

The Gonzaga Bulletin

A student publication of Gonzaga University

MARCH 23, 2023

www.gonzagabulletin.com

VOL. 134 ISSUE 25



Zags advance to Sweet 16

DYLAN SMITH IG: d.smithphotos

See page 9 for the preview of the Zags' eighth-straight appearance in the Sweet 16, where they'll take on the UCLA Bruins in a rematch of the 2021 Final Four matchup.

Scholars program set to replace Act Six

By NOAH APPRILL-SOKOL

A new scholars program will offer 15 incoming students full-need financial packages, along with the expansion of previous mentor resources, according to a proposed plan made by Gonzaga University administrators and staff.

The new scholars program, called the Unity Scholars, hopes to start in the 2024-25 school year and comes after the university made the decision to discontinue the Act Six Scholars program, which provided eight underrepresented students each class full-need scholarships and mentoring support.

GU had partnered with Degrees of Change since 2009 as one of the first

participating universities in the Act Six program. However, after committee deliberation beginning last school year, GU decided to ax the program this past summer, beginning the process of forming a more holistic scholars program.

"There's a lot of intentionality going in the process of setting this scholarship up," said Claire Silva, assistant director of admissions. "Now that it is going to be run by Gonzaga, we're able to focus all of our resources and people power toward supporting the students. My hope is that that will allow us to just provide overall better support."

The Unity Scholars program was the result of a collaborative effort involving

Student Affairs, Financial Aid Office and Office of Admissions, all of whom believe it will make GU more accessible to underrepresented students, according to Joan Iva Fawcett, dean of social justice and community engagement.

Fawcett said the new scholars program improves the Act Six program by increasing the financial awards to be given to at least 15 to 20 students and by removing the geographical barriers to serve students from all across Washington state, not just Spokane and King counties.

Silva also said the new program will have a simplified application process compared to the Act Six program's multi-staged selection process, with students

writing fewer application essays and being required to have one interview.

"Pulling [the strengths of GU staff, faculty and students] in together and pulling it into a program that is operated from Gonzaga, is for Gonzaga and Gonzaga students to thrive based on the environment that they are in, I think will really make this program strong," Silva said.

The proposed plan will also mean the expansion of BRIDGE, a first-year orientation program designed to support students with historically marginalized identities, where there are hopes to

SEE UNITY PAGE 2

Strategic Plan update continues

Merged proposals set to be reviewed by GU community

By CARMEN MACRAE

Gonzaga University furthered the process of updating the Strategic Plan at the end of February, with a series of Grand Challenges proposals being consolidated into business plans for broader community review.

The Grand Challenges initiative started last fall, with over 100 faculty drafting proposals on goals they believed should be integrated into the university's Strategic Plan.

The proposals, once submitted and initially reviewed in November and December, were combined based on similarity into 20 workshop groups. The groups, made up of the faculty who submitted the proposals, met to refine and compile the proposals.

Provost Sacha Kopp said combining the proposals and forming the working committee would foster collaboration between campus departments and partners.

"We started to ask people to work together," Kopp said. "Which is really one of the major goals in writing the Strategic Plan, is how do you build collaboration and working across the institution."

Each work group, according to Kopp, must write a 10-page business plan that summarizes the combined projects assigned to each committee.

The business plans will be sent to a group of stakeholders selected by Kopp, who will then decide what ones move forward.

The papers selected will be published later in March for people to read and provide feedback. A town hall meeting for faculty and staff will also be organized before the proposals are sent for final review by President Thayne McCulloh.

Professor Nichole Barta, who is co-convenor of one of the Strategic Plan groups, said the Strategic Plan update is a way for the GU community to collectively envision future goals and potential opportunities for growth.

Kopp said that the process of building these future goals, however, is grounded in GU's mission, with the new goals defined in four commitments of the university: to foster responsibility for shared mission, animate academic excellence across the institution, provide an integrative Jesuit educational experience for our students and optimize institutional stewardship and sustainability.

"One big push is how does this help Gonzaga live out

SEE PLAN PAGE 3

GU grad creates mentoring agency



PHOTO COURTESY OF EVAN MOORE

Real Frequency trains students for the transition to the professional world.

By BEN VANDEHEY

Real Frequency, a launch agency founded by Gonzaga University MBA graduate Evan Moore, strives to assist individuals, particularly students, in preparing for their life's greatest leaps.

"You have a life jump from high school to college ... you have another when you graduate," Moore said. "There are things that many people do not do before these life leaps ... They know they're coming, but there isn't a lot of preparation that's done."

Real Frequency addresses the neglect of preparation by

engaging and connecting with these individuals. Moore said that part of the onboarding process for students is identifying and defining their strengths.

"From there, you not only know the opportunities to leverage and go for, but you can also recognize the ones that you have no business going after," Moore said.

Moore said he believes the provisional work is imperative for a student to make the right decision when an opportunity presents itself. At the core of this conduct is an understanding of one's own real frequency.

"Our brain sends frequency

signals to our body to react to different situations," Moore said. "If we're real with these signals, we're not just reacting. We're making conscious decisions."

GU senior and Real Frequency Marketing and Operations Lead Hanna Rasmussen said a person's real frequency is their steady state of mind, when one feels most alive. For her, it's when she's trying something new or pushing herself beyond her comfort zone, but she understands that everyone is different.

"We get you to where your real frequency is, so you can be confident in your strengths, your why and your purpose," Moore said. "That's Real Frequency in a nutshell."

Since the fall of last year, Moore has also worked as an adjunct professor at the GU School of Business. He recalled an experience that reassured him of the importance of Real Frequency's services.

"One day, I asked my students, 'Do you guys ever notice what those flags say walking over here from Hemmingson? ... They read: Here's where your purpose unfolds. Now raise your hand if your purpose has unfolded,'" Moore said. "Nobody raised their hand. 'Now raise your hand if you know what it would look like when your purpose unfolds.' Nobody raised their hand. 'Raise your hand if you're doing something right now that is working towards unfolding your purpose.' Nobody raised, their hand."

Moore said that Real Frequency can provide students with the tools to fulfill this often-forgotten promise — to discover and act upon one's purpose. He became inspired to contribute this service to the community through his decade of work as an administrator at North Idaho College.

Moore said he remembered witnessing numerous students oblivious of their purpose.

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First-year women's tennis player Rose Hayes shines on and off the court

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Zagathon dance to fundraise for Sacred Heart

By CATE WILSON

Students will don their comfiest, most colorful clothes to dance under neon lights this weekend — Zagathon is happening on Saturday from 4 p.m. until midnight in the John J. Hemmingson Ballroom.

Zagathon is an eight-hour dance marathon that raises money for Sacred Heart Children's Hospital in Spokane. Gonzaga University partners with the Children's Miracle Network in order to put on the annual event complete with eight themed hours of dance lessons, games, performances, free food and fundraising. All proceeds go directly to the children in the care of Sacred Heart and 11 children who have been treated at the hospital will attend Zagathon to share their stories.

Co-chair Payton Schneider said that this year's goal is to raise \$50,000 and have 500 students attend. Schneider has been involved with Zagathon since her first year at GU but was inspired to take on a bigger role for her senior year.

"Being the director has been a challenge, but every time I hit a roadblock, I remind myself that all the time and energy I put towards this goal is worth it," Schneider said. "All that we do is 'FTK' [for the kids]."

Since COVID-19 hit three years ago, attendance has diminished. This year, more clubs have teamed up with the leaders of Zagathon on the Morale Squad in order to support the cause.

"A goal this year is to reengage the student body," operations chair Hanna Rasmussen said. "In light of COVID, participation has dwindled. Zagathon has been a huge dance party that previous generations of Zags have raved about. I heard about it before I even decided that Gonzaga was my university back [in] high school."

Like Schneider, co-chair Lizzie Freisinger has also been involved with Zagathon as a leader since her first year.

"To me, Zagathon is about dancing for those who can't," Freisinger said. "It is so easy to take good health for granted and these kids spend every day fighting to do what most of us can without thinking. Zagathon is my chance to help them in that fight and rally the amazing GU community around an incredibly worthy cause."

Corporate sponsors, the Children's Miracle Network, the Morale Squad (a subsection of volunteers), students and clubs all make Zagathon possible. Registration is open now until the day of Zagathon at noon and donations can be made from now until April 15.

Although "Zagathon" sounds like "marathon," Schneider



BULLETIN FILE PHOTO

The organizers of Zagathon have set a \$50,000 fundraising goal and hope to see 500 attendees.

wants to reassure the student body that no running is involved or required. Zagathon is all about dancing, fun and making a difference. Participants can stop by at any time during the event and may leave at their own pace.

All the members of the Morale Squad want to encourage Zags to show their support for the children in need of help as any donation of time or money is a step toward meeting the fundraising goal.

