## The Gonzaga Bulletin

A student publication of Gonzaga University

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Autumn Higashi spoke about what she said are the dangers of Planned Parenthood.

DYLAN SMITH IG: d.smithphotograph

## **Tension at anti-abortion talk**

Speaker calls Planned Parenthood an 'evil organization'

By KAELYN NEW

Editor's Notes: This article includes mentions of sexual violence and assault.

onzaga University's chapter of Students for Life hosted pro-life speaker Autumn Higashi on Tuesday for "Unapologetically Against Planned Parenthood" and a plethora of people attended in support of Higashi or to voice opposition.

The event took place in the John J. Hemmingson Ballroom at 7:30 p.m. when Higashi, a spokesperson for Students for Life of America, gave a roughly 30-minute-long speech regarding her states on Planned Percenthood.

long speech regarding her stance on Planned Parenthood.

Higashi began her talk by focusing on what she contends is the racist background of Planned Parenthood.

"It is important to understand the truth and understand why Planned Parenthood is an evil organization that deserves to be defunded and run out of business," Higashi said.

According to Higashi, Planned Parenthood was founded on racist and eugenicist ideals. In addition, she said the organization infiltrates schools and targets young children by indoctrinating them to believe abortion is acceptable.

"They are essentially grooming their future clients," Higashi said. "The reality is that abortion is the brutal killing of an innocent, tiny, vulnerable human being. And you know what? That should be enough. That should be enough for us to say Planned Parenthood is killing people."

Higashi said that while Planned Parenthood does provide other services like contraception, the percentage of abortions that take place within the organization should be enough for it to stop garnering support. Higashi

SEE TENSION PAGE 2

# GU designated military-friendly institution

By MIA GALLEGOS

Gonzaga University has recently been designated as a military-friendly school for the 2023-24 school year. This award is given by Military Friendly, an organization that examines the various resources colleges and universities provide for their active duty and veteran students.

Chelsea Collins, the program coordinator for the office of Transfer, Veteran, Returning Adult Services and First Generation initiatives, oversaw GU's application to receive the designation of being a military-friendly school.

Many of the questions on the application, Collins said, had to do with the GI Bill and its offerings for veteran and active duty students along with general statistics regarding the military-affiliated population of the school.

The GI Bill was established in the U.S. after World War II to help veterans returning from the war pay for school if they chose to further their education. Versions of this bill have remained in the decades following and are used in public and private institutions to financially aid veterans and military members.

aid veterans and military members.

"Some students using the GI Bill benefits are not veterans themselves," Collins said. "Veterans can actually pass their GI Bill benefits to their spouses or dependents."

There are several students at GU who are registered as spouses or dependents of veterans and are also able to take advantage of the GI Bill benefits

take advantage of the GI Bill benefits.

Mike Grabowski, GU's veterans specialist in the Office of the Registrar, said there are 127 registered veterans in GU's SPAPERS system, ranging from undergraduate

students to law school students.

"That figure doesn't include students being certified for VA Educational Benefits through transferred entitlement," Grabowski said.

While 127 registered veterans is a relatively small fraction of the population of GU, the actual number of individuals receiving benefits is larger, Grabowski said, including students who are receiving the transferred benefits from being a spouse, dependent or some other association with someone who has or is serving in the military.

In addition to providing these benefits for veteran and active duty students, GU is also a Yellow Ribbon school.

"Yellow Ribbon is a program that institutions can voluntarily enter into when the GI Bill is not enough to cover our tuition," Collins said.

Yellow Ribbon works with Veterans Affairs when granting various institutions additional funding for schools that want to provide for their veteran students solely with the GI Bill but cannot fully close the gap between what it can provide and the total tuition balance. Both Yellow Ribbon and Veterans Affairs will pitch in

SEE MILITARY PAGE 2

## Brothers hope to bring augmented reality to campus

By TONY HEIN

Imagine a world where you could learn in an educational setting by examining 3D models.

That's exactly what brothers Ahmad and Shafiq Moltafet set out to explore when they co-founded Ovicore Technologies in 2022.

Ovicore aims to implement augmented reality in universities. This would entail students having access to visuals, similar to virtual reality, but these visuals would exist in the environment surrounding the person utilizing the technology.

Implementing AR in a university setting has the potential to revolutionize the way students learn and interact with their environment, particularly in health care, according to Ahmad, a senior at Gonzaga University.

"We've been in the process of trying to

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## We've been in the process of trying to solve modern-day problems.

Ahmad Moltafet, Ovicore co-founder

solve modern-day problems," Ahmad said.
AR technology can create interactive learning experiences that engage students in a more immersive and personalized way, Ahmad said, making learning more enjoyable and effective. To the average person who is not familiar with such technology, however, this concept may

seem overwhelming at first, but rest assured it really is more palatable than

"The AR technology has actually been around for a bit of time now, but it's taken some time for people to understand what it's really about," said Shafiq, a first-year at GU. "That can be part of the problem

for the general user, but to try and explain what it might look like, you may walk into a classroom and put on some glasses and interact with these objects instead of imagining it in your head."

For example, AR can allow biology majors to explore virtual models of complex scientific concepts or nursing majors to analyze anatomical systems inside the human body in a more engaging and visual way. This coincides with the initial goals of Ovicore.

"We really do want to focus on education first, whether that be biology, physics or organic chemistry — any fields where visualization concepts are pivotal

for success in class," Ahmad said.

With this in mind, Ahmad and Shafiq said the launch of Ovicore and AR at GU would be a huge step for them. Ovicore

SEE TECH PAGE 2



MAKOA DE ALMEIDA IG: makoa.dealmeida
Junior RJ McGee opened the event with a slam poem for the second year in a row.

