I had just written an opinion story, a commentary about [student] athletes being paid and why I thought it was a good thing. At the time, that wasn't a thing. Obviously, everybody wanted it, but that's beside the point.

The managing editor of the Bulletin at the time, Ian Davis Leonard, really liked that story. He came up to me and he wanted me to be a staff writer. Just being recognized in that way meant a lot to me and obviously kick-started my career here.

GB: What's your favorite story that you have written?

CF: My favorite story that I've written was a feature on Rasir Bolton, the men's basketball player from last year. It was over the phone, so I unfortunately didn't get to talk with Rasir one-on-one, but he just seems like a really cool guy. He is so humble.

I learned a lot about the challenges that athletes go through with moving around and whatnot and overall, I just think it was a well-rounded story.

I talked to his dad, which was great. I've never, in any of my interviews, talked with a source's family members and whatnot, so that was cool.

GB: What are your hobbies outside of the Bulletin?

CF: I like watching sports just for entertainment outside of the Bulletin itself. I do like to stay active and work out, hang out with my friends, go on adventures with them and yeah — that's about it.

GB: Who do you look up to and why?

CF: I honestly look up to my mom the most, probably. You know, she taught me how to be strong and independent and to sort of face adversity head-on. She's always been there to support me.

She's always encouraged me to do my best and I try to do that with my friends and my other peers. I try to help them be at their best because she's always done that for me and it's helped me a lot through my life. Just the special bond that I have with her is awesome and she is the one that I look up to the most.

GB: What is your favorite sport to watch and which team are you a diehard fan of?

CF: I'm going to say football. I'm a Zags basketball fan;

it's inherent coming here. But I'm a Minnesota Vikings fan, too. It's sort of a family thing to root for them.

So, I've been just a diehard Vikings fan ever since I was probably in the fourth grade.

GB: What is the most important lesson you've learned over the past four years?

CF: I'd say to always have an open mind. That's what college is all about. You're going to meet people that come from different backgrounds that have different experiences than you. Have an open mind and be willing to challenge yourself in that way.

Be open to new experiences, to new people, because that's really how we better ourselves as people every day. That's how we're more courteous to each other, how we're more understanding and empathetic: if we're open to new ideas and experiences.

I think that's in our line of work as well. We're journalists. We're supposed to know a lot about everything. If I could tell my freshman self [one thing] that is to never be afraid and to have an open mind.

GB: Most importantly, how many eggs are in your fridge right now?

CF: I'd say there's probably 20 right now, which is about half of what there normally is — I will admit that. Look, Costco has great deals. They have really great deals. Buying eggs in bulk is smart, OK? Eggs don't expire quickly like other products do. It's a great source of protein and fat.

I had chickens growing up, so you know what? A lot of my breakfasts as a kid were fresh farm eggs and maybe a part of me still misses that and I will never get that at Gonzaga.

I'm a student, so you know what I'm going to keep eating? The eggs. Yeah, I have a lot. I know it's weird sometimes to see, but you know what? It is what it is.

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new.

Cole Forsman is the editor-in-chief. Follow him on Twitter: @CGForsman.

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Get involved: How to find the club for you

A guide to speed-dating different campus organizations at the upcoming club fair

By MARY SHERDEN

Gonzaga University's biannual club fair is returning to the John J. Hemmingson Center Ballroom to showcase the many different clubs on campus. On Feb. 3, from 10 a.m.-2 p.m., GU students will be welcomed to walk through the rows to view nearly 140 clubs, organized alphabetically.

The club fair is organized by Gonzaga Student Body Association (GSBA) involvement coordinator, junior Kainoa Evans, who said his participation in various clubs was well worth the extra responsibility and time management.

"[Joining clubs] was the best decision I think I've ever made because it gave me the opportunity to discover what I was passionate about and discern what I want to do post-college — occupationally or just for fun even," Evans said. "GSBA for example — I never thought it would turn into an employment opportunity, but two years later I'm employed and I'm able to get professional experience. It's been a really great opportunity and I can't recommend it enough."

Specifically, as involvement coordinator, Evans' responsibilities include organizing fall and spring club fairs and communicating with all club presidents. He advises club fair attendees to make the most of their experience and chat with the club representatives at each table to understand the group's values and potential time commitment.

Among these clubs is Setons, a service club made up of sophomore girls. Named after the first American-born saint, Elizabeth Anne Seton, the club has celebrated the pillars of sisterhood, leadership and service since its establishment in 1951.

"I didn't know anyone coming into Setons and now I feel like I have a whole new community of 30 new friends — plus the upperclassmen play a huge mentorship role as well," said Maddie Ediger, president of Setons. "There's something special knowing that this has been a club on campus since the 1950s, and you are now a part of that history."

Setons serves the Spokane community through weekly and monthly volunteering projects and has worked with other Spokane community organizations like the Hutton Settlement and Boys and Girls Club.

Another club featured at the club fair will be GU's Mutual Aid Club.

The president of the Mutual Aid Club, Haydon Ramirez, said he really enjoys seeing peoples' enthusiasm



BULLETIN FILE PHOTO

Club representatives gathered along Bulldog Alley for the club fair in the fall.

at the club fair and appreciates the chance to start a dialogue. Last spring, he founded the Mutual Aid Club with fellow senior, Anthony Maucione, with the intent to combine service with political education. New members are encouraged to bring their passions and skills to the club to find new ways to serve the underprivileged members of the Spokane community.

"Something that's unique about our club is that there are so many ways to get involved," Ramirez said. "We like to push the idea to give what you can [and] do what you're comfortable with. There's room for everybody here and we want to create a space where people can be themselves as individuals —but we can also mutually collaborate."

Though the Mutual Aid Club is fairly new to GU, Ramirez is inspired by the community that has already formed between members.

Those with an idea for a new club are encouraged to attend upcoming informational sessions that will take place Feb. 1 at noon and Feb. 2 at 5 p.m. in Hemmingson 312, and will be led by GSBA's Director of Clubs and Organizations, Damon Little.

"We have over 140 clubs on campus right now, but if

there's a passion that you're interested in, there's probably a chance that other students are interested as well," Little said. "It's always awesome to be the one to create that space for students to partake in and being the founding member of a club always looks really great on applications and resumes."