While Zagathon's leaders have outlined goals for attendance and fundraising, many have personal goals and sources of inspiration. In Schneider's case, Zagathon is a love letter devoted to her former roommate, Kaydee Koch. Koch died last summer due to bone cancer.

"Kaydee was a Zag and inspired me in more ways than I realized," Schneider said. "At such a young age, she made a

choice to live her life to the fullest. Her life was a gift and I was able to watch firsthand how much the staff at her children's hospital did to lessen the burden a tiny bit for her and her family. My goal is to keep living big as she would want us all to and to raise awareness for those who need an advocate."

Zags can sign up and prepare to dance the night away on Saturday if they choose. Donations are open three weeks after the event concludes.

"Zags, grab your dancing shoes and practice your best moves for the heroes at Sacred Heart," Freisinger said. "The kids can't wait so neither should you. Register today and let's make some miracles happen."

Cate Wilson is a staff writer.

AGENCY

Continued from Page 1

"I taught some classes there and I'd see students come in not knowing why they were there or where they were gonna go," Moore said.

Moore said he took it upon himself to guide them.

"I would connect with them," Moore said. "And help them as much as I could ... then all of a sudden these students would disappear, gone. I had no idea where they went or what happened to them."

Moore said he knew something had to be done but recognized his constraints in his current position.

"Eventually I knew I was outta my wheelhouse," Moore said. "I decided, screw it, I'm gonna leave a pretty good paying job with great benefits and start my own company."

Established in 2018, Real Frequency initially only served as a college consulting company. However, as the business developed, Moore said he realized it had to be something that was all-

encompassing.

This led Moore to identify the company as a launch agency, offering services ranging from college counseling to career coaching to mindset training.

"I saw the need to really tie together all of the services that we offered as a business," Moore said. "All of these things are linked with each other."

Rasmussen said this holistic approach aligns with GU's mission of developing a person's well-roundedness. She drew similarities between their missions to serve for the common good.

"Good business doing good and making a positive impact for the local or greater community is so important," Rasmussen said. "Especially for a young adult going through some of the most pivotal years of their life."

Ben Vandehey is a staff writer.

UNITY

Continued from Page 1

increase the number of participants to almost 60 students by adding in the new Unity Scholars.

Alfonso Amanecer, who managed the Act Six program and leads BRIDGE, said this change particularly excites him because he had to limit the number of students attending the orientation program and that this change is a larger opportunity to support underrepresented students at GU.

Amanecer said there are plans to make BRIDGE a four-year program, with each year's mentoring and expectations molded around Terry Yosso's Model for Cultural Wealth. He said he hopes the students in the new program will grow in their understanding of themselves and the community around them.

Students in the expanded BRIDGE program can expect to be more connected with campus resources in addition to the broader community through service opportunities. Amanecer said each year will be focused on developing a pillar of the model: cultural, navigational, aspirational and linguistic capital.

"As students, they have a lot of power," Amanecer said. "They just don't know how much power they have, and so with this model, it teaches them ... they can fire me, but they're not going to kick you out because you have the skills now."

The new program, according to first-year student and Act Six scholar Sydney Abrahamson-Fernandez, responds to many

of the concerns of her fellow Act Six peers, who saw the decision to discontinue the program as a moment of regression in GU's diversity and inclusion work.

Abrahamson-Fernandez said she was excited about the lack of geographical restrictions for this new scholars program because it has the potential to cater to Indigenous students in central Washington, and she said she saw the expansion of BRIDGE as sustaining the initial support given to underrepresented students.

"I hope that it brings about what Act Six had the intent to because our whole purpose is to take these marginalized identity people that have a background in leadership — take them, educate them here, progress their skills and return them back to their communities to revitalize their home communities," Abrahamson-Fernandez said.

Fawcett said the proposed plan requires both a reallocation and an increase in funds to diversity and inclusion programs, with Fawcett pointing to the next steps of gathering the necessary resources to support the proposed plan.

Scholarships will be financed by reallocation of funds that supported the Act Six program, according to Silva and Fawcett, along with resources from the Gonzaga Access Pledge, which would provide the scholarship money for any scholars that qualify for federal Pell eligible grants.

However, Fawcett said the other proposals in the plan, such as expanding the BRIDGE program, would require more funding to diversity and inclusion work, especially given the potential hire of more personnel to provide support for the mentoring program.

Fawcett said she hopes to

find the support by joining the plan into the university's updated Strategic Plan. She said the planning committee participated in the Grand Challenge proposals and integrated the plan into a business proposal written with other campus groups around advancing education equity.

"This is an institutional commitment," Fawcett said. "It made sense to me to make it part of the Grand Challenge process, so that we could continue to do the groundwork that we would have done anyway, but that it would be captured in strategic visioning for essentially five to 10 years to come."

Fawcett, Amanecer and Silva said the planning committee wanted to give a voice to the needs of students as they created the proposal, especially as the committee responded to the frustration from Act Six scholars on the decision to discontinue the Act Six program.

Fawcett said the planning committee was intentional on the communication about the proposal to students and even invited current Act Six scholars to participate in the planning meetings, although Amanecer said Abrahamson-Fernandez was the only scholar to join in on a meeting.

According to Fawcett, there will also be meetings open to the larger community where the planning committee will review the Unity Scholars program and receive feedback.

"We want to be able to serve more students," Fawcett said. "We want to bring more people to the table, who wouldn't have otherwise been able to get to the table out of their own resources."

Noah April-Sokol is a news editor. Follow him on Twitter: @noah_sokol03.

“

We get you to where your real frequency is, so you can be confident in your strengths, your why and your purpose.

Evan Moore, Real Frequency founder

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Science in Action! spans coast to coast

By BRADLEY SAUVÉ

Like many things in life, Science in Action! began in elementary school. Or rather, outside of one.

When Gonzaga University biology professor Nancy Staub was volunteering during science lessons at her daughter's elementary school, students would enthusiastically greet her outside and ask if that particular day was a day for science lessons.

Moments like these inspired Staub to start a regular program through GU to bring hands-on science learning into local classrooms. The first eight years of the program were funded by a Howard Hughes Medical Institute grant, with GU picking up the tab after its expiration.

Now, the program is thriving as both kids and volunteers gain meaningful experiences from the program.

For the kids involved, the program is all about becoming engaged with science while having fun.

"It's not presentations, it's not a science magic show," said SIA coordinator Jiana Stover. "Most of the SIA lesson are the students themselves exploring a question and finding their own answers."

The hands-on nature of the activities has made them student favorites at many local schools, while young students also enjoy partnering with GU student volunteers to learn more about the world around them in visits that span the school year.

Being exposed to science activities can also inspire students to pursue careers in science, technology, engineering and math fields.

"You could argue that all or most of the world's problems will be solved with science," Staub said. "We need all the grade school kids we can get to be interested in STEM fields."

Stover has worked to incorporate the Next Generation Science Standards, the Washington state science curriculum, into the program's activities. She has also incorporated the research done by GU faculty and students into classroom activities.



BULLETIN FILE PHOTO

A third-grade student at Cooper Elementary participates in the program in 2017.

For GU volunteers, the program offers a chance to give back to the community while gaining valuable experience in the classroom. Some local teachers have even served as mentors for the volunteers who come to their classrooms, giving them insight about both science and teaching.

"It doesn't feel like traditional check-the-box volunteering where one is checking the watch to see when their shift is over," said GU junior Ryson Cebriak, a program volunteer. "I feel like this program has allowed me to make a positive contribution to the Spokane community."

Under Stover's leadership, the science program has flourished over the last four years and its impact has grown both within the GU community and across the country in Baltimore, Maryland.

In 2018, GU alumnus and former SIA volunteer Chad Hicks saw the need for an SIA program at local schools while he

was a graduate student at Johns Hopkins University. Together with three other graduate students, he launched a program that has experienced just as much success as the original.

GU's SIA program gave Hicks all of the information to run their initiative, as well as lesson plans for the classroom. Thus, Science in Action-Johns Hopkins Medical Institute was born.

Since then, the Baltimore program has worked with 950 students, providing 170 lessons.

Much of the content and format is nearly identical between the two programs. In fact, leadership from both programs regularly meet to brainstorm new ideas and discuss how the two programs are faring. A recent example of this is an activity about buoyancy developed by the Baltimore program and then adopted by the GU program.

"It almost feels like I have more staff

myself," Stover said.

Hicks said he has found his experience in Baltimore to be rewarding and is awed by the excitement of the students that he serves.

"When they extract DNA from strawberries, their eyes light up with wonder," Hicks said. "Personally, it has been a joy to serve local Baltimore students."

SIA also has its fingerprints on several other programs on the GU campus, such as the Climate Literacy Fellows program through the GU Center for Climate, Society, and the Environment.

The CLF program functions very similarly to SIA but focuses on climate science and its impact on the world. When the program was being formed, the SIA classroom in the Humanities Building served as an incubator for the development of the program.