## Reclaiming your roots

### UMEC hosts 13th annual Diversity Monologues

By CLARINNE KIRK

A palpable energy of passion and reverence rippled through the Myrtle Woldson Performing Arts Center Tuesday night as audience members gathered to listen to the stories of 10 GU students at the 13th annual Diversity Monologues, hosted by the Unity Multicultural Education Center.

One GU student performer, Jackie Lee, described the event as "a celebration of voices too beautiful to be ignored."

Ten GU students shared a monologue in response to the event's theme "Reclaiming your Roots." Among these students were RJ McGee, Anisia Khammala, Aaliyah Mae Lewis, Juliette Aguilar-Gomez, Jackie Lee, Odalys Sanchez Cedillo, Jocelin Garcia, Akon Edwang, Kellyn Pattee and Analesa Amira Mason.

Along with students, the event also featured performances from Christian Paige, an Emmy-award nominated poet and Tacoma Poet Laureate, and Michael Benitez and Rudy Mondragon, founders of the original diversity monologue which took place at Pennsylvania State University in 1998.

University in 1998.

Reflecting the diversity of its performers, the monologues took on a variety of forms, from spoken-word poetry to monologues accompanied by music and song to bilingual poetry performed in both Spanish and English. While the style of delivery of each monologue was unique, each offered a reflection on the speaker's connection to the theme "Reclaiming your Roots".

McGee described how he took this theme literally, incorporating themes of nature into his piece.

"I started with the metaphor of a tree and based my poem around that metaphor and the ways it could be applied to myself," McGee said.

SEE ROOTS PAGE 2

### **INDEX**

INDEX	
News	1-3
Opinion	4
Arts & Entertainment	5-6
Sports	7-10

### **OPINION**

Live free or subscribe: the subscriber business model is terrible.

PAGE 4

### A&E

Support women-owned businesses in Spokane for Women's History Month.

PAGE 5

### **SPORTS**

Cate Broerman shines in her final season for the women's tennis team.

PAGE 10

MARCH 30, 2023

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Rudy Mondragon (left) and Mike Benitez (right) founded the original diversity monologue event at Pennsylvania State University in 1998.

## **ROOTS**

Continued from Page 1

Sanchez Cedillo connected the theme of roots to her family's history and home in Mexico.

"I wanted to hone in on my Mexican heritage," Sanchez Cedillo said. "A lot of Mexican stories are seen as both of your parents immigrating to the States to make their life there. But for me, I wanted to reclaim my mom's side with my grandma being a single mother and my mom having to go through being fatherless and then learning how to raise a child."

Student monologists began their process in January when they submitted pieces for the event. Ten student

performers were then selected and underwent a workshop process through collaboration and mentorship from each other, professors and Paige.

Transforming the piece from words on a page into a performance was a critical part of the process for McGee.

"When I write initially, it's to myself," McGee said. "Taking the words that are for me and changing the way I perform in order to apply that message to other people was a large part of the process."

Tere Graham, UMEC's program manager for social justice programming and an organizer of the event, said the event gives the opportunity to further involve the GU community in diversity work, which can often feel intimidating, according to a press release on GU's website.

"The fear of cultural differences or lived experiences paralyzes one's ability to learn and lean into another person's world that perpetuates disharmony," Graham said. "But coming together to hear others' stories is where we experience community. This is where we build connection."

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Angeline Elguero-Mateo, an attendee of the event, similarly said that community building was a key takeaway of the event, adding that it empowers students to authentically tell their own stories.

"This event is one of the ways Gonzaga cares about our stories and creates space for people to come and hear them," Elguero-Mateo said. "This is a way for students to be honored, feel empowered, and feel like they have a say in their stories."

Sanchez Cedillo also identified community building as one of the main

impacts of the event and said that she hopes the monologues will help foster understanding and relate to people of many backgrounds.

"I hope people are able to hear our stories and hear our realities and be openminded to see other perspectives," Sanchez Cedillo said. "A lot of our messages talked about personal things, but I think they can be interpreted by everyone through their own story. They're not alone and they are accepted."

Clarinne Kirk is a staff writer.

## **TENSION**

Continued from Page 1

additionally detailed how people in her life, including her own family, have worked to adopt children and support pregnant people who may feel they have no other choice than to have an abortion.

"As pro-lifers, we need to vote pro-life first for legislators that will propose bills to defund Planned Parenthood," Higashi said. "We need to be on the sidewalk offering hope and resources and healing for those who are in need."

Audience members were able to scan a QR code to submit questions for Higashi to answer after her speech. Some of the questions were selected and read to Higashi by a member of the GU chapter of Students for Life.

Many of the questions were centered around the additional resources provided by Planned Parenthood, health care, low-income people served by Planned Parenthood and equal rights for reproductive people and their autonomy.

One of the questions asked how the state could be able to force a survivor of sexual assault to carry a fetus without infringing on the rights of the survivor.

"In many instances, abortion does not remove the trauma of rape — it adds to it," Higashi said. "When you speak to women who have gone through instances of sexual abuse or rape, many of them will say, although they didn't expect it at first, choosing life was one of the most healing things that they could have chosen ... A child should not pay for the sins of their father."

At this moment, several members of the crowd began talking among themselves.

As Higashi continued to answer questions, several audience members voiced their opinions about the

legalization of abortion and the viability of a fetus. "When does life begin?" Higashi asked an audience

"

# I thought it was very extremist. There was no room for discussion. It was very opinionated and there was no science behind it.

Emma Larson, event attendee

member.

"There's debates in the scientific community on when life begins," one audience member responded. "I believe life begins when a fetus can withstand life outside the womb, and I believe that a fetus, regardless of how we believe if they are a human being or not, does not have a right to occupy a person's uterus."

Another audience member asked Higashi who she is voting for in Washington state and what those legislators are doing to target poverty if she cares about life. Another audience member told the people talking to be respectful.

"If you guys want to continue talking about abortion, I am happy to do that and answer any questions you guys have, but I think we could be here all night," Higashi said.