Applications for new clubs are due on Feb. 12, after which they will be reviewed by a committee of five GSBA senators and Little. The dean of student engagement is the last person to approve any potential club. This process is estimated to take a few weeks after the application is due.

If students are interested in getting involved on campus, visit the upcoming club fair next Friday or go to www.zagactivities.com for more information.

Mary Sherden is a staff writer.

SASU

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determining the regular meeting time.

"Right now, our focus is more on spreading the word," Grewal said. "We have a good amount of supporters and allies which is great, but we also want to reach the South Asian population on campus."

Meetings will be more laid back initially, serving as a space for people to hang out and get to know each other with some smaller activities throughout.

"We have a couple ideas for events planned," Chandran said. "Some of them are bigger events around South Asian festivals that are culturally very big, and other smaller things, like we want to do some Bollywood movie nights and to try to incorporate something with food."

The founders have two main objectives with SASU. They aim to cultivate a safe space and community for South Asian students to gather and celebrate their culture, as well as give non-South Asian students the opportunity to learn more about their culture.

"We haven't previously had that designated space for South Asian culture," Grewal said. "Honestly, we haven't even met a lot of other South Asian students yet so we're hoping that through this we can meet and get to know each other."

Le echoed the importance of cultural clubs to GU's community, emphasizing the sense of belonging it creates for students of color and for all students to learn to be better allies.

"I just think it's really cool that they [Chandran and Grewal] saw something they felt was lacking in the GU community with South Asian representation," Le said. "I don't see a lot of things like this happening by freshmen and I admire that they just went for it. I think that's really cool and pretty inspiring for a lot of people."

To those who are interested, check out gonzaga.sasu on Instagram.

Marissa Conter is an A&E editor. Follow her on Twitter: [@marissaconter](https://twitter.com/marissaconter).

HEALTH

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holistic understanding of health care is valuable.

"We're patching people up and sending them back out," Lennon said. "What can we do outside a hospital and doctor's office?"

Lennon will graduate in 2025 and hopes to become a health policy advisor or epidemiologist. She said she would also like to intern at the Spokane Regional Health District or CHAS Health downtown, which provides services to those experiencing homelessness in Spokane.

"On a broader scale, we saw the COVID-19 pandemic hit and public health was in high demand, on high alert," Meyers said. "It's interesting to see the response to that and also, in response to that, how there was somewhat of a lack of social solutions to these broader social problems that were exacerbating the

pandemic rather than trying to solve it."

Although minor steps could be taken to alleviate this, Meyers said that it was somewhat unavoidable that marginalized populations were hit harder by COVID-19. Her main operative in pursuing public health is to deconstruct this inevitability in future situations.

"We guarantee life, liberty, and the pursuit of happiness," Lennon said. "We have to guarantee health, as well."

To learn more about specific course requirements, visit the current course catalog for the College of Arts & Sciences.

Kate Sullivan is a news editor.

ABROAD

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Students have the chance to partake in the typical Zambian tourist experience through activities like visiting Victoria Falls and going on a safari. Dodd said he looks forward to the relationships built between Zags and the Zambezi community.

"We spend the bulk of our time in the community so that we get to actually know Zambians, understand a little bit of their lived experience," Dodd said. "It's an experience and a location that very few Westerners and Americans have the opportunity to experience."

Farther north, Gonzaga in Literary Ireland exposes students to a wide variety of cultural experiences in Ireland, specifically regarding the island nation's rich traditions of literature and theater.

Students on this journey focus on the works of Ireland's most prominent and influential dramatists, fiction writers and poets. These works also provide a greater understanding of Ireland's history, as many of them are

rooted in events like the Easter Rebellion of 1916 and the longtime conflict in Northern Ireland.

Trip leader Ingrid Ranum said she believes that students will appreciate the unique balance of the class between the students' studies and their experience outside of the academic field.

"It's going to be a really rich, really rewarding experience for all of us," Ranum said. "To live and exist in the landscape and the language, the dialect, is something uniquely world-broadening."

Classes and related activities for the two courses offered on the trip will be held from Tuesday to Thursday, leaving the students a generous amount of time to explore Ireland on the weekends.

The trip will bring students through Dublin, Galway and Belfast, a city in Northern Ireland.

Galway, located on the western coast of Ireland, is famed for its Galway Arts Festival, a two-week artistic extravaganza that students will be able to attend. The festival features presentations of theater, music, dance and visual arts, among other mediums.

Like Gonzaga in Zambezi, this trip offers two classes: ENGL 305 and Twentieth Century Survey (ENGL 285 or

350, global studies courses).

The application deadline for Gonzaga in Zambezi is Jan. 31, while the Literary Ireland application is due by Feb. 1. For students interested in programs during the summer 2024, plans are underway to carry out Gonzaga in Zambezi and Gonzaga in Literary London.

Gonzaga in Literary Ireland is open to all students with a minimum 2.5 GPA and clearance from the Office of Community Standards and the Study Abroad Office. Gonzaga in Zambezi requires a 3.0 GPA and clearance from both the Resolution Center for Student Conduct and the Study Abroad Office.

Dodd said regardless of when or where students study abroad, the programs offer great value in personal development, academic experience and cultural understanding.

"[Study abroad] expands our perspective on the places we might call home and invites us to be more thoughtful, sometimes more critical about our assumptions about the world," Dodd said.

Bradley Sauvé is a staff writer.

GRANT

Continued from Page 1

Jeff Geldien, assistant vice president of Major and Planned Giving, said that the grant has been crucial for helping nursing and human physiology students train for their future careers.

"[Students] need to have the most contemporary equipment and experiences so that they're best prepared to enter the workforce," Geldien said.

The school applied for the grant during the height of the COVID-19 pandemic, which Geldien said was significant because it showed the importance of strengthening the nursing and human physiology programs.

"It was a time in society when it was very dark, but we were all seeing how important our health care workers were to us," Geldien said.