One area where CLF differs from SIA is in its goal of getting into as many classrooms as possible. Instead of recurring visits throughout the year, classrooms generally receive one visit from the Climate Literacy Fellows.

All the aforementioned programs aim to provide experience with science to the communities that need it the most, frequently visiting schools where students do not have nearly as many educational opportunities due to inequities in the educational system.

"There are a lot of inequities in education and that filters out some students that have high potential," Staub said. "If we can help all students to ... see science as a potential career, the better off the world will be."

The mission of the programs also aligns with that of GU itself: to develop solidarity with the poor and vulnerable and to care for our common home. By providing educational opportunities to underserved communities and information about environmental issues, the SIA family of programs does just that.

"We have monetary capital here at Gonzaga and we have knowledge capital," Stover said. "All of those things, we're trying to share with the community."

Bradley Sauvé is a staff writer.

PLAN

Continued from Page 1

the mission," Barta said. "What is it going to do to raise the profile of Gonzaga, how is it going to enhance the experience of our students — so all groups have to be very clear on those things."

Kopp said the goal is for these proposals to uphold GU's mission and the four commitments by building on the old Strategic Plan updated last in 2015, which has acted as a roadmap for the university over the past eight years.

Goals in that plan included building a performing arts center and an updated science and engineering center, both of which were completed by building the Myrtle Woldson

Performing Arts Center and Bollier Center respectively.

Kopp said that so much has been accomplished since the last update to the Strategic Plan that it was time to reenvision the university's goals.

"There's a lot of things that have happened since 2015, so it's appropriate to start asking given what we know today about our context, what's the next five to seven years look like?" Kopp said. "So, President McCulloh in August charged the campus it's time to update our Strategic Plan."

One proposal that Barta is helping to lead involves ensuring faculty are prepared to teach GU students.

The initiative aligns with other new goals that have been proposed, which, according to Kopp, include expanding affordability and access, new degree plans and learning inside and outside the classroom.

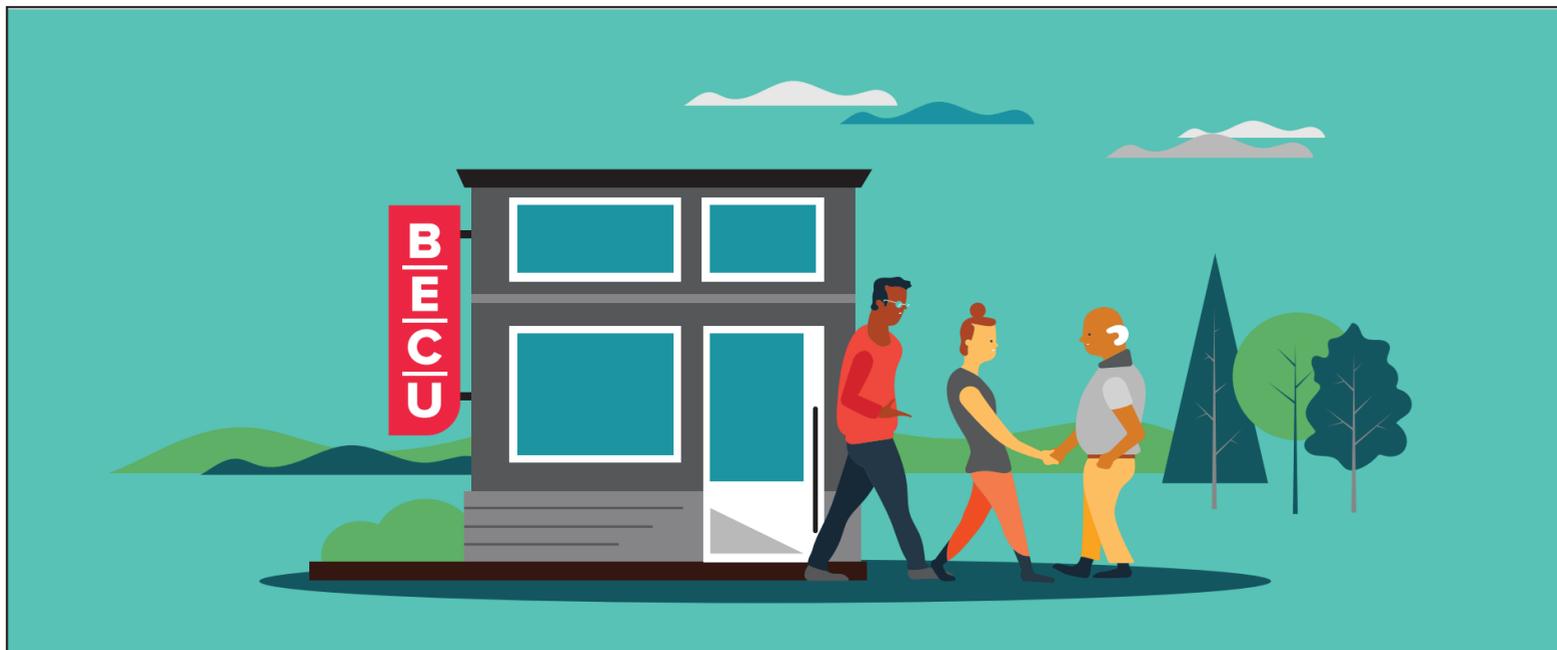
"We're a Jesuit institution, and so for students, it's our

view that the reason they come to Gonzaga is not just about the learning habits in the classroom but your formation as an individual," Kopp said.

Both Kopp and Barta said they appreciated the opportunity for such a campuswide collaboration on the project and hope that the update will have a lasting impact on the university.

"I'm excited about them because you know that they're part of a long tradition here at Gonzaga," Kopp said. "It's interesting to see what new things are coming about that refresh those ideas that are long-held beliefs about the institution."

Carmen MacRae is a diversity editor.



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Pursuit of efficiency derails our safety

The American dollar has the power to change the way human beings act. It has the tense friction to divide friends, families and even nations. Getting America to be united again may seem impossible, but until we stop worrying about the damn money, it may never happen.

Scott Wilcox, a retired locomotive engineer for Norfolk Southern trains, expressed his frustration and anger with the company, as he expressed that he wishes things could just go back to how they were before efficiency and money took safety's No. 1 spot.

Precision scheduled railroading is a railroad strategy that maintains a strict operating plan to improve operating efficiency and achieve low operating ratios. This strategy has resulted in longer trains, fewer inspections and smaller, overworked crews. Under this strategy, safety has fallen from being prioritized as first to dropping down the checklist and placing fourth. In a manner of efficiency, safety is no longer first. With the new safety guidelines, train inspections have gone from lasting five to eight minutes down to 30 seconds.

Mayor Trent Conaway told interviewers at the East Palestine town hall meeting that he thinks his citizens are safe, and that he thinks the drinking water is safe.

Two weeks after the freight train derailed in the small town in Ohio, leaving behind hazardous chemicals and igniting a fire that burned for days, officials finally met with residents and addressed the elephant in the room. Norfolk Southern, the company that



BY GILLIAN MELENDEZ

owns the train, was supposed to be at the meeting as well, but unfortunately had to cancel at the last minute.

The train derailed on Feb. 3 around 8:54 p.m. Twenty cars were filled with hazardous materials, including vinyl chloride (a highly flammable toxic gas that causes central nervous system problems and has been linked to a host of cancers). In the few days after the accident, Norfolk Southern worried the vinyl chloride could explode. After, it started a controlled burn that potentially released phosgene, a gas used as a chemical warfare agent in World War I.

This is when calls started to ring as people were experiencing severe rashes,

sore throats, nausea and burning sensations coming from the nose and mouth. The smell of everyday life turned into a toxic recipe of fear for the citizens of East Palestine.

Individuals need a voice of reason when a disaster happens. This is not what happened in Ohio.

The people of East Palestine needed to see more transparency from their local and state government by directing their people and providing more assistance in a scary and unwary time.

Questions are being raised about whether the town is safe to go back to. People are being advised that it's completely safe to go back home, but it seems strange that people are still getting sick in the area.

Drone photographer Zachary Riter shared horrific photos from the scene as he expressed that it looks like it's getting much worse than it is better. Riter was close to the disaster, very close, and told officials there was a serious smell and that someone is dropping the ball. He told officials that the community is in shambles.

Hazardous chemicals shouldn't be running down streams, especially when no one knows where it's coming from. The chemicals are in the water, birds are dying and people are getting ill — something more than the trains derailing is wrong.

As a person who knows what the air should smell like and what water should taste like, the people of East Palestine deserved more from their government officials than what they got. Hearing "trust us, it's safe" sounds reassuring, but both of

these statements are not enough, considering the fact that the townspeople are leaving and not wanting to return home. U.S. Secretary of Transportation Pete Buttigieg was nowhere to be found weeks after the disaster happened. He has admitted that he should have gone to East Palestine sooner, though he refrained from an appearance until after former President Trump visited the town a day earlier. Timing has always been known to be a funny thing.