At the end of the heated question session, several audience members gave Higashi a standing ovation. GU's Students for Life President and GU senior Ian Willnerd ended the talk by thanking audience members and Higashi for coming.

Higashi gave her talk at GU as a part of her Unapologetically Against Planned Parenthood college campus tour. GU was her second stop on the six-stop tour. Willnerd said he wants to let the people who disagree know that they are welcome to attend events like this and that their thoughts, experiences and feelings matter.

Willnerd said that the talk was centered on Planned Parenthood and life beginning at conception, but he hopes that the audience took away more from the experience.

"I hope that everyone here, in discussing the worth of the unborn, also can have a better understanding of their own worth," Willnerd said.

One of the students in opposition to Higashi, Sam McLaughlin, a junior at GU, brought a sign that read "Why die on this hill when ... 12 mil poor kids. Non-viable is not life." The other side of the sign read: "Guns kill 12 kids daily, 32 injured, .001% mass shooters are trans."

McLaughlin said that the talk by Higashi wasn't necessary, as an issue like bodily autonomy shouldn't be debatable.

"We made this sign talking about all the other hills they could've chose to die on, all the other causes about caring for children they could've chose to care about, but for some reason they only care about the one that restricts people's bodies," McLaughlin said.

GU first-year student and audience member Sadie McGinnis said that she thought that Higashi wasn't answering the questions that were being posed by people in attendance. First-year student and attendee Emma Larson agreed.

"I thought it was very extremist," Larson said. "There was no room for discussion. It was very opinionated and there was no science behind it."

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn\_new.

### **TECH**

Continued from Page 1

focused on its case studies and meeting with professors at GU who are interested in the capabilities of AR technology in the classroom.

"We want to see how students interact with AR and with time we believe that these case studies will help us display how this technology works and how we've demonstrated in these studies that AR is the future of education," Shafiq said.

This is not to say AR is only meant for the classrooms, though — both Ahmad and Shafiq said they are interested in the idea of utilizing augmented reality in several different ways across campus. Specifically, in the case of entertainment, both professed their intrigue in watching a show at Myrtle Woldson Performing Arts Center from the living room or even providing real-time statistics and player information when

watching the Zags play at McCarthey Athletic Center.

Right now, the brothers have a prototype of a 3D model environment that would be used as their platform for the startup. They said the future is bright.

"We're a couple of years out," Ahmad said. "The technology is developing and the process that needs to be taken does need time, but once we get that foot in the door at Gonzaga, you can replicate the cases across many other universities."

Ahmad said this is the key for this entire operation of Ovicore — they are willing to take the time necessary now so that later down the road the implementation of AR in the classroom is as smooth as possible. Creating their case studies and proving that the use of AR in an educational setting is effective enough to warrant the need to utilize new technology to further evolve how to educate the next generation is their goal.

Tony Hein is a contributor.

## **MILITARY**

Continued from Page 1

a certain sum of money that is then tacked onto what the GI Bill is providing, bolstering the total support that is provided to a specific veteran student.

The Military Friendly application also asks about the various resources and outreach opportunities that are provided for veterans and serving students within the institution.

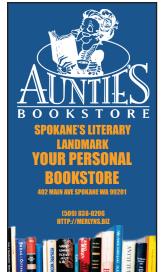
One form of outreach at GU is the Student Veterans Organization, which is a club for veterans attending school and wanting to be a part of an on-campus community centered on their military experience.

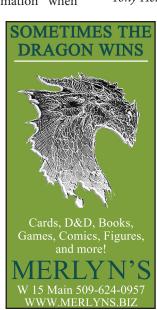
"[The application] also asks about what resources and partnerships are available on campus and off campus that are geared toward veterans, including things like mental health services,"

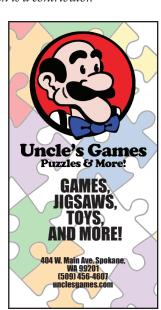
Collins said. "So are we partnered with our counseling services and do we have any counselors who are veterans or who are specific to serving veterans while they're on or off campus."

GU also provides health and counseling services through its student health facilities located on campus. When a veteran or active duty student chooses to come to GU, TVRAS makes sure that they are aware of the counseling services and lets them know that they have the liberty to use them whenever they please, Collins said.

Mia Gallegos is a staff writer.









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## Cor Christi blocks out cultural noise

The formation program helps men discern through prayer, volunteer work and technology fast

By CARMEN MACRAE

onzaga University's new program for priestly formation, Cor Christi, began this year with a group of young men from various dioceses in the West. The program was created in response to Pope Francis' document released seven years ago calling for revision to the priestly formation process.

The document, entitled "The Gift of Priestly Formation," reconfigured the process of priestly formation leading to the creation of a new propaedeutic phase. "Propaedeutic"

is the Greek term for preparatory.

"The propaedeutic stage is to give a man a real knowledge, give him the foundation, the disposition and the means to discern God's will," said Daniel Barnett, rector of Cor Christi and Bishop White Seminary.

Barnett said Cor Christi, which is Latin for Heart of Christ, functions as the propaedeutic phase at GU and

works with Bishop White Seminary.

Barnett said for the past 60 years, Bishop White Seminary has been a four-year college seminary designed to help men discern if they are called to the priesthood. Now, Bishop White Seminary will be a three-year program following the Cor Christi propaedeutic year, which will be designed as preparation for discernment at Bishop White Seminary.

"The question for Cor Christi men is not am I called to be a priest, the question for Cor Christi men is, is God calling me to discern celibacy, priesthood and the dioceses, and they have a year to answer that," Barnett said.

According to Barnett, Cor Christi men are engaging in the first year of a nine-year process to becoming a priest. In this first year, the men participate in a media fast six days a week, prayer two hours a day and mass and liturgy hours. The men will also throughout the week work in the city with the unhoused, in the Catholic schools as teacher's aides and with parishes.