This is the fifth grant GU has received from the E.L. Wiegand Foundation, a nonprofit that funds grants at educational institutions in science, business, fine arts, law and medicine. GU has a long history

with the foundation, according to Geldien, that dates back to 1998 when GU was awarded a grant for the renovation of Hughes Hall.

Geldien credits President Thayne McCulloh for maintaining GU's connection with the foundation over the years. He also said McCulloh has been extremely supportive throughout the grant process, which is something that is not often seen at big universities.

"President McCulloh has been a key player in keeping this relationship solid and very positive for us," Geldien said.

The grant and its positive impacts on students are demonstrative of GU's ongoing commitment to health care education and human affairs, according to Geldien.

"This grant helped enhance our equipment that's needed for students to get the experience they need to be able to enter the market," Geldien said. "So, this really just bolstered [the] Gonzaga School of Nursing and Human Physiology student experience."

Amelia Troncone is a staff writer.



EMMA PATENODE IG: emmapatenode

The School of Nursing uses contemporary equipment to simulate real-world patient care.

Costco — super superstore or mediocre marketplace?



Spectacular Place to Shop

By ANTHONY MAUCIONE

Shopping can often be a tedious task for many and has become increasingly more expensive as prices on several essential and nourishing food rise. While no company can completely eliminate all the hassle of shopping or prevent price gouging from corporate monopolies, Costco stands out in its services among large companies.

Taking trips to Costco with a parent or a friend who has a membership card can be a huge blessing. These giant stores have everything you need, including clothing, electronics, food essentials, furniture and even books and movies. A vast range of products helps people, especially those who work extensively, reduce the

number of shopping trips one needs to take which ultimately adds a great deal of convenience to people's lives.

Plenty of the items sold at Costco also come in bulk which adds to the convenience and ease of shopping, especially for families and feeding large groups. Buying in bulk, when done efficiently, can also help lower costs overall one spends on groceries. The prices for a large portion of its selection are fairly affordable too. I remember growing up and going on Costco trips with my parents and being able to get nice shoes for \$15 which even rivals prices at thrift stores. However, some of the best parts about Costco are involved in the simple experience of it all.

The joy of sampling food and trying to go back for more each time is unmatched. Even the tasty hot dogs, which will stay priced at \$1.50 for the next millennium, or a pizza slice one gets to enjoy there makes the whole trip to Costco worth it.

On top of everything else, Costco as a company pays its workers fairly well compared to most other chains which only adds to the quality of such a business. Costco sets a great example in several categories which other companies can certainly learn from.

Anthony Maucione is a staff writer.



Consume Conspicuously

By ANDERS SVENNINGSEN

Don't get me wrong — I'm not a Costco hater. I'll firmly uphold the \$5 rotisserie chicken is about the best (yet also worst) thing provided to humanity by our globalized industrial supply chain. And I'll never turn down a sample when strolling through three-story steel wrought aisles piled with pallets. But Costco isn't the magical shopping center worthy of adulation as many assert it to be — in fact, it's far from it.

Let's start with the crowds. I've pulled into the Costco parking lot at 10:30 a.m. on a Tuesday, and it was still packed. Not only that, but it was also troublesome finding a spot — and for some reason — a cart. It seems the population of Spokane has simply made it their sole duty to assure Costco is

never, ever, not bursting with people.

Navigating a cart in those aisles is a tremendous hassle when there are 50 other patrons vying for the same bananas.

Which raises another issue, selection. I understand it's a buy-in-bulk facility effectively reducing costs by maximizing product and minimizing selection. But I still find it lacking. I always leave with items on my list unfulfilled because I couldn't justify buying \$20 worth of razors.

Selection never varies either — consistency is king. But consistency breeds mundanity, and frankly, Costco could spice it up a bit. I find myself excited when they add a singular new product to the mix, after months of the same old stuff.

Then there's my grievance with what its model represents.

The consumerist mindset is deeply ingrained in the fiber of the store. Their facilities further abhorrent treatment of animals, factory workers and pollutive qualities all too familiar in this age as cutting consumer costs is the top priority. \$5 chicken is incredible, but think about the quality of life for the thousands of chickens pumped out of Costco's broilers, or the working conditions of those fabricating \$15 shirts for pennies on the margin of what you'll pay.

So the next time you cram into the excessive throng beneath those alluring fluorescent lights, think about the real costs of your trip to Costco.

Anders Svenningsen is an opinion editor.

Forget UFOs, earthlings are far more interesting

When we think of aliens or extraterrestrial life, we often think of little green men in flying saucers from outer space. Though this could very well be what they end up looking like, the odds of that being the case or them being from Mars are fairly low.

That being said, we may have already been visited by alien life. Just look at those videos of UFOs taken by Navy fighter pilots that were released by the Pentagon not too long ago. Or what about the numerous sightings throughout history like the all too famous ones over Roswell, New Mexico? That has to be definitive proof of alien life, right? Well, maybe not.

All too often when we look up at the night sky and see something unexplainable we jump to conclusions and cry "UFO", and while we would be right in correctly identifying the mystery objects, it's wrong to assume it is extraterrestrial in origin.

Most civilian sightings of UFOs are often just aircraft seen from odd angles or brand-new experimental military aircraft no one has seen before. As for the objects recorded by the Navy, those were likely exhaust plumes reflecting off the water. This would explain their heat signature, erratic movement and speed.

Though how could we talk about aliens and UFOs without mentioning Area 51, the super top-secret military



By ANDREW LÖF

facility that supposedly holds proof of alien existence? An area that is so secretive you can look it up on Google Maps and Google Earth — everyone knows where it is. The truth behind Area 51 is disappointing, but has a very cool history on its own.

Area 51 is a top-secret facility for testing and designing experimental military aircraft. This is where the SR-

71, the supersonic unkillable CIA spy plane first flew as well as America's first stealth aircraft, the F-117 Night Hawk. And who could forget the B-2 Spirit? An aircraft so stealthy that it's invisible to radar detection systems. It too had its maiden flight at Area 51. These aircraft are far more fascinating than any grainy footage of a UFO we've captured at any point in time.

Now, one might counter "but there isn't a single government document that officially mentions Area 51, so they must be hiding more than just some weird-looking planes." Well, that would be because its official name is Groom Lake Airport and all official documents denote it as such.