The situation at hand is very scary and is currently affecting all of our futures. The hazardous chemicals that were spilled are not just gone, they are flowing in our water and spreading into our soil. Even though there was an appearance made by officials, this wasn't going to fix the disaster, only show care toward the people of East Palestine. There was a lack of response from the current administration that has left deserving individuals the lack of support needed to feel stable in an uneasy time.

Debating on if the government was out of touch in this situation is up to you, but keep in mind who was present for the people to be heard. Individuals need confidence in their government. When efficiency is being prioritized over safety, you know our future isn't looking too bright. It's not only scary for people like me, but for the people who are in charge. There's a lack of trust that may never be rebuilt, and depending on how you view it, this is the most scary thing of all.

Gillian Melendez is a staff writer.

Scrawling robots and scribbling softwares: We ought to be ready for AI to write us out of history

Some might say that artificial intelligence is the future, and this is for good reason. Progress will never be halted and never has been in the past of humankind. With the march of technology moving forward and the secret of how to make AI's learn to write out in the world, it will never be fully stopped or erased. The time of the regular journalist is gone, as AI can do most of their jobs faster, be that reporting on a sporting event, or writing about the weather or any other aspect of journalism you can think of, save for possibly investigative journalism.

What if I told you that it was written by AI? Would you believe me? Do you think a computer can write that well?

As a journalist, I have seen the rise of AI in various industries, including writing. The advancements in natural language processing have enabled AI to produce articles, news reports and even novels that are almost indistinguishable from those written by humans. However, despite the progress made in AI writing, I believe that it can never replace human writing.

One paragraph written by an AI cannot capture the human element of writing. Writing is not just about conveying information or presenting a story. It is also about evoking emotions, engaging readers and creating a connection with them. A computer program may be able to generate grammatically correct sentences and coherent paragraphs, but it cannot replicate the nuances of human communication.

Human writers have the ability to infuse their personal experiences, opinions and insights into their writing. They can use humor, sarcasm, irony and other literary devices to convey their message effectively. Moreover, human writers



BY DOMINIC BUSCH

can adapt their writing style to suit the target audience, tone and purpose of the content.

AI writing, on the other hand, lacks creativity and originality. It relies on pre-programmed algorithms and data sets to generate content, which can be repetitive and bland. AI cannot offer a fresh perspective or a unique voice that captures the reader's attention and imagination.

Furthermore, writing is a form of art and art requires a human touch. Writing involves critical thinking, problem-

solving and decision-making, which are skills that are difficult to replicate in a machine. Human writers can draw inspiration from their surroundings, culture and society, which gives their writing an authentic and relatable touch.

Of course, everything you just read is a complete lie, as in fact the first paragraph was written by me, and the following explanation and reasonable opinion was generated in a matter of seconds by ChatGPT. In fact, I might even argue it wrote a better explanation than I could think of, which leads me to the truth.

Many readers were just fooled by that little ruse, and so now you have to wonder if one can really tell the difference, and how it will improve in the future for those who did see through it.

AI will be the future of journalism. We are entering a new era of writing where journalists will have to learn to use this tool to ensure that it does not replace them. The technology is leaps and bounds better than it was before and will only keep improving as data is given to it — now it can write a few hundred words, in a few years it will probably be able to write novels.

I, for one, am ready. I cannot wait to see the future of writing as AI learns to mimic those so-called "human aspects" of writing, those subjective aspects that writers like to parade around as justification for their continued existence. Eventually it will overtake us and it is something we must be prepared to use, as most of us simply cannot compete with the code that has the world at its fingertips.

Dominic Busch is a contributor.

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Let's change how we name, it's a nightmare for baristas out there

Shakespeare's "Romeo and Juliet" has the well-known line "what is in a name?" delivered with the implication that names have no real meaning. This is rich coming from a playwright whose name is still world-renowned after being dead for 400 years.

Names are the focal point of an individual's identity. When introduced to someone new, when filling out any form of paperwork or when applying for school or for a new job, the first impression starts with your name.

Names most often hold some form of cultural, historical or personal significance to those who give the name. It is through this that names beyond just the last name tell the story of a person's family heritage and experience. In implementing these traits into a name, people are able to have pride and tell their story through their name.

While the ability to change your own name isn't an easy process or accessible to all, we are all presented with the opportunity to name someone or something at some point in our lives. When naming, you should keep in mind the value that the name holds as well as the ability for that name to be shortened or changed if desired.

Family names are a great way to go about naming as to keep tradition alive, but name trends should be considered. Names such as Agnes or Dale don't necessarily fit toddlers or teenagers the same way that Brittney and Kyle aren't necessarily grandparent names. So while sticking to tradition adds value to a name, considering trends should play a part in the naming process as well.



BY SHEI MCLAUGHLIN

Longer names are better because they can often be shortened as to better represent the individual. The name Elizabeth is timeless in this regard because of how many shortened versions of the name there are: Eliza, Liz, Lizzy, Beth, Liza and so on. If the first name is going to be short, a longer middle name can supplement the ability to create nicknames.

The ability to give someone a middle name is often underappreciated. This name is often filled in with a short, supplementary name that makes the first and last names flow better together. Middle names should instead be considered as the second chance to give the individual a name that fits them.

The best part about middle names is that there can be more than one. While nobody wants a name that is impossible to fit on the line provided on paperwork, this is a great way to sneak in that family name your parents pressure you to incorporate into the name.

Another benefit of having a

longer first name is the various nicknames that can change as you get older to better fit what stage of your life you're in. Take the name August for example. When you are young, your friends and family may call you Auggie. As you get older, that nickname may not fit you anymore. If you still want a shortened version of your name, you can then go by Gus.

That being said, adding extra vowels to lengthen a name doesn't make it unique, it just makes it more difficult to spell. This is rich coming from someone with a unique vowel pairing in their own name, but take the names Paisleigh and Tiemothie for example. The extra letters don't add to the meaning of the name, they just make it more difficult for Starbucks baristas to spell their name correctly.

Names should be creative and should hold some form of meaning because it is through those meanings that people find fulfillment in their names. If a name is to be spelled in a unique way to add to its meaning, then there should be pride in having to spell out your name to everyone for the rest of your life — speaking from experience.

"What is in a name?" you may ask. Names are the first impression; they play a huge role in how a person is perceived. Naming is an opportunity to tell a story and to articulate family values or history. Names aren't necessarily permanent, but they should be considered as though they are.

Shei McLaughlin is a staff writer.

GU music education major finds purpose and fulfills goals through music

By CALI CARMICHAEL

Kendra Brislawn, a senior studying music education, has many goals beyond just teaching music.

Brislawn specializes in choral music, which means voice and choir. She knew she wanted to pursue music at a young age and ever since she's been at Gonzaga University, she has been working to achieve that goal.

"Music just sparks a lot of memories and I'd love to teach the value of that to others," Brislawn said.

Brislawn said that in her last year at GU, she has been very busy. She is part of the choir council for the music department, as well as an ambassador coordinator for the department and the alto section leader for concert and chamber choir.

The main leadership role Brislawn holds is being one of 30 ambassadors in GU's music program, which she said entails responsibilities such as personal tours to prospective students, table events and traveling.

As far as her other roles go, Brislawn has some trips lined up for the near future.

"The concert choir is gearing up for a big show with the Spokane symphony and then the chamber choir is gearing up to go to Italy, flying out the day after graduation, so I'm feeling very busy," Brislawn said.

Brislawn said she has always had a niche liking for music and that she felt that she wanted to share it with the world and with other people her age, but also other age groups.

"I've been doing choir and piano since I was very little and my mom claims that in fourth grade, I said, 'mom, I'm going to be a music teacher,' and apparently, I never changed my mind," Brislawn said. "I feel like I'm the type of person that values doing what I enjoy versus doing something that's just gonna make me a lot of money, you know? And then I chose education just because I enjoyed being taught music, so if I could teach somebody else music that'd be really cool."

The music department at GU has been known for its performances, from dance to instrumental, and Brislawn said she feels an abundance of pride to be categorized within that program.

Brislawn did a half recital in January, which is a 30-minute recital performed during senior year that involves choral and instrumental aspects. This recital takes place sometime in senior year and it is a show students must practice for months before, or in Brislawn's case, years.

"Over the last four years, I've had to take voice lessons, specifically with Dr. Amy Porter here," Brislawn said. "And over those four years, I kind of got to pick what songs I wanted to do kind of looking towards the senior recital, we had to hit Italian, English, French and German. And basically you just play all that music in a 30-minute recital by yourself singing with the staff accompanists."

Brislawn has been a student of Porter's since her first year in 2019. Porter said she saw immediate talent in Brislawn.