"That's a year in which they are not enrolled full time in a university and so the Cor Christi men are engaged in a more intense spiritual and pastoral life," Barnett said. "So we work on the streets, we work in the Catholic schools, there's a lot more prayer, and there's still study and classes but they're taught in-house."

Cor Christi member Josiah Dauvin said the men follow a prayer routine. In the morning, evening and night they engage in liturgy prayer. They also have three silent prayer sessions throughout the day along with a daily Mass. Barnett invited the public to weekly liturgy on Sundays at 6:45 p.m. at Bishop White Seminary.

According to Barnett, one important aspect of Cor Christi is that the men during the year are not GU students. Instead, after the year, the men will have to apply for the next three years at Bishop White Seminary, where they will eventually be graduates of GU at the end of the three years of study.

The men in Cor Christi come from a variety of dioceses including ones in Alaska, California, Oregon, Nevada, Idaho and Washington. The men apply to seminary through a common application and then are assigned to a program by their bishop.

Cor Christi member Matthew Wong said he had been feeling the call to join the priesthood for a while before applying to a seminary program. He was sent to Cor



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Cor Christi was created in response to Pope Francis' call for a revision to the priestly formation process.

Christi by his bishop, a story shared by many men in the

It's really exciting to be part of this renewal in priestly formation and to be the forefront of it," Wong said. "It's been a really good project."

Wong said over the past few decades discernment has become more difficult as there is more happening in today's culture. According to Wong, Cor Christi works to help men focus on what it means to be a seminarian through blocking out cultural noise.

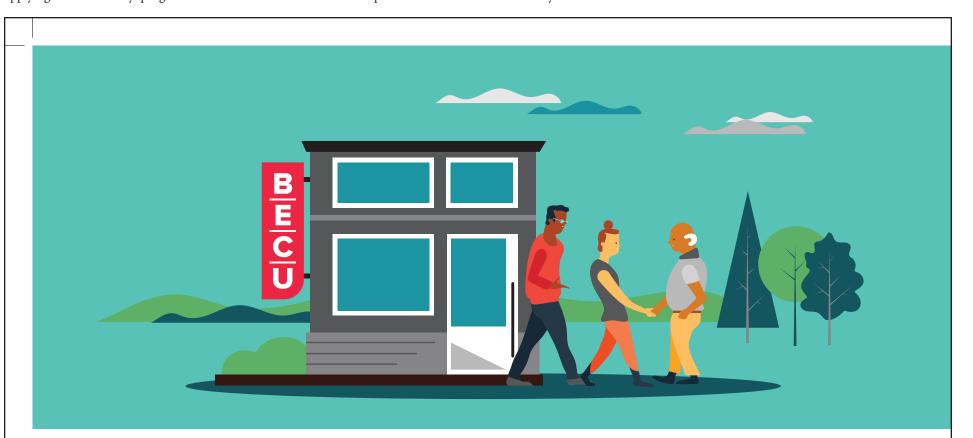
Another Cor Christi member, Nicholas Sund, said that he views Cor Christi as a year away from the culture and load of academics to give time for introspection.

'Ultimately you are trying to create an environment that takes away some of the pressure ... and it gives you some time to just kind of live and to learn and to really go deep in your faith and your spiritual life and find out who you are," Sund said.

Cor Christi is housed in Bishop White Seminary but it is planned to move into McGivney Hall this fall. McGivney Hall was a convent in the 1950s, where it soon became a modern seminary for older men. In the 1990s, it became the ministry institute, then finally a sabbatical program for priests from the Global South. It was recently bought by Gonzaga University and renovated to house the Cor Christi program.

Barnett said Cor Christi is housed separately because the pope's document calls for a distinction between the new propaedeutic phase and the seminary phase. Barnett said they are still looking for donations for these renovations and that a donation link can be found on the Cor Christi webpage.

Carmen MacRae is a diversity editor.



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## An open letter to the herds of high schoolers touring GU

s a legacy kid, I thought that my family told me all that I needed to know about being a student at Gonzaga University. As it turned out, they failed to mention how steep the stairs would be in College Hall going up to the fourth floor or how housing nearly forces you to make your friends and decide who you want to live with sophomore year — in January.

MARCH 30, 2023

Friends who go to Washington State University complain about having to walk a mile in between their classes across a very hilly campus — Zags complain about not having snow days when half the student population lives off-campus and needs to drive in treacherous conditions.

Of course, you need to keep in mind what the ambassadors say is scripted by the university, so their creative freedoms are, shall we say, limited.

With that being said, here are some common misconceptions about being a

DeSmet Hall is not the closest thing we have to a frat — Theta Chi just happens to not be affiliated with the university.

Our men's basketball team is not overrated. You should've seen it when it



BY CAROLINE SLACK

was 6 a.m. and we were packed into the McCarthey Athletic Center when ESPN College GameDay came to town.

The rest of our sports teams are fairly good, they're extremely overlooked in comparison to the success the men's basketball team has had over the past 25

The food in the COG is good when

it's GEL weekend, orientation and when parents come to town. Other than that you pretty much have to fend for yourself. Don't be deceived.

No matter how many "Medicine Balls" you order from Starbucks, you will constantly be sick with some kind of cold. But we've all been there and done that. Your immune system will forever be shot.

Speaking of Starbucks, be prepared to have your Bulldog Bucks disappear in front of your eyes. This is not a magic trick, it's just caffeine. Just be sure you're nice to the baristas — they work their tails off to ensure our happiness and energy levels are well taken care of.

Don't feel like you need to join all the clubs that GU has to offer — definitely sign up for a ton of email lists at club fair, only to never show up to their meetings or reply to emails. You won't be the first, trust me. Even participating in a few activities will make you feel as if you are "doing it all."