While it's disappointing that in all likelihood aliens haven't visited earth, don't let that dash your hopes of discovering E.T. With how large the universe is the odds that there isn't another intelligent species out there is slim to none and to quote Carl Sagan, "If we are alone in the universe, then it is an awful waste of space."

And fun fact, Carl Sagan was on a secret military project to nuke the moon. Project A-119, look it up. Humanity's approach to space might be more absurd than any aliens you'd be likely to meet.

Andrew Löf is a contributor.

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GU's power over WCC is waning

For as long as most Gonzaga University students can remember, the men's basketball team has ruled over the West Coast Conference with an iron fist.

The Zags have won 20 WCC Championships since 1995, and in recent years, some have even suggested the program join a "more challenging" conference. GU reportedly engaged in talks with the Big-12, Pac-12 and Big East in the past year, but an agreement was never announced.

The decision to leave the WCC might seem like an obvious one, however the Zags' performance in conference play so far this season raises questions over whether it's the right move.

Five of GU's (17-4, 6-1) seven WCC matchups ended within single digits, most notably the team's 68-67 loss to Loyola Marymount last Thursday. That game snapped the Zags' 75-game home winning streak and was the Lions' first win in Spokane since 1991.

GU responded with a less-than-convincing 99-90 win over Pacific in Stockton on Saturday, which was the most points the Zags had allowed since their 100-90 win over nationally-ranked Alabama on Dec. 17.

Simply put, for a conference that is supposedly "too easy" for the Zags, the WCC has been anything but a cakewalk.

GU dropped from No. 6 to No. 14 in the Associated Press Top 25 poll released Monday, while Saint Mary's debuted in the national rankings at No. 22.

The Gaels sit alone atop the league standings with a 7-0 WCC record, which is noteworthy considering GU has won the conference's regular-season title in 21 of the past 22 seasons.

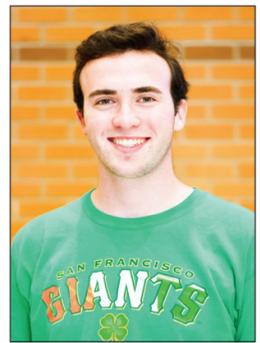
Although the Zags and Gaels won't face off until Feb. 4 in Moraga, California, ESPN gives Saint Mary's a 66% chance of winning. It's hard to recall the last time GU was expected to lose to a conference opponent, but it indicates a shift in the WCC's power structure, with the Gaels threatening to join the Zags at the top.

The last time GU visited Saint Mary's, Mark Few's squad fell 67-57 in the 2021-22 regular-season finale.

The newest villain in this year's rivalry showdown is Saint Mary's guard Aidan Mahaney, who has been named WCC Freshman of the Week seven times this season. He was last given the award on Monday after scoring 20 points in his team's most recent win over Santa Clara.

That's a stark contrast to GU, as none of its freshmen have played a minute of college basketball. If that remains the case, this year's WCC All-Freshman Team won't feature a Zag for the first time since 2013-14.

Instead of a standout newcomer, GU relies on senior forward Drew Timme, who scored a career-high 38 points against Pacific and was recently named to the Wooden Award midseason top 25 watchlist.



By HENRY KRUEGER

The Zags' Timme-centric offense has proven lethal when effective, but when it's defended well, GU's scoring production often dries up. That happened in last Thursday's loss to the Lions, who held Timme to three points until midway through the second half.

Several other WCC opponents have limited Timme, as he shot 38.8% from the field during a three-game road trip from Jan. 5-12.

The increased attention on Timme combined with GU's declining defense has enabled opposing teams to build early leads. The Zags are 89th in adjusted defensive efficiency by KenPom, the program's worst ranking since 2006.

In its win over Pacific, GU allowed more points per possession than it did against Alabama, Baylor, Xavier Kentucky and Michigan State.

There's only been one game in which GU gave up less than a point per possession against a conference opponent.

While this may seem surprising, perhaps all the emphasis placed on GU's nonconference slate caused fans to overlook the rising level of competition in the WCC.

Last year's NCAA Tournament featured three WCC schools for the first time since 2012, and with the way this season is shaping up, achieving the same feat doesn't seem out of reach.

As the Zags play their final 10 games before the WCC Tournament, let's stop spreading the outdated narrative that GU's conference schedule is a cakewalk.

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

Drama film 'The Whale' swims in suspiciously shallow waters

Content warning: Mentions of eating disorders

REVIEW
By KAELYN NEW

When I saw that the beloved Brendan Fraser was finally reappearing in cinema after years of hiding from the limelight, I could barely wait to get my hands on a ticket to see Darren Aronofsky's "The Whale" in theaters.

I was disappointed to say the least. Having been a fan of Aronofsky's previous work including "Black Swan" and the polarizing "mother!," I anticipated "The Whale" to have at least some resemblance to his previous horrifying and insightful films.

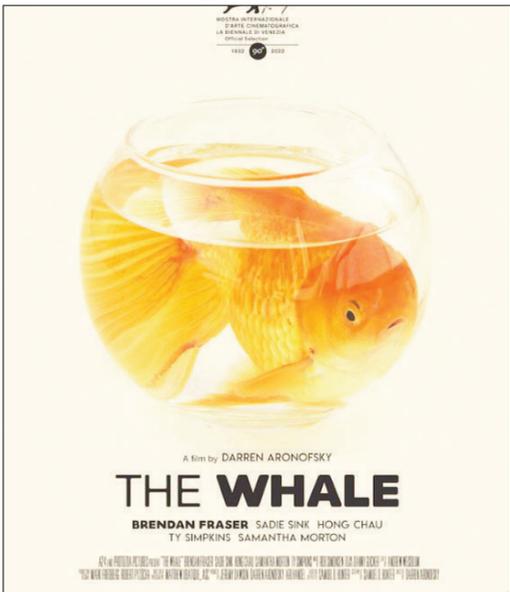
What is the horror element that Aronofsky brought to the table in "The Whale," you ask? The horror of the film is predicated on obesity. The scariest parts of the film depict a man dealing with binge eating disorder.