"It was immediately clear that Kendra had a fantastic singing voice, but another important thing that made her stand out was her attention to detail as a musician," Porter said. "She had started her training young and because of this, we were able to work at a faster pace and she was



DYLAN SMITH IG: d.smithphotos

Kendra Brislawn, a Gonzaga University music education major, knew she wanted to pursue music at a young age.

able to tackle more challenging repertoire sooner than the average music major."

Brislawn is now a student teacher at Mountainside Middle School in Spokane where she is there full time with a complete teacher schedule. She is teaching three different choirs all pertaining to either percussion or general music.

After the next couple months, there will be a three week period where Brislawn will teach the classes by herself to assess her ability in music education. Brislawn said that her job is very fun and rewarding, yet exhausting while still being in school.

"She is well-poised for a successful career as a music teacher and busy freelance musician," Porter said. "Kendra's musical skills, quick thinking and professionalism will definitely help her get started on her chosen career path. I know she will be very dedicated to teaching music and will excel as a choral conductor and educator."

Brislawn said she has feelings of fulfillment and excitement as she teaches these kids due to her teaching experience in the past.

According to Brislawn, her most memorable moment as a teacher was as a music director at Spokane Children's Theatre last winter, where she directed "Sound of Music."

"It was so interesting because I got to work with the youngest who was 5 years old and the oldest who was 82," Brislawn said. "There's just something so cool in that experience of getting to teach music that's so well known, — everyone comes into rehearsal just singing the songs from it because everyone knows the music, it just bonded that whole group."

As Brislawn closes her time at GU, she said she is excited for what the future brings.

"It's getting that opportunity to sing in choirs, children's choirs and adult choirs all over that's really rewarding, just connecting with people that I never would have connected with before," Brislawn said. "It is really what drew me to like teaching, being able to facilitate those types of encounters and experiences with people."

Cali Carmichael is a contributor.

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ISABELLA STOUT IG:@isabellacarlin.photography

Gonzaga University's Rudolph Fitness Center offers several yoga classes, giving Zags a chance to find their Zen.

Don't stress out, stretch it out: Build holistic benefits with yoga

By SHEI MCLAUGHLIN

Whether it is your own physical flexibility keeping you from doing yoga or the flexibility of your schedule, there are myriad lifestyle benefits that are unique to the practice of yoga.

Each semester, Gonzaga University offers low-impact classes ranging from Pilates to restorative yoga.

According to Sara Randall, a private and public yoga therapist who teaches yoga classes at the Rudolph Fitness Center, yoga has the ability to bring awareness to unhealthy thought patterns and provide a space to build healthier habits. The lifestyle benefits of yoga have a greater psychological impact in comparison to other forms of physical activity.

"You're going to strengthen your ability to respond to stress, you will become less reactionary and you will become more comfortable in your body," Randall said.

Randall said it's a misconception that one's physical flexibility to do yoga is often what drives them away from the practice. She said this discouraged her at first but that it is an aspect that improves through practice.

"When people say, 'I'm not flexible enough to do it,' one of my teachers would say 'that's like saying you're too dirty to take a shower,'" Randall said.

What makes yoga different from other forms of physical activity, according to

“

You're going to strengthen your ability to respond to stress ... you will become more comfortable in your body.

Sara Randall, yoga therapist

Randall, is the connectivity of movement to one's breath. It is through the breath that the body is sent into a state of balance, which she described as a state of homeostasis, that makes the mind less reactionary.

When talking about how stress impacts the body's immune and nervous systems, Randall said stress and tension restrict the breath. This in turn inhibits the body

and mind's ability to function at its full capacity.

"We're constantly stimulated, and constantly thinking and analyzing — the brain is tired," Randall said. "And like any organ in the body, it can get sick."

Randall said that taking the time to breathe into these spaces of our mind and our body can help relax and strengthen our body's immunity.

Randall described how the intentions of one's practice are personal and unique, which is why yoga can be used to alter and heal an individual's mental state. Randall said that taking what is learned in practice and implementing it into daily life is the reason to do yoga.

"To me, that is the whole point of why we practice yoga," Randall said. "How is your practice going to inform the way you are living your life?"

Randall said that college students are especially notorious for having busy schedules and moving at a fast pace. She said that the stillness and intentionality of yoga can be used to reflect and revitalize one's mind.

"Yoga is an inroad to self-awareness," Randall said.

Tiffany Liu, a yoga instructor at the RFC, is a graduate student at GU studying sports management. She said she knows firsthand how fast-paced college life is and described yoga as a practice that can combat stress.

Liu said that the practice of yoga is

psychological. She said that the practice sets an intentional space to work through all that is going on outside your practice.

At the same time, she said that yoga can be a place where you don't worry about everything happening externally.

"During your yoga class you can organize yourself," Liu said. "You can just focus on your practice."

Liu emphasized that the difference between yoga and other forms of physical activity is the ability to release stress from both the mind and body.

"If you relax muscle tension first, then your mentality will be more relaxed too," Liu said.

Both Randall and Liu described yoga as a practice. They said that this is where yoga is similar to other physical activities in that you won't reap the benefits unless you are consistent.

"Yoga is not just for the posture or the poses, it's for the process," Liu said.

Randall also emphasized how yoga is a practice that connects the mind and the breath to the body. She said it is a practice that sets the intention of looking inward and learning what your body needs.

"Yoga is going to allow you an outlet to become more comfortable and accepting of who you are," Randall said.

Shei McLaughlin is a staff writer.

Musical 'Dear Evan Hansen' brought some tough-to-watch scenes to Spokane

Review by EMMALEE APPEL

Trigger warning: mentions of suicide

The musical "Dear Evan Hansen" is hard to watch.

If you are unfamiliar with the plot, Evan Hansen is an anxious 17-year-old who constructs a fake friendship with a boy, Connor Murphy, who has recently taken his own life. He befriends the boy's family, becomes an internet sensation with a heartfelt speech and even dates Connor's sister Zoe.

It's weird.

However, if you're able to get past the odd plot, a lot of the content is really enjoyable.

And seeing it live is, of course, better than listening to a soundtrack or, God forbid, seeing the movie adaptation.

Something special about live stage plays is the stage design. "Dear Evan Hansen" features several large screens that are constantly portraying either Evan's laptop screen, social media streams or simple mood lighting.

But more important than the stage is our cast. The touring cast members are all wonderful in their roles, giving each character a unique flare. Anthony Norman, our Evan, gives us a snorting laugh which adds yet another layer of awkwardness to his character.

My favorite performance of the evening was that of Coleen Sextoas, who plays Heidi Hansen, Evan's hard-working mother.

Heidi's storyline is by far the most compelling within the cast of characters, and it's unfortunate that she is so often overlooked. Her opening song which calls for help in navigating her teenage son's behavior — singing "does anyone know how the hell to do this," was completely deleted in the movie adaptation.

Her struggle to connect with Evan is initially played as a bit of a joke — the classic mom who doesn't get her kid and is "trying too hard." And her behavior toward Evan in the climax of their narrative paints her as an antagonist — she yells at him and refuses to hear any reason for becoming so close with another family.

But, by the end of the story, we see their relationship mended through a heart-wrenching song, "So Big, So Small," where Heidi recounts the fears and anxieties of being a single mother.

By no means does this excuse her behavior toward her son, but it paints her as, arguably, the most complex character in the cast despite it being the bare minimum.

Another performance that I can only applaud is Alaina Anderson's, who plays Zoe Murphy.

Zoe is, unfortunately, most notably the love interest of the story. However, her featured songs are incredible and her initial lack of mourning for her brother's passing is



COURTESY OF @SHAUNTOSELL'S TWITTER

"Dear Evan Hansen" the musical presents viewers with tough scenes that distract from decent music and good acting.

compelling.

It's uncomfortable to think about the fact that Evan weaves his way into the Murphy family after their loss and, if my timeline is correct, tries to kiss Zoe, the little sister of his "best friend," about two weeks following Connor's passing ... on Connor's bed.

In general, Evan's dynamic with the Murphy family is tough to watch — seeing as we know it's all built on lies — and the eventual fallout is painful if you shift perspective to any of the Murphys.

But overall, the touring company is wonderful in their roles, the music is enjoyable and the topics brought

to light within the narrative provide for an interesting conversation if you take the story with you to brunch the next day.

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

'Limerence': Independent showcase hosts creative work of Gonzaga artist

By KAELYN NEW

While some are born knowing exactly what they want to do once they grow up, Gonzaga University senior and fine arts major Ashley Castleman says it is never too late to find out.

Castleman presented her solo art exhibition entitled "Limerence" on March 10 at the Spokane Kitty Cantina at 6504 N. Nevada St. and will have her work on display there until Friday.

According to Castleman, she got to know people at the Spokane Kitty Cantina and asked them to host her art for her solo exhibition, as the fine arts major at GU requires an off campus show for graduating seniors.

She said her work for the exhibition centers around a relatively new psychology term—limerence.

"Limerence is like when you first have a crush on somebody and you're very infatuated with them," Castleman said. "It's like that idea, but it doesn't go away even if you're rejected by the other person and then it almost turns into an obsession."