In terms of the weather, be prepared for anything and everything, spare for tornados and hurricanes. Wildfire smoke is not unusual to start out the school year, summer goes until October, fall only lasts

until it snows and spring gets interrupted at least once a year because Mother Nature is indecisive.

There are enough hours in the day to go to all your classes, get some homework done and have some free time mixed in. Motivation can work best if you leave your dorm to get some studying done — we all have our favorite spots.

Make sure you get a good night's sleep — six hours is enough — and eat at least two meals a day, with snacks in between. Getting COG three times a day is overachieving. Pick-three at lunch might just be the best-kept secret on campus.

Finally, I hope this list of misconceptions doesn't scare you away and make you want to transfer to a different university. GU is a great school with so

And before you get upset at what I've written, remember that it's all fun and basketball games — Zags help Zags and as much as we give it flack sometimes, there really is no place quite like GU.

Caroline Slack is a staff writer.

## Live free ... or subscribe: The business model with society in its razor sharp talons

If I was lord of the universe, I would promise fewer 'things' to worry about.

I hate subscriptions. I truly and utterly despise them as an aspect of the modern human race that has grown like a cancerous plague from one business to another. They are truly the lowest form of modern capitalism that is an exploitation of our souls and an unnecessary burden on the modern man's mind.

This is not some new hatred that I feel coursing through my veins. Oh no, this is something that I have wanted to crush beneath the heel of mankind's progress for eons — from the early days of my youth, when I knew that some video games like World of Warcraft used them to fuel their online servers and world, to now, when it seems every day we have a new streaming service forced down our throat with a cold iron rod straight from the market trough.

Every new show is on some exclusive platform that requires yet another monthly payment, not to mention all of your other monthly bills, may that be from your utilities and house, or maybe it is to some service that you forgot to unsubscribe from after being given a free trial.

Of course, you can definitely keep track of all of these payments in your head and make a rational decision on what is genuinely worth the amount of money you will be spending on it in the future, right? Oh and don't forget, if you ever mess up on these payments, the banks will not be forgiving just because 'you forgot.'

This brings me to another point of how these spawns of Satan are raining down upon a new generation and burning away their will — the obfuscation of these companies.

When you buy something, purchasing it outright,



BY DOMINIC BUSCH

you know how much it costs. You have an exact amount that is easy to understand and compare against the service. No longer.

With these subscriptions, can one really say that the average consumer is constantly considering the worth of every single one of these in comparison to the other one? Or that they know that the purchase will be worth it with the potential hundreds of dollars they would be spending on this service over a course of time?

Of course not, and this is what these companies plan to happen to you. They know that people cannot envision all of these different payments in their heads, meaning that these cheap subscriptions worm their

way into your wallet, slowly siphoning your cash away from you over time. Sometimes without even informing you, many services offer free trials to their services before automatically signing you up at the end of the trial period, having their entire business revolve around the hope that your stressful life will push the thought of unhooking yourself from their talons far from your

So, now with the onset of all of these new subscription services like Uber Eats, CatLadyBox, and now even some restaurants like Panera Bread leeching your life force with this parasitic practice becoming more widely accepted, I hope we can actually take a stand and demand clarity from the companies. I wish for the end of all of these swords waving above my head for the promise of goods.

I refuse to sit and take the weight of the world on my mind as I constantly have to fret about some latent drain on my future. I do not think the world needs another subscription service. I simply wish to pay for a good or service and have that be it — stop trying to obfuscate our reality with these systems and let us stop the growing bud of thorns and drooping sludge here.

The future does not need a subscription and latent background noise of finance to every decision we make, creating an anxiety cloud around you because you are afraid you will forget to pay for yesterday's groceries six weeks from now.

Dominic Busch is a contributor.

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## People-watching — why not mess about and find out?

You may have heard of people-watching. This activity relies on the observation of idiosyncrasies or odd habits that might clue the observer into the subject's background or relationships. There are a number of reasons that people do it, however, what is more interesting are the observations that people make as they people-watch.

For some avid peoplewatchers, it's a hobby. Ît's an easy, unmediated activity they can fill their time with while waiting for the bus or for a class to start. Although, many people-watchers never set out to make it a conscious activity. It can start with the observation of simply where

Gonzaga University makes for an excellent place to people-watch, as thousands of students walk the steps of Bulldog Alley, Boone Avenue and the many campus buildings every day. On warmer days the number of people walking to class from Logan also increases, giving a curious eye plenty to see.

The assumptions you can make about what's going on in the lives of others are limited only by the outer reaches of your imagination. Some people-watchers might try to think logically and analyze their subject's pace, direction, outfit, accessories and facial expressions to gather information. These observations can help create a story about someone.

Using these points of observation, a peoplewatcher could gather that the professionally dressed middleaged woman walking briskly



BY LUCAS MIRANDA

toward College Hall with a briefcase in hand is a professor, heading to class or perhaps to her office.

Ignoring facial recognition, the young, lean, branded sweatsuit-wearing, 6-foot-8inch man who is opening the doors to the Rudolf Fitness Center is likely a basketball player or some other athlete who was given a boatload of free GU merchandise. The mind leans toward basketball due to the colorful, high-ankle shoes

hanging off his backpack. These assumptions don't need to be correct, as there is no true goal to people-watching. It might even be slightly strange to confront a passerby and ask them questions to verify these curiosities. This activity caters less toward gossipers and factcheckers, but more toward the freely minded who are merely putting together stories based on observations.

The most advanced peoplewatchers among us can take things a step further — they might begin to identify one of

their own. Their shrewd eye lands on someone sitting in a public area, someone whose eyes are alert and attentive and tracking the movements of the people in front of them. This people-watching inception is more common than you'd think as the activity slowly becomes more known and more people can quickly identify when they

are people-watching.
The skills developed through this activity have a wide range of real-life uses as well. Their heightened awareness is just a generally good thing to have, being able to pick up on social cues and divide their attention onto more things at one time. In the workplace, a keen eye can help people anticipate problems or to ensure proper safety equipment is being used. Additionally, as an unmediated activity, it can help increase one's attention span and allow one to recharge their mind away from the rapid, changing nature of social media.