The most intense, seat-gripping moments of the movie reside in a grotesque and out-of-touch montage of 600-pound Charlie, played by Brendan Fraser, engulfing two pizzas and a load of chips and bread matched with tense, unsettling orchestral music.

I get it — Aronofsky was trying to depict the tragedy of someone who is lost and searching for meaning, a sentiment that should ring some heart bells — but the film was composed in poor taste.

Aronofsky has been, at times, on the nose with the allegorical meaning of his work. In "mother!," he does not shy from biblical symbolism. In "The Whale," the allegory, being one of "Moby Dick," is revealed within the opening scenes, making the rest of the film predictable.

Sadie Sink's character, Charlie's estranged daughter,



"The Whale" film marked Brendan Fraser's return to cinemas.

was peeled straight from a Disney Channel original movie. The script characterizes her as a stereotypical high school rebel, who engages in smoking weed and posting on Facebook about how much she hates her parents. The script for Sink's character was laughable at best.

Aronofsky attempts to create a parallel with Charlie

and the whale in "Moby Dick." At first, it obviously seems insensitive, and it should. Yet, Aronofsky attempts to pull away from the parallel and show a deeper level of meaning within the allegory; Charlie is not the whale simply because he is morbidly obese, he is the whale because he is searching for meaning in his life, and sacrificing any future he has without finding an answer.

The allegory is easily digestible for anyone who is familiar with "Moby Dick," and Aronofsky offers no critical insight past this surface level analysis. Instead, it falls flat on its face by the end.

The movie is amazing for those that only wish to see the beloved Brendan Fraser back on the silver screen and can overlook artistic flaws, and believe me, I wanted that too. Regardless of the abhorrent scripting and general lack of depth, Fraser delivers a stunning performance in an otherwise mediocre role. He is the sole reason that the movie is watchable, if at all.

Ultimately, the film begs the question: Is Aronofsky raising awareness for something most of the population is keenly aware of or is he exploiting the stories of obese people for monetary gain?

Whatever the answer is, the film seems to aimlessly meander to a dull and predictable conclusion, void of any ground-breaking insight or emotion, a distasteful warning against the dangers of obesity and living a life with little purpose.

By the time credits were rolling, I had lost my appetite for whatever sentiments Aronofsky originally intended to serve audiences with.

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new.

Trending dupes that are sure to save your style and wallet

COMMENTARY
By MIA GALLEGOS

It's Christmas morning. You have just opened all of your presents only to find that some of the items you were most excited to receive are missing from your gift pile. Your parents explain to you that many of the items you asked for were sold-out in both shopping centers and online stores.

How will you fill the void in your gifts where your Stanley tumbler or Nike Tech were not present?

As the TikTok trend suggests, there are many dupes that are nearly identical to and much cheaper than many of the most popular items on most people's Christmas lists in 2022. Here is a list of a few dupes that match the style and purpose of some sold-out items.

The Simple Modern tumbler cup with a handle is the perfect replacement for the Stanley tumbler. This insulated

stainless steel cup has the same build as a Stanley tumbler and is available for \$30 on Amazon. Having the same volume as the traditional Stanley tumbler and being customizable, the Simple Modern tumbler is comparable with its pricier counterpart.

An expensive but consistent member of many Christmas lists is anything Lululemon. ColorfulKoala is a brand that sells activewear for a much cheaper price than the notoriously high prices of Lululemon.

As shown on its website, ColorfulKoala sells products ranging from leggings to tank tops to dresses and all are made with material that has the same feel and durability that Lululemon products have. Compared with the \$100 leggings from Lululemon, ColorfulKoala's leggings are around \$20 apiece. Its athletic tank tops are also only \$20 and are very similar to the Align tank top from Lululemon.

The products from ColorfulKoala are the same style and just as enduring as

the beloved products from Lululemon, making them the perfect dupe for this expensive gift.

Next on the list are the infamous Ugg Tasman shoes, more commonly referred to as the Ugg slippers. The "Boston Slipper Shoes" by the brand Garden Comfy Clogs are virtually identical to the Ugg slippers, both in the detailed pattern that rims the edge of the shoe and in the comfort that the soft, cushioned sole provides.

These slippers are sold at the Garden Comfy Clogs website for \$40, a much cheaper price for a product that is very similar to Ugg slippers, just without the name brand label attached to them.

One of the most desired gifts on Christmas morning was the Nike Tech fleece. Many online and in-person shopping locations had sold out of the product in the weeks leading up to the holiday.

The product was very difficult to find a

dupe for since one of the appealing parts about the Nike Tech fleece is the fact that it is a Nike product. However, Old Navy sells the Dynamic Fleece zip-up hoodie, which has a very similar style to the Nike Tech.

It is a fleece jacket, so it has a similar feel and heat sustaining properties that the Nike Tech has. This jacket is selling for around \$45 from Old Navy. Though it is not the name brand, this jacket still serves its purpose with a similar appearance to the Nike Tech.

There are many accessible dupes for the sold-out and expensive items that you still wish to have from your Christmas list. If it isn't bothersome not having a name-brand label on your item, find the dupe and give it a try.

Mia Gallegos is a staff writer.

Sudoku By The Mephram Group

Level 1 2 3 4

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

Solution to last Sunday's puzzle

10/9/22

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit sudoku.org.uk.