Castleman created five separate pieces that are on display using a silk screen-printing method. Two of the pieces feature hand-embroidered stitches that Castleman said represent the red string of fate.

"It's just really romantic ... so I wanted to kind of literally weave them into my art pieces," Castleman said.

Associate professor of printmaking and drawing Reinaldo Gil Zambrano said that he worked with Castleman as she created the exhibition by providing feedback and troubleshooting the screen-printing process and framing of the pieces, but he said she led the project herself.

"Screen-printing is an extensive process," Gil Zambrano said.

According to Gil Zambrano, the process begins with a mesh screen and photo-sensitive emulsion. The designs are placed on the screen and the entire project is placed into an exposure unit and heated with UV light. The areas that are exposed wash away, and the areas covered create a stencil in which ink is pushed through to create different layers.

"It makes you think about layers," Gil Zambrano said. "You have to be conscious with how each layer will interact with each other."

According to Castleman, each piece took roughly two weeks from the



NICO LOPEZ IG: nlopez_photography

Gonzaga University art minor Ashley Castleman has an independent art exhibition, "Limerence," displaying at the Spokane Kitty Cantina.

conception of the idea to the final product. During that process, she said she listened to music that resonated with the art that she was creating to focus on the emotions depicted in the art pieces.

Now, Castleman said she is focused on creating more pieces for the final fine arts showcase at the end of the academic year which will feature work from all seniors in the program at the GU Urban Arts Center.

Gil Zambrano said that he recognizes the artistic greatness that Castleman is capable of.

"I feel that Ashley has a strong sensibility aesthetically, and I can see her work expanding because she has so much potential to continue producing intriguing and attractive work through the process of

screen printing, so I look forward to seeing that in the future," Gil Zambrano said.

While Castleman has figured out her passion now, she said it hasn't always been this way, as she started taking art more seriously in her second year at GU. Only then did she realize that she wanted to pursue art professionally.

"I like to say that the real beginning of my life was two years ago," Castleman said. "Since that point, I have been able to take a lot more control over my life and do a lot more things that I want to do in the long term."

There were a lot of hurdles that she had to overcome to get to the point where she is today, Castleman said.

"I didn't know this for a long time,

but I had undiagnosed ADHD up until two years ago," Castleman said. "I found that out and there was a lot of emotions that came up after that, a lot of anger and frustration."

Castleman said she wants everyone to know that it's never too late or too daunting to take on a new pursuit like art.

"I want people to know it just takes time and being gentle with yourself, and you can do it too," Castleman said.

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

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

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Solution to Last Week's puzzle 4/9/23

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

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

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Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

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

By Amie Walker

- ACROSS**
 - 1 Just slightly
 - 5 Golden State sch.
 - 8 Lambs' moms
 - 12 Loose-fitting tops
 - 18 Whittle (down)
 - 19 Sold-out letters
 - 20 Egg-shaped tomato
 - 21 100%
 - 22 "Space to recover"
 - 25 Ohio college town
 - 26 Smoothie berry
 - 27 Warty hopper
 - 28 Pro ___: gratis
 - 30 Received
 - 31 Food Network garb
 - 33 Have a bite
 - 34 Westley's repeated line in "The Princess Bride"
 - 37 "Sending mixed messages, maybe?"
 - 41 GPS tech
 - 42 Iditarod runners
 - 43 Steel-cut grain
 - 44 Raccoon kin
 - 46 Word with market or circus
 - 48 Smartphone tech
 - 49 Pediatricians, e.g.:
 - 50 "Pickle-y" condiment
 - 54 Part of a parfait
 - 56 Air filter acronym
 - 57 Baton
 - 58 Sheridan of "Ready Player One"
 - 59 Indian tea region
 - 62 Historical divisions
 - 64 Skate park fixture
 - 66 "Sarah, Plain and ___": Newbery winner by Patricia MacLachlan
 - 67 "Ham it up for the camera, say
 - 70 "Chewable candy with a comic in its wrapper
 - 72 Spanish model
 - 73 Not quite dry
 - 74 Director Preminger
 - 75 Science class models
 - 76 Gas additive brand
 - 77 Actress Gadot
 - 78 Obstacles to good teamwork
 - 80 Panoramic view
 - 83 "Satisfactory compromise"
 - 86 Secret agent
 - 87 Genetic material in some vaccines
 - 90 Warm, in a way
 - 91 Not fitting
 - 93 Latvia, once: Abbr.
 - 94 Notary's imprint
 - 95 Risked putting one's students to sleep, say
 - 98 "10 or 11, at many hotels"
 - 101 Virgo and Scorpio, for two
 - 104 Poke bowl tuna
 - 105 Brings about
 - 106 Holds
 - 107 Peacekeeping gp. since 1949
 - 108 Classic muscle cars
 - 109 "House" actor Omar
 - 110 Left out
 - 113 Home theater feature, and a later letters
 - 114 "We'll square up answers to the starred clues?"
 - 118 Cinnamon candies
 - 119 Brunei's continent
 - 120 "We'll square up later" letters
 - 121 Paper unit
 - 122 Accord
 - 123 Claim to be untrue
 - 124 Recipe amt.
 - 125 Phased-out jets
- DOWN**
 - 1 BOLO kin
 - 2 2022 film starring Cate Blanchett as a conductor
 - 3 Some floor decor
 - 4 Church officers
 - 5 Required H.S. course, often
 - 6 ___ Lanka
 - 7 Frame of reference
 - 8 Unpredictable
 - 9 Lumber
 - 10 Punk offshoot
 - 11 Afro-Brazilian dance
 - 12 As well
 - 13 Four Corners Native
 - 14 Professional org. for some brokers
 - 15 "All right, let me try"
 - 16 Ad prizes
 - 17 Keytar, e.g., briefly
 - 21 Skater Harding played by Margot Robbie
 - 23 Lose purposefully
 - 24 Billy
 - 29 "Do the Right Thing" actor Davis
 - 31 Does the math
 - 32 Teen soiree
 - 35 Hungry, probably
 - 47 Sanctuary
 - 49 Pulitzer-winning Kendrick Lamar album
 - 51 Half a sextet
 - 52 Caramel candy
 - 53 Command posts
 - 54 Thailand neighbor
 - 55 Longtime NPR host Diane
 - 56 Hem's counterpart
 - 59 Mighty silly
 - 60 Beach acquisition
 - 61 Got out of the way
 - 63 Convince to participate
 - 65 Sea of ___: Black Sea arm
 - 66 "Toodles!"
 - 68 "Severance" actor
 - Scott
 - 69 Blowout event
 - 70 "Dynamite" K-pop group
 - 71 "Harleys in Hawaii" singer Perry
 - 74 Zing
 - 77 Greek wraps
 - 79 Avocado dip, casually
 - 81 "This ___ unfair!"
 - 82 Refreshed, as decor
 - 84 "The Incredibles" family name
 - 85 Neglected to
 - 87 Prints a new edition of
 - 88 Identify
 - 89 Brewpub libations
 - 92 Serving piece for an afternoon social
 - 93 Slopes outfit
 - 94 Fogs
 - 96 A- on a test, e.g.
 - 97 "Jeepers!"
 - 99 Shoe designer
 - Jimmy
 - 100 Designates
 - 101 Brief
 - 102 Less wild
 - 103 "Such a pity"
 - 108 Broad smile
 - 111 Fourth letter of the Arabic alphabet
 - 112 Small fry
 - 114 Mileage, in a sense
 - 115 Crossword clue features: Abbr.
 - 116 MLBer since '05
 - 117 "___ are open": invitation to reach out on social media

Rose Hayes brightens future of women's tennis program

By TRINITY WILHITE

From Long Island, New York, to Spokane, Washington, Rose Hayes, a first-year student athlete at Gonzaga University, has traveled across the country to pursue her passions on and off the tennis court.

Hayes decided to come to GU because it was one of the only universities that would allow her to major in nursing and play tennis at the same time, she said. Hayes has a minor in Spanish.

"I always knew I wanted to be in like the health care profession," Hayes said. "My mom is a doctor so she kind of influenced me. And then Spanish, I think is really cool when people can speak another language and I think it can be really helpful in today's world, especially in the health care field."

Being the middle child among her older sister and younger brother, Hayes was the first to go far away for college, as her sister stayed close to home.

Hayes' parents are her biggest inspirations in life, as she credits her mother for showing her that a lot of things are achievable with hard work.

"She has always been super hardworking and organized and I think it's rubbed off on me ... she's done a lot for me, a lot of sacrifice so I really appreciate that," Hayes said.

While the 5-star recruit was searching for universities as a high school junior, the NCAA was in a "dead period" due to the COVID-19 outbreak. She was unable to get an official visit at any universities nor were any coaches allowed to go to her tournaments. Due to her distance, Hayes found it next to impossible to come do a short visit to Spokane while she was still in school.