People-watching is a fun activity that anyone can do, with positive benefits and an unending supply of things to observe. It can be taken to logical and absurdist extremes, or it can simply be a good mental exercise to get the mind going for the day. If you haven't tried it, take a seat on a heavily-trafficked street and see what you can pick up on. It might be more fun than you think.

Lucas Miranda is a contributor.

■@GonzagaBulletin

## Local women-owned businesses turn passions into profit



Jessica Atkins owns and operates Sweet Frostings Blissful Bakeshop with her mother, Sallv Winfrev.

By KAELYN NEW

s Women's History Month draws to a close, there are several ways to continue supporting the women of the Spokane community — one of them being by shopping at women-owned and operated businesses.

**Sweet Frostings Blissful Bakeshop** 15 S. Washington St. and 10406 N. Division St.

Sweet Frostings Blissful Bakeshop is a dual location local business owned and operated by mother-daughter duo Sally Winfrey and Jessica Atkinson that sells cupcakes, cakes, cookies, pastries and bread.

Atkinson said her mom, Winfrey, has been a baker her entire life. Winfrey obtained a baking chemistry degree when she was younger and spent time working at a supplier company before opening Sweet Frostings Blissful Bakeshop with her friend Judy Rozier Beebe.

At first, the business wasn't necessarily a serious endeavor, Atkinson said. However, when Atkinson was 14, she attended a two-day event with her mother and Rozier Beebe, bringing roughly 300 cupcakes. According to Atkinson, they sold out on the first day, having to return home and bring more for the next day.

The rest was history. Once Atkinson got older, she took over the company alongside her mom.

"I couldn't find anything that I loved doing as much as working with my mom at the bakery," Atkinson said.

The downtown location has been open since 2011, while the second location, which opened in 2013, moved from Wandermere to Whitworth in 2018.

Atkinson said that Sweet Frostings bakes using the

highest quality ingredients and methods.

"We bake in the very traditional, how-your-grandma-used-to-bake methods," Atkinson said.

During April, Winfrey and Atkinson's business sponsors Lutheran Community Services Northwest to help survivors of domestic or sexual violence in the

"We are really focused on local causes, especially revolving around women and children," Atkinson said. "So, you're not only getting a delicious cookie that looks super cute, but by buying that cookie you are supporting people in need."

Ŝweet Frostings Blissful Bakeshop is open Monday through Friday from 8 a.m. to 6 p.m. and Saturday from 10 a.m. to 5 p.m. at the downtown location. The Whitworth location is open Monday through Sunday from 10 a.m. to 6 p.m. For more information, visit their website.

**Wanderlust Delicato** 

421 W. Main Ave., Suite 103

Wanderlust Delicato is a wine and cheese shop owned and operated by Amber Park.

The business has been open for four years and it boasts a wide variety of services. Park said her business model is unique so that each person can find something to their

Wanderlust Delicato offers a wine club, weekly wine tastings every Wednesday with a different regional theme, cooking classes, cheese products, wine from all over the world and more.

You can come in and have a glass of wine and a cheese and charcuterie board, or you can come in and buy a quarter-pound of Parmigiano-Reggiano or mortadella to make your own spread or pasta," Park said.

Park said she saw a need for a cheese monger and approachable wine shop in the Spokane area, so she filled

"I have always had a passion for food and wine and people and the hospitality industry," Park said. "I have a deep passion for travel; that wanderlust is real in me. I want to go explore, and when I get to exercise that wanderlust and travel, I want the delicacies of the place that are unique."

For Park, her favorite part of the job is the people. She said that she has loved getting to know the regulars that come into her shop. She enjoys taking an approachable stance to wine to help everyone find something that they may like, no matter how advanced their knowledge of

Park said that the wines at Wanderlust Delicato are unique, lending themselves to the location they are from, as they are small production based. However, her business isn't limited to adults; Wanderlust Delicato offers nonalcoholic beverages and experiences for kids and those under 21.

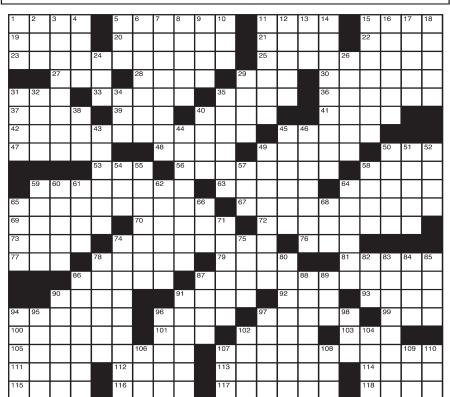
"Not all of us can travel and get out there, but you can swing by Wanderlust and get a little taste of the world,"

To sign up for a cooking class, register for a private event, join the wine club or to find more information, visit their website. Wanderlust Delicato is open on Tuesday from 11 a.m. to 4 p.m. and Wednesday through Saturday from 11 a.m. to 7 p.m.

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn\_new.