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Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

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AUTO CORRECT By Hoang-Kim Vu & Wendy L. Brandes

- ACROSS
1 Ends of pens
5 Approval from a Lab
8 Like chocolate ganache
12 Swindles
17 Sound at a barbershop
18 Poetic salutes
20 Pain
21 Stuck out one's tongue as requested
22 Coffee shop loyalty card reward
24 Get close to
25 Japanese fish preparation
26 Noisy outbursts that are greatly appreciated?
28 Not very much
29 Give, as a driver's license
30 Brown quickly
32 Lemon scraping
33 Toot
36 A: Italian soccer league
39 Loot
41 Strikes (out)
44 Bird voted "Most Likely to Succeed"?
49 Like crudites
50 Fix, as a pet
52 "-di-dah"
53 Watch closely
54 Fabrication
55 Signed up
58 Beach town west of Santa Monica
60 AED administrators
61 Messages hidden in some brunch fare?
63 Made sense of
66 Atop, poetically
67 Court divider
68 Disgusted syllable
69 Wallich of "The Magnificent Seven"
70 Tot's perch on a bike
74 Bit of middle-school fashion?
79 Grasped
80 Used a rotary phone
82 When the dinner bell rings
83 Not online, online
84 Truck's tankful
86 Rollaway, e.g.
87 Crack a book
88 Actor Chaney
89 Halloween rental fee?
93 Connect with
96 Writer Calvino
97 Like ta moko and the haka
99 Indy 500 family name
100 Chutzpah
103 Govt.-issued IDs
105 Oft-removed throat tissues
108 Delights
110 Bad news at an Atlanta pie shop?
116 Garb
117 App buyer
118 Fishy scoopful of a deli
119 Large-horned mammals
120 Agitate
121 "___ Brockovich"
122 Teacher from the old school?
123 "Yesterday" and "Tomorrow"
124 Long fish
125 Vote against
126 Apple Watch assistant
21 Parting mot
7 Art classes?
8 Corporal or private
9 Potential cause of brain freeze
10 Exchanges
11 Reflexive pronoun
12 Onetime Volvo rival
13 Inhabitant
14 "It's ___!"
15 Predatory sharks
16 With 100-Down, change one's approach, and a hint to the circled letters
19 Accomplish a lot with little effort
21 Like potatoes
23 Some tablets
27 Stip's target
31 Filmmaker with a unique style
33 Bit of hardware
34 One of yoga's five vital forces
35 Piano-playing dog on "The Muppet Show"
37 Puerto Rico y Mallorca
38 Abbr. in a research paper
40 "The Pioneer Woman" host
42 Fragrant compounds
43 Small detail?
45 "Makes sense now"
46 Muppet with a puppy named Tango
47 In ___ as found
48 Course obstacle
51 God, in Hebrew
56 "You win this hand"
57 Luge, e.g.
58 Convented
59 Puccini's "La ___"
60 Fiat
62 Uncouple
64 2002 American League MVP Miguel
65 Transport to Tel Aviv
68 Abbr. in an email subject line
70 Quite smart
71 Big sandwich
72 Woos
73 Cars named for Henry Ford's son
74 "Neon" fish
75 "Cool!"
76 Pottery ovens
77 Overact
78 Mid-range voice
81 Fertile soil
84 Demolish
85 Accumulates
87 Change direction
90 Activity at windmills and pinball machines
91 Create out of thin air
92 Show up for
94 Destroys, as books
95 Pants measurements
98 One after another
100 See 16-Down
101 Howe'er
102 "Lux et veritas" language
104 "Fat Is a Feminist Issue" writer Orbach
106 Sotomayor who said, "You cannot value dreams according to the odds of their coming true"
107 "Unless there are none"
108 Greek matchmaker
111 Peddle
112 Número de leches en un poste específico
113 Jai
114 NFL quarterback Derek
115 Port on some TVs



NICO LOPEZ IG: nlopezphotography

Gonzaga University junior, Daelynn McInnelly, picked up the creative hobby over last winter break and was inspired by a friend to begin crocheting.

Art of crochet: Creative hobby takes over timelines and downtime

By KAELYN NEW

From handmade totes to scarves and even headphone covers, one thing is certain — crocheting is in style.

Crocheting as a trend has exponentially taken over social media apps like TikTok and Instagram, while some crocheted pieces are selling for upward of \$100 on the resale app Depop. What exactly makes the yarn clothing so special?

For starters, all crochet pieces are made by hand. According to EasyCrochet.com, machines can't replicate the complex patterns that crochet work boasts. Thus, every crocheted piece is unique and special, and according to some students at Gonzaga University, crocheting is one of the best hobbies to pick up.

According to junior Daelynn McInnelly, the craft is relatively easy to learn.

"I would say it's easy to pick up," McInnelly said. "One of my friends inspired me to do it because she wanted to do it so I learned so I could teach her."

McInnelly picked up the hobby last winter break and has made a plethora of different items by hand since, many of them gifts for the people around her.

GU junior Lucy Kramer agreed. Kramer picked up the crochet hook over the recent winter break and said they are already crocheting tote bags. Kramer, an English major with minors in film studies, women and gender studies and critical race and ethnic studies, said that crocheting is an easy way to wind down from a long day.

“

It's kind of therapeutic for me. I feel like I can just sit there and do nothing and crochet. I can sit there with my thoughts.

Lucy Kramer, GU junior

"It's kind of therapeutic for me," Kramer said. "I feel like I can just sit there and do nothing and crochet. I can sit there with my thoughts. It's kind of one of the only times of day where I like to give myself some quiet. It's been good to come back to school and give myself something to do that isn't schoolwork."

Kramer additionally said they enjoy the art of

crocheting because it allows them to have a kind of creative freedom that one might not have shopping commercially. Their favorite piece that they have crocheted thus far is a tote bag, composed of unique rainbow yarn.

According to McInnelly and Kramer, picking up the hobby wasn't too hard. They both learned what they know about crocheting from YouTube tutorials.

McInnelly said that she has made plenty of items for the people around her including bucket hats, mini mushrooms that hold ChapStick and clothing tops.

"I think I like that I can make something for myself and people around me," McInnelly said. "Ultimately when I am doing it, it's also a memory of the people who inspired me to do it and how I can kind of give back to them by giving them something I made."

Kramer said the hobby has helped them foster a deeper connection with their clothing. They said when they have purchased clothing from places like Goodwill in the past, they create distance with the items they wear, whereas crocheting allows them to be fully cognizant of the effort that went into making a certain item.

"It's given me a connection to my new items of clothing that I have been making," Kramer said. "It's given me a weird appreciation of making clothing."

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new.

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Closing 'Timme' Time: Forward climbs GU statistical leaderboards

COMMENTARY
By TOMMY CONMY

When senior forward Drew Timme stepped on the court as a member of the preseason No. 8 Gonzaga Bulldogs for the first time as a freshman in 2019, he stood 2,196 points away from the all-time GU scoring record set by Frank Burgess.