It was only after she committed to GU that she came and visited during the summer. One of Hayes' determining factors for attending GU was head coach Natalie Pluskota-Hamberg doing a home visit to Long Island to meet Hayes.

Hayes says playing in college is different than playing in the United States Tennis Association. Competing for a team is different for Hayes, but Pluskota-Hamberg thinks she fits right in.

"Rose is quiet but has an amazing sense of humor," Pluskota-Hamberg said. "She finds ways to make everyone around her smile, all while pushing those around her to be better."

Hayes said that she wants to win not only for herself but for her teammates, coaches and GU. She said it is nice to have people cheering for you and be behind you.

"Rose has been a great addition to our program," Pluskota-Hamberg said. "She is eager to get better and elevate those around her daily. We are excited to see her continue to develop."

Being on the team has helped Hayes more than anything, she said. When she played in the USTA, she played a lot of tennis by herself which she said can be a lot, so being on a team helps her improve.

"We all go through it together, we share a lot together, good and bad," Hayes said.

Before college, Hayes said she didn't have many other tennis players to share their similar experiences with, so sharing tennis with others helps boost her tennis skills.

"Rose is compassionate, kind and



MAX VOLLE IG: vollephotography

Hayes has a team-best 7-2 record in singles play this season.

steady," Pluskota-Hamberg said. "She is thorough and thoughtful which often pours into others around her."

Being the one to push Hayes to come to GU, Hayes praised her coach.

"What I really like about Nat is she knows how to push us, like in the right way, and she always brings the best out in us," Hayes said.

Hayes said that her coach pushes them but doesn't make them feel burdened or stressed out. This proves to be helpful as everyone in college is at a high caliber, Hayes said.

"The players are a lot more consistent and consistently aggressive," Hayes said. "I mean they played a lot of matches, everyone's training everyday so everyone knows how to play. No one is not good."

Hayes has trained more since coming to GU — she gets more hours on the tennis court and she had begun weight training. She had never done weight training prior to coming to Spokane.

Hayes was named an All-American by the National High School Tennis-All American Foundation. She also used to be a multi-sport athlete, as she ran track and tried out cross country in high school.

Hayes said this would be too much

to handle in college because even in high school it was too much. She was on the varsity winter and spring track teams and, as a distance runner, she said she often wouldn't get the mileage other people were getting because of her dedication to tennis.

"It was hard to keep up because my number one was the tennis court versus the running," Hayes said.

It was hard for Hayes to get running in because of how far tennis was for her — it was 55 miles away, being around an hour drive from her home. This made it difficult for the athlete to get any miles in but she still shares that love for it.

"When I didn't have tennis, I had my running, but when I didn't have my running, I had my tennis, it was a nice balance I think," Hayes said.

Long Island has a special place in Hayes heart, but she said that Spokane has proved to be a good place to continue her studies and tennis career.

In their latest match, the GU women's tennis team played against Tulane University, winning 4-2. Hayes won her match, winning against Brooke Theis, 7-6, 6-7, 6-0.

The GU team will play their next match in Provo, Utah against the BYU Cougars

GU SPORTS

Friday, March 23

- ➔ Track at Buc Scoring Invitational Outdoor Season, Spokane, all day
- ➔ Men's basketball vs. UCLA in Sweet 16, Las Vegas, NV, 6:45 p.m.

Saturday, March 24

- ➔ Track at Buc Scoring Invitational Outdoor Season, Spokane, all day
- ➔ Women's tennis at BYU, Provo, UT, 11 a.m.
- ➔ Baseball at Pepperdine, Malibu, CA, 3 p.m.
- ➔ Men's tennis vs. BYU, 3 p.m.

Sunday, March 25

- ➔ Women's rowing at Oregon State Invite, Dexter Lake, OR, all day
- ➔ Baseball at Pepperdine, Malibu, CA, 1 p.m.
- ➔ Women's soccer vs. Washington State, 2 p.m.

Monday, March 26

- ➔ Women's golf at Anuenue Spring Break Classic, Maui, HI, all day
- ➔ Men's golf at Duck Invitational, Eugene, OR, all day

Tuesday, March 27

- ➔ Women's golf at Anuenue Spring Break Classic, Maui, HI, all day
- ➔ Men's golf at Duck Invitational, Eugene, OR, all day

Wednesday, March 28

- ➔ Women's golf at Anuenue Spring Break Classic, Maui, HI, all day
- ➔ Women's tennis vs. Santa Clara, 4 p.m.

Home games in bold

this Friday.

Trinity Wilhite is a staff writer.

Downtown stadium expected to boost city's economy

By HENRY KRUEGER

When the Downtown Spokane Stadium opens in the fall, the public will get its first chance to experience one of the city's largest projects in recent memory.

The 5,000-seat venue will primarily serve Spokane Public Schools and a professional team in the United Soccer League, while also hosting various other sporting and entertainment events.

A report from Johnson Consulting released in February of 2021 projects the stadium to generate an estimated \$11.4 million in positive annual economic impact.

That's music to the ears of Emilie Cameron, president and CEO of the Downtown Spokane Partnership. Cameron provided examples of how the stadium will benefit the surrounding area through direct spending, which accounts for \$6.7 million of the projected economic impact.

"By locating the stadium in the heart of downtown, with so many other amenities, it's a truly crazy opportunity and great experience," Cameron said. "It's the idea of being able to go to dinner and then go to a game or go to a game and then walk across the river and enjoy some of the other great restaurants and shopping that are downtown."

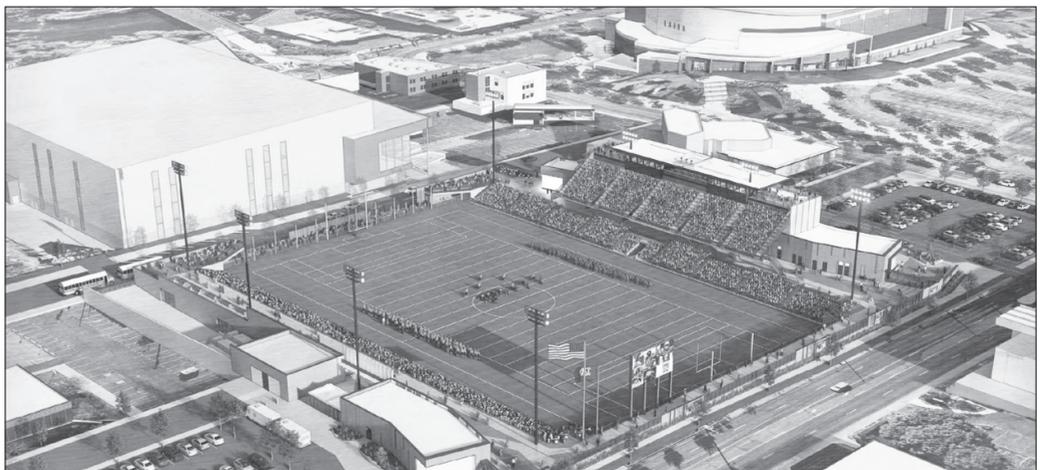
Of the remaining \$4.7 million, roughly \$2 million is expected to come from indirect spending. That measures the supply of goods and services resulting from the initial direct spending in the sports complex.

The remaining \$2.69 million will benefit the community through induced spending, which measures the amount of increased income employees spend in the local economy. This estimate comes as Johnson Consulting believes the stadium will produce \$2.2 million in increased earnings and create approximately 71 full time jobs in Spokane.

"I think it adds quality jobs through the Public Facilities District," said Greg Forsyth, director of capital projects at Spokane Public Schools. "Those jobs typically aren't as busy in the summer and the fall, so they'll be able to maintain those workers."

The Public Facilities District will operate the stadium, something it already does for Spokane Arena, The Podium, Spokane Convention Center and the First Interstate Center for the Arts.

Stephanie Curran, the CEO of the Public Facilities



COURTESY OF ALSA ARCHITECTS

The stadium is located in downtown near Spokane Arena and The Podium.

District, said her organization prioritizes the well-being of Spokane over other interests.

"Our mission is to generate economic impact into the community," Curran said. "So what that means is we bring money into the community, we create jobs, we support small business, we keep our local taxes down and increase the quality of life and we do that by hosting events in our buildings."

However, the Downtown Spokane Stadium will benefit more than just Spokane's economy.

"It's adding an amenity that's going to contribute to the vibrancy and the culture of the area," Cameron said. "The fact that it's hosting high school football games, there are lifelong memories that are going to be made in the stadium."

Before joining the Downtown Spokane Partnership this summer, Cameron lived in Sacramento, California, where she spent almost seven years working for the Downtown Sacramento Partnership. In that role, she witnessed the development of the Sacramento Kings' Golden 1 Center

and its impact on the community.

Cameron anticipates the Downtown Spokane Stadium will have a similar effect on the city.