### Los Angeles Times **Sunday Crossword Puzzle**

Edited by Patti Varol and Joyce Nichols Lewis



IN THE END

### By Garrett Chalfin

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NBA Finals

ACROSS

- Greetings Old music halls Atmosphere 23 Exclamation at a Chinese New Year
- parade? 25 Homemade cat costume?
- 28 Ilhan of Congress 29 Lunch spot, for

- banana bread,
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"You'll see--this'll

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  43 Fishers with pots
  44 Kite aids
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  57 Furry foot
  58 Lima \_\_\_\_\_\_
  59 Party gift 59 Party gift Move or groove

4/23/23

- Top squads Longtime Takei role 65 Texas city featured in most "Fixer Upper" episodes
- 66 "One Mic" rapper 68 Actress Dennings 71 Hindu or Buddhis spiritual leade "No refunds" transa 75 Polka
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  - Start discussing 94 Timetable listings 95 Skin care brand in blue containers 96 Girl Scout's outfit? 97 Lotus position, e.g. 98 Genetic letters 102 Hammer-wielding
  - superhero in Marvel films 104 Older "Frozen" 107 Couple 108 Understand

109 Flamenco sh 110 This second Flamenco shout

# THE SAMURAL OF PUZZLES By The Mepham Group

Level 1 2 3 4

6 5 6 8 6 8 6 9 8 3 8 3 9

Solution to Last Week's puzzle

4/16/23

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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## Spokane's Fox Theater preserves original Art Deco style of the '30s

By QUINN TEUBERT

ven with its plain white exterior, the Martin Woldson ■Theater at The Fox can transport anyone who enters ∎to a different world.

Met with a soft green interior, the delicate gold botanic designs gracefully climb the walls to meet with a large sun chandelier embedded in the ceiling. The carpet has a vibrant blue pattern that dances with every step.

The rich interior of The Fox is far from accidental the building dates back to the 1930s and was restored in

Joshua Schultz, the box office manager for the Fox Theater and Spokane Symphony, detailed the history of the building.

"We're on the National Registry of historical preservation sites ... The facade of the building is exactly the same as it was in 1931," Schultz said. "It was dilapidated and was going to be condemned in 2000 — that's when the symphony got it. When you go inside, all the painting is all restoration to how it was in 1931.

Schultz said one major features of The Fox is its unique style that emerged from the art deco movement of the 1930s. A piece of the theater that marks itself as an example of the movement is the light fixture that resides above the stage.

"A central artistic piece but it's not a chandelier because it's built into the facade of the preceding March," Schultz said. "It is obviously a statement when you walk in — this

thing is the lighting tiara of the princess that is the stage." The interior was not easy to restore, said Kathy Gustafson, director of marketing for the Spokane Symphony.

"It was just full of grease and cigarette smoke because people could smoke in here back then," Gustafson said. They stripped all of that down and found a lot of artwork between the original photos and the artwork that they found behind. One of them is upstairs in the men's lounge area ... there are these sports characters that they did not know were there. A lot of the light fixtures are original. Some people had some of these light fixtures in their homes, and they were donated back to the theater."

Schultz also explained how the restoration process worked and some of the gems that were discovered.

The Spokane Symphony brought in an art team from New York to reconstruct walls and paintings of the original theater. During the restoration process, Schultz said they



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Renovated in 2008, the Martin Woldson Theater at the Fox has preserved the original art deco style from the 1930s.

found multiple chandeliers that had been untouched since they went into hiding above false ceilings of the theater. It wasn't just the symphony that made the restoration

possible. Gustafson and Schultz said that the project was a community effort. "Spokane Symphony spearheaded a fundraising campaign — so the community bought it," Schultz said.

"This was a \$30 million restoration and it used to be a \$1 movie theater." Generous efforts from the community are also what helped give The Fox its full name: Martin Woldson Theater

at The Fox. "There are Fox theaters all around the country," Gustafson said. "So, the Martin Woldson Theater at The Fox came from Myrtle Woldson, who also gave money for the GU theater. She was our No. 1 contributing donor

when we went to restore this theater, and so she named it in honor of her dad, who is Martin Woldson."

After restoration, and later COVID-19, The Fox and Symphony were tasked with bringing the theater's liveliness to Spokane.

"A big difference of doing productions and concerts in our venue is really just trying to make sure that we're doing things that appeal to people, not just in Spokane proper, but in the suburbs, outlying areas," Schultz said. "We have to make sure that we're appealing to Coeur d'Alene, and we have people that come as far as Moscow for certain things and we get people from Montana all the time. It's just a different demographic that we're dealing with in terms of the community."

Schultz said that same demographic is also typically comprised of an older audience, which creates a challenge of getting younger generations involved with The Fox

For college students, a college card is available for \$40, which gives access to all nine of the Masterwork shows. Students in grades K-12 can participate in the Free Access Student Ticket program, which allows for entry into any Masterwork show for free alongside the purchase of one

In addition to ticket programs, Schultz said there are many opportunities for students to visit or even play at The Fox. Elementary students have opportunities to play mini quartet concerts and be part of a school day concert.

Gustafson said having The Fox feel like home is a priority, the little details and connections matter most.

"People [in Spokane] really put their heart and soul into their restaurants and their shops," Gustafson said. "Spokane is warm and fuzzy and that's what I love most about it here. After being here 15 years, I'll go do something or experience something, and I'm like, 'I don't know about this, and I feel like that's how the Fox Theater is. How come I've never been here before? Or on the flip side, like very intimate feeling or familiar feeling or feeling at home here. Some people have been coming here for 50 years so it's very familiar to them. I think that's how The Fox community here is."

Quinn Teubert is a staff writer.



During the restoration, multiple chandeliers were found untouched above false ceilings of the theater.

## Starting fresh: Ways to get organized and clear the clutter this spring season

**COMMENTARY** by TONY HEIN

As the snow melts away and the flowers begin to bloom, the long-awaited arrival of spring is finally here. So why not start off the season of renewal with a clean slate? Here are some tips and tricks to kick off your spring cleaning.

Whenever one is trying to tackle a big project like spring cleaning, it is always essential to go in with a plan. Decide which areas of your home or dorm room need the most attention. Is it your living room with its mountain of clutter, or is it your desk drawers filled with graded assignments from last semester? Whatever it may be, it is important to schedule out what needs your full attention and effort

before even starting your cleanup process. Have you ever looked around your house or room and thought, "why do I have this again?" For this next step, separate your belongings into need and don't need piles. Doing this will allow you to separate your trash from the things that have value to you. This will make cleaning much easier and more efficient as well. Who knows, you might uncover some secret treasures you completely forgot

After your trash is separated and your plan is set, you are ready to roll up your sleeves and get to work.