Eleven points against Alabama State in the 2019 season opener set Timme's scoring reputation in motion, and with 10 regular season games remaining on the Zags' schedule, the Texan sits 212 points away from tying the scoring record set by Burgess in 1961. To achieve that feat, Timme would have to average 21.2 points per game over the final 10 regular season games. Including at least one West Coast Conference (WCC) tournament game and a game in the NCAA Tournament, Timme would need to average 17.7 points per game over that stretch to tie the mark.

Burgess is the 278th highest scoring player in Division I basketball since 1948-49 and is one of 641 players to score at least 2,000 points in a career. Though prolific scorers have always existed in the NCAA, only Oral Roberts' Max Abmas has outscored Timme since their college careers launched in 2019. Abmas — a guard and Cinderella story during ORU's tournament run in 2021 — is 217th in all-time scoring with 2,259 points and 372 made 3-pointers.

Put bluntly, Timme's chance at breaking an all-time scoring record and surpassing 2,000 career points doesn't happen often — particularly in an age where the most talented players jump to the NBA Draft after one year or eschew college altogether to go pro immediately.

It's even more rare for a player to do it on a high-major stage. Although GU plays in the mid-major WCC, the program has transcended that label and is routinely



Drew Timme is top 10 all-time at GU in points, rebounds, blocks, field goal percentage and blocks over his four year career.

ranked in the AP Top 25 and has advanced to seven straight Sweet 16s. Pepperdine isn't doing that and neither is Summit League-member Oral Roberts and Abmas. Of the 29 players who have scored at least 2,000 career points since 2017-18, only Iowa's Luka Garza surpassed that milestone at a Power-Six school. Every other player either played at numerous schools or stuck with one mid-major.

Being the program's top scorer isn't the only milestone Timme is chasing. Timme is already No. 1 in career field goal percentage and is third in field goals made behind Burgess and Jim McPhee. Against Pacific, Timme tied Cory Violette for the 11th most career wins (107) while also passing McPhee for the second most career field goals with 775. Defensively, he

is eighth in career rebounds and ninth in career blocks.

What does that amount to? One of the best resumes — if not the best — of any GU player to date. He is a two-time consensus All-American, WCC Player of the Year, two-time All-WCC and has appeared in an NCAA Championship game and a Sweet 16 and didn't get a chance at the tournament in 2020 due to the COVID-19 outbreak. Timme was also integral in 27 of GU's record 75-game home winning streak that was recently snapped and has played admirably with a host of other Zag greats including Corey Kispert and Killian Tillie.

Despite a general moribund attitude from fans regarding the Zags' (17-4, 6-1 WCC) efforts this season, a dozen or

so games stand between them and the post-Timme era. What happens when you lose the fulcrum of your offense and the identity of your team and program after a strong four-year marriage? You go back to the drawing board. In lieu of Timme's lack of a jump shot or his defensive shortcomings, he is a once-in-a-decade talent who delivered on his promise the moment he executed his first drop-step in The Kennel.

Appreciate him or denounce him, careers like Timme's are abnormally rare in college basketball.

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

Zags drop one spot to No. 17 in AP Top 25 Poll

By TOMMY CONMY

The Gonzaga University women's basketball team dropped one spot to No. 17 in the Associated Press Top 25 Poll released Monday afternoon.

The Zags (19-2, 9-0) fell in the poll despite two conference wins on the road over Pacific and Saint Mary's.

In a narrow 81-78 win over the Tigers, Yvonne Ejim recorded her fourth

double-double of the season with 22 points and 12 rebounds. GU shot 43.5% from the floor, but double-digit scoring outputs from McKayla Williams, Kaylyne Truong and Eliza Hollingsworth helped the Zags escape with a victory.

Against Saint Mary's, Ejim was dominant again in a 82-57 victory, scoring 24 points in 27 minutes as one of five Zags in double figures.

South Carolina and Ohio State

remained atop the poll at No. 1 and No. 2, respectively. The Gamecocks have won 26 straight games dating back to last year's National Championship and have been No. 1 for 31 consecutive weeks — the fourth-longest streak ever.

After a rare loss last week, Stanford rebounded to No. 3 in the poll, replacing No. 4 LSU. No. 5 UConn rounded out the top five in the first AP poll that doesn't feature a team from Texas in the poll's

47-year-history. No. 25 Texas dropped out of the poll to end the Texas streak.

Middle Tennessee State slotted in at No. 23 for its first appearance in nine years. The Blue Raiders are the only team besides GU representing a non-Power Six conference in the top 25.

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

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Wizards trade former Zag Rui Hachimura to Lakers

By TOMMY CONNOLLY

Rui Hachimura has gone coast to coast in a recent trade that sent the former Gonzaga University men's basketball star from the Washington Wizards to the Los Angeles Lakers for guard Kendrick Nunn and three second round picks.

Los Angeles needed more firepower to pair with LeBron James and Anthony Davis, and Hachimura needed a change of scenery after an injury plagued three and a half seasons in the nation's capital.

"Adding both size and depth to the wing position has been a goal," said Lakers vice president of basketball operations and general manager Rob Pelinka in a statement.

On Saturday, the former lottery pick in the 2019 NBA Draft had a 30-point game on 13-of-22 shooting from the field in his last game in a Wizards jersey, which tied a career high.

Following the game, Hachimura was asked about a potential trade.

"I want to be somewhere that likes my game," Hachimura said. "I just want to be somewhere that believes in me and I can be myself. That's my goal."

One aspect the Lakers have struggled with in the 2022-23 season has been shooting from behind the 3-point line. Hachimura will bring shooting and athleticism to a Los Angeles team ranked 26th in the NBA in 3-point percentage.

Hachimura has shot 40.8% on catch-and-shoot 3-pointers over the past two seasons, according to ESPN Stats & Information research, and has shot 35.1% on catch-and-shoot 3s over the course of his career.

Hachimura is coming off a career high in 3-point percentage last season where he shot 44.7% from outside the arc. After missing 16 games earlier in the season, Hachimura began to regain his form, and was the leading bench scorer for the Wizards.