"What you see oftentimes in investment is you need an anchor project to be the first thing that's going to get the dominoes falling and it's projects like the stadium that do that because they add a destination, they add excitement, they get people wanting to be in the area to invest, eat, shop, play, work and live," Cameron said.

It's projects like this one that make Cameron excited for Spokane's future.

"People are going to start seeing a lot more exciting projects that are going to be announced and they're really going to take interest in seeing, 'OK, I got to make sure Spokane is a place where I want to be,'" Cameron said.

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



DYLAN SMITH IG: d.smithphotos

Drew Timme posts up TCU's Xavier Cork in an 84-81 win in the Round of 32. Timme scored 28 points to become the first GU player to surpass 250 points in the NCAA Tournament.

Drew Timme, Gonzaga face red-hot UCLA Bruins in Sweet 16 showdown

By COLE FORSMAN

The Gonzaga University men's basketball team survived and advanced to its eighth-straight appearance into the Sweet 16 of the NCAA Tournament, where Drew Timme and Co. will square off against the West Region's No. 2 seed, the UCLA Bruins, in Las Vegas.

"To get to another Sweet 16; that's eight in a row, which is an incredible testament by our program of what we've been able to do these last eight years," said GU head coach Mark Few after defeating 6-seed TCU in the second round.

After falling behind by double-digits early, the No. 3 seed Zags rallied behind Timme's 28 points to defeat the Horned Frogs, 84-81, in the Second Round on Sunday. It was a tale of two halves for GU, which shot 52.9% from the floor and went 6-for-11 from deep in the second half following a 36.6% shooting performance in the first half.

Awaiting the Zags in Sin City is an experienced and familiar-looking Bruins squad making its third-straight appearance in the Sweet 16. The two programs squared off in an infamous Final Four matchup in 2021 that ended with Jalen Suggs' half-court buzzer beater that propelled undefeated GU to its second National Championship game.

It also won't be the first time the two West Coast powerhouses square off in Las Vegas — No. 1 GU routed No. 2 UCLA 83-63 in T-Mobile Arena last season to win the Empire State Classic behind Andrew Nembhard's 24 points.

"They've got a lot of guys back from the Final Four game," Few said after GU's win over TCU. "Mick [Cronin]

has done a great job instilling his personality and toughness into that program. Very defensive-minded, lot of isolations. The ball is going to be in Jaquez and Tyger's hands a lot."

UCLA is led by senior forward Jaime Jaquez Jr., who took home Pac-12 Player of the Year honors after leading the Bruins (31-5, 18-2) with 17.5 points and 8.1 rebounds per game, becoming the program's first player since Kevin Love in 2008 to take home the conference's most prestigious honor.

The 6-foot-7 wing guided UCLA to the Pac-12 regular-season title and a No. 2 ranking in the penultimate AP Top 25 poll of the regular season. The Bruins fell to the Arizona Wildcats in the conference tournament championship game, yet Cronin's squad was still awarded a No. 2 seed in the Big Dance.

Joining Jaquez Jr. on the All-Pac-12 first team was senior guard Tyger Campbell. While posting the conference's best assist-to-turnover ratio, Campbell saved his best basketball for the conference tournament, averaging 20.7 points, 5.0 assists and 3.0 rebounds per game in three contests.

Campbell, who averaged 13.1 points per game in the regular season, stepped up for the Bruins in the absence of junior guard Jaylen Clark. Named the Pac-12 Defensive Player of the Year, Clark suffered a torn Achilles in the regular-season finale on March 4.

Despite Clark's season-ending injury, an experienced small-ball starting lineup featuring four players shorter than 6-foot-7 has helped the Bruins win 14 of their last 15 contests. Fifth-year guard David Singleton has slid

into Clark's spot in the starting lineup since, averaging 8.5 points per game while shooting 42.4% from beyond the arc in six starts.

Along with Campbell, freshman guard Amari Bailey has stepped up his offensive output in his first NCAA Tournament. The former four-star recruit averaged 15.5 points, 6.0 assists and 4.0 rebounds in the first two games in Sacramento, California, while shooting 57.9% from the field.

"Amari's a tremendous, tremendous talent," Cronin said after UCLA's win over Northwestern. "The more he plays, the more comfortable he gets, the better he gets. And he's just as good on the defensive end as he is on the offensive."

Thursday's Sweet 16 matchup pits the nation's highest scoring offense against one of the stingiest defenses in the country. UCLA, which ranks No. 2 in KenPom's adjusted defensive efficiency category, has held its opponents to 37.3% shooting from the field and 58.0 points per game in the NCAA Tournament. Meanwhile, GU averaged 83.0 points in its first two games and is No. 1 in adjusted offensive efficiency.

The Zags will strive for their third Elite Eight appearance in four years when they take on the Bruins in T-Mobile Arena Thursday at 6:45 p.m. PST.

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

Three takeaways from Gonzaga's win over TCU

COMMENTARY

By BRAD SAUVE

The Gonzaga men's basketball team punched their ticket to the Sweet 16 on Sunday in thrilling fashion, topping the TCU Horned Frogs in an 84-81 affair. The Zags are heading to the third round of the tournament for the eighth straight time, an achievement made only two other times in history.

Here are three takeaways from the Zags' victory.

The Zags denied the Horned Frogs transition opportunities and ran the fastbreak themselves.

Though the 10 fastbreak points that TCU tallied in the game might seem like a decent number, the Horned Frogs' offensive bread and butter is the fastbreak. They led the nation this season with 17.46 points per game on the break, powered by the high motor of junior guard Mike Miles Jr.

Those 10 points allowed are largely a reflection of the first half, as the Zags did a much better job getting back defensively in the second half. The Zags also increased their field goal percentage by 16% between the two halves, offering TCU less opportunities to grab a defensive rebound and run.

The Zags, meanwhile, scored 24 fastbreak points, almost doubling their season average. Considering that there were only nine TCU turnovers in the game, this was clearly a product of a designed push to beat TCU down the floor off of either a make or miss.

GU put the Horned Frogs into foul trouble in both halves.

Both halves of the game finished with the Zags in the double bonus. In addition to sending an assortment of Zags to the line for free throws, the foul trouble of TCU

forced the Horned Frogs to go deeper into their rotation than even TCU head coach Jamie Dixon anticipated.

"Obviously [it] was pretty early in the first half when we had to make some adjustments, play a lot of different lineups," Dixon said. "It wore us down."

Though the Zags might not have been ultra-efficient from the line (64%), they did make 16 of their attempts to the Frogs' 12. That included a pair from Hunter Sallis in the closing seconds that eliminated any chance the Horned Frogs had of tying the game.

Ultimately, two TCU players fouled out while three others had three fouls.

The second round truly is Timme time.

After Drew Timme dropped 30 points and 13 rebounds in a second-round win over Oklahoma in the 2021 tournament, it was a masterful performance.

When he went supernova in the second half against Memphis a year later (25 points, 14 rebounds), he was lauded as the hero who rallied his team around him at halftime and refused to lose.

Now, after posting 28 points and eight rebounds against TCU, one has to wonder if there is something about the round of 32 that brings out the best in Timme.

The senior from Richardson, Texas, delivered when the Zags needed him most, spinning, pump-faking, drawing fouls and even pulling up from three to boost the Zags to victory.

"That's who he is and what he does. He shines on any stage actually," said GU head coach Mark Few. "I think he's one of the greatest college players that's ever played."

Timme and the Zags will now face another test in the UCLA Bruins, a team whose front line has been in flux due to injuries lately. The Bruins still feature impressive

6-foot-10 freshman Adem Bona, as well more veteran big men in Kenneth Nwuba and Mac Etienne. Bona suffered a shoulder injury in the Pac-12 Tournament and missed UCLA's opening round game against UNC Asheville before playing through pain in a second round win over Northwestern.

"He's extremely sore," said UCLA Bruins head coach Mick Cronin after the win. "If he gets hit on it in any way, he's sore. The fact that he's out there shows you what a warrior he is. He's really sore. I mean, he's playing with a brace on. I mean, he could get a hit in it, he could reach for a ball. Any type of movement like that is going to aggravate him and it's just going to be like that."

Nwuba and Etienne filled Bona's shoes against UNC Asheville, with Nwuba playing 25 minutes and Etienne making all five of his field-goal attempts in 13 bench minutes.

Bona returned against Northwestern to play 21 minutes, but the uncertainty surrounding the Bruins' front-court depth could leave an already thin group susceptible to a physical play-style.

Due to the Zags' preferred small-ball lineup with 6-foot-10 Timme at center, the Bruins could start Jaime Jaquez Jr. at the five, leaving Etienne's size on the bench and giving up a size and potential rebounding disadvantage to the Zags.

If Timme can produce like he did on Sunday, the Zags have an excellent chance of heading back to the Elite Eight for the second time in three years.

Bradley Sauve is a staff writer.

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