The Lakers are in the hunt for the playoffs where they are on the outside



COURTESY OF NBA TV'S TWITTER

Hachimura had a three-year career at GU where he averaged 12.1 points, 6.5 assists and 1.5 rebounds in 19.7 minutes per game.

looking in. The team is hoping the small forward from Japan can boost their team for the stretch run.

"Acquiring a player with Rui's two-way skills and upside was an opportunity that doesn't present itself often," Pelinka said.

The story of Hachimura's career has been staying on the court and staying healthy. The fourth-year player has played in 60% of games in the NBA and missed a chunk of the first half due to a minor ankle injury that caused him to miss a month of action.

A change of scenery could be a welcome sign for Hachimura. He has had his sights set on Los Angeles since he was

playing at GU.

"He was like, 'Yeah, I'm home. This is my city,'" said former GU standout Domantas Sabonis of Hachimura when the Zags played in the Staples Center a few years back.

With the Lakers not offering Hachimura the rookie extension during the offseason, a look for greener pastures appeared on the horizon for the former ninth overall pick. Now he will have the chance to prove himself before entering restricted free agency in July.

Tommy Connolly is a staff writer.

GU SPORTS CALENDAR

Thursday, Jan. 26

» Women's basketball vs. Loyola Marymount, 6 p.m.

Friday, Jan. 27

» Track at UW Invitational, Seattle, all day

Saturday, Jan. 28

» Track at UW Invitational, Seattle, all day

» Men's tennis vs. TCU at ITA Kickoff, Fort Worth, TX, noon

» Women's basketball vs. Pepperdine, 2 p.m.

» Men's basketball at Portland, 4 p.m.

Sunday, Jan. 29

» Men's tennis vs. Utah at ITA Kickoff, Fort Worth, TX, TBD

» Men's tennis vs. Texas Tech at ITA Kickoff, Fort Worth, TX, TBD

Home games in bold

Multiple Gonzaga players named in NBA mock drafts

COMMENTARY

By TOMMY CONNOLLY

At the beginning of the offseason, the Gonzaga Bulldogs roster was looking like it would be overhauled, with Julian Strawther, Drew Timme and Rasir Bolton all entering their names into the 2022 NBA Draft. However, in the weeks leading up to the draft deadline, all three players returned to GU in hopes of winning a National Championship and boosting their draft stock.

Halfway through the season, let's look at Timme and Strawther's draft stock, as well as a few other Zags with pro potential:

Strawther is the highest projected pick of the three, having his name listed No. 39 in The Athletic's Mock Draft by Sam Vecenie.

Strawther boasts above-average athleticism, with his lateral quickness raved about by scouts and front office staff alike.

Strawther averages 13.5 points and seven rebounds on the season, both career highs for the junior wing. He is one of the best rebounding guards in the country, and is second on the Zags behind only Timme.

Strawther has seen his name stick around NBA Draft circles because of two qualities that NBA teams need and want — shooting and defense.

Strawther came out of Liberty High School in Las Vegas as a lethal scorer, but has yet to show this scoring prowess at GU, taking on a slashing and shooting role behind the dominant play of Timme inside. Experts rave about Strawther's quickness and ability as a defender.

"He's more than just 3-and-D, though — Strawther is an under-appreciated athlete who can get out in transition and play above the rim every now and then," said Christopher Kline of Fansided.

Timme was told by NBA scouts that he needed to improve on his defense and shooting if he wanted to improve his draft stock. Since being projected as a late second round pick at the end of the



MYLES GORRELL IG: @myersgphoto

Gonzaga guard Julian Strawther, left, is shooting 46.2% on 103 attempts from 3-point range this season.

2021-22 season, Timme has stayed put, being projected No. 57 by The Athletic.

Despite his draft stock not changing much since he returned to school, Timme has qualities that scouts love.

Timme is a serial winner, having won over 100 games at GU, and the tally is only going up. His array of post moves are some of the best in recent memory in college basketball, but scouts wonder how this will translate from the college game, specifically his lack of scoring outside the post.

"Any time a player is as efficient as Timme, it's hard to count him out,"

said the Draft Digest Staff from Sports Illustrated. "However, until he proves he can step out and hit deeper shots and develop a respectable jumper, teams may struggle to take the risk on him outside of the later parts of the second round."

Timme's value could improve in the closing months of the season, with an opportunity to leap up leaderboards with big performances in the WCC regular season and the conference and national tournaments.

For other Zags, sophomore guards Nolan Hickman and Hunter Sallis are both on draft boards but are not expected

to declare for the draft at the conclusion of this season.

Sallis, a 6-foot 5 guard from Omaha, Nebraska, has been raved about by scouts for his on-ball defense and athleticism in limited minutes on the season.

Hickman, a 6-foot 2 guard from Seattle is in his first season as the starting point guard for GU and is expected to take an even bigger jump in potentially his second full season as a starter in 2023-24.

Tommy Connolly is a staff writer.

Men's basketball drops eight spots to No. 14 in AP poll after suffering historic home loss to Loyola Marymount

By TOMMY CONNOLLY

The Gonzaga University men's basketball team dropped eight spots to No. 14 in the Associated Press Top 25 Poll released Monday afternoon.

GU (17-4, 6-1) saw its 75-game home winning streak — the longest such streak in the modern era of Division I — shattered after an unexpected 68-67 loss to Loyola Marymount. The Lions hadn't beaten the Zags in Spokane since 1991, and no West Coast Conference (WCC) team outside of Saint Mary's and BYU had bested the Zags at home since Santa Clara in 2007.

The Bulldogs rebounded with a 99-90 win on the

road over Pacific, but GU has had three one-score games against WCC opponents and has yet to play No. 22 Saint Mary's — which was ranked for the first time this season.

Purdue took over the No. 1 ranking after No. 3 Houston lost 56-55 to Temple in American Athletic Conference play. Alabama rose two spots to claim the No. 2 ranking, and No. 4 Tennessee and No. 5 Kansas State rounded out the top five. The ranking is its highest since Kansas State reached No. 3 in the 2010-11 season.

The Big Ten had zero teams ranked outside of Purdue, the first time that's happened since Feb. 16,

2004.

The Zags return to action on Saturday when they visit Portland.

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