While it may seem tempting to clean the whole house at once, it's far easier to micromanage each room individually. By

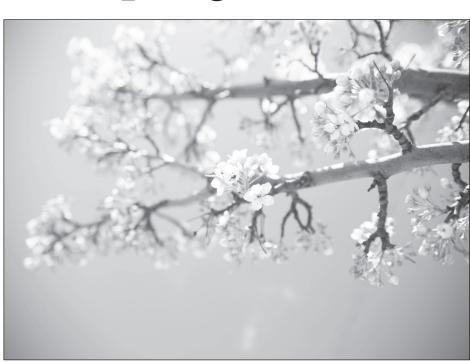
keeping your focus on one room at a time, you're less likely to become overwhelmed. This also allows you to hyperfocus on the smaller details of the room, making for deeper and more effective cleaning.

One way to capitalize on this attention to detail is to clean each room from the ceiling to the floor. This could look like dusting ceiling fans or light fixtures you have and working your way down to vacuuming the carpet or sweeping your

For those of you living off campus with housemates or those living in an apartment with roommates, ask for their help in the process — the more the merrier, am I right? Having extra hands helping out not only makes the cleaning go by faster but could also spur old memories and be a nice bonding exercise for you and your friends. With the extra hands helping, it's important to make sure everyone is equipped appropriately. This equipment could be carpet cleaner, glass cleaner or scrub brushes to get those tougher stains

This is by far the most important piece of advice for completing your spring cleaning — don't forget to take breaks periodically throughout the cleaning process. It can be frustrating at times, so if it ever gets to that point, step away, take some deep breaths and try to refresh your

While taking your breaks, if you come across items that are still in good condition but you no longer use them,



**BULLETIN FILE PHOTO** 

Get rid of the winter clutter build up and tackle your spring cleaning with ease.

look at donating or selling them. Who knows — you could also find something for yourself, too.

Consider this as well — Rome wasn't built in a day. See if taking multiple days to clean makes the process smoother and more enjoyable.

Congratulations, you've successfully finished your spring cleaning. You have decluttered, scrubbed and organized each and every inch of your home and it's now looking fresh and clean. After all this hard work and dedication, you should feel proud of your accomplishments. Enjoy your newly cleaned space and take some time to relax and enjoy the fruits of your

Tony Hein is a contributor.

@GonzagaBulletin

#### 7

# Men's basketball season defined by resiliency, continual growth

By COLE FORSMAN

sk Mark Few in the fall about his team's chances of making it to the Elite Eight round of the NCAA Tournament, he probably wouldn't have given his squad a very good chance.

Following a one-point loss to then-No. 6 Baylor, a game in which the Zags led by seven points with just under two minutes to go, GU's 5-3 record was the program's worst eight-game start to a season in over a dozen years. Losing the 2021 National Championship game rematch sent the Zags spiraling down to No. 18 in the Associated Press Top 25 poll — their lowest ranking since the 2017-18 campaign.

There were a handful of close calls since then — a two-point win on the road against a 10-6 San Francisco squad courtesy of a Rasir Bolton game-winner followed by a come-from-behind victory against Santa Clara two nights later. Julian Strawther saved the day with a go-ahead 3-pointer in the waning seconds against bitter-rival BYU.

The Zags trailed at halftime in all those games and as Anton Watson reflected upon the season following GU's comeback win over TCU in the NCAA Tournament, it was those moments that helped define the 2022-23 Zags.

"There's just so much fight in this team and we faced so much adversity through the season," Watson said. "Early on, a lot of people were writing us off."

Then came what Watson called a "dark" time in the season — the LMU loss. It was the first time he and his teammates had ever walked off the McCarthey Athletic Center floor as losers, as GU's record-setting 75-game home winning streak was no more. For a program that had once boasted the largest margin of victory against conference foes just a few seasons ago, things felt a little different in GU's locker room this time around.

"I think that LMU loss at home kind of opened our eyes and [we] realized that if we don't play the way we're supposed to, then this season could not go the way we want it to," said guard Malachi Smith. "From that game forward, we locked in on our defense more and I think we came together as a team as well and just knew that if we play the way we're supposed to play that we're capable of getting to this point."

Indeed, the Zags made it tougher on their opponents down the stretch. They held then-No. 18 Saint Mary's to shoot 33.3% from the field, including 28% in the first half, in a dominant 77-51 victory in the West Coast Conference championship game. That was followed by an eight-block performance against Grand Canyon in the first round of the NCAA Tournament, paced by three rejections from

Advanced analytics would show only a slight improvement on the defensive end, but Few noticed the added intensity and effort from his Zags over the past two months following their stifling performance against GCU.

"These guys just have this kind of winning DNA and figure out what it takes to win," Few said. "Even sometimes when the analytics don't really back it up."

That would explain how the 73rd-ranked defense according to KenPom shut down the UCLA Bruins offense for over 11 minutes in the second half of the Sweet 16 classic last week.

Along with the scoring drought, GU overcame a 13-point deficit against the Bruins behind a 36-point double-double from Timme, who tied the program record for points in an NCAA Tournament game. He became the only player in history to have 10 games with 20 or more points in the big dance, furthering his case as one of the



Timme averaged career-highs in points (21.2), rebounds (7.5), assists (3.2) and blocks (1.0) in his final season at Gonzaga.

most clutch performers on the game's biggest stage.

Though it wasn't a storybook ending to his career, Timme's senior season was one to remember as he shattered and surpassed program records en route to becoming GU's all-time leading scorer. The three-time consensus All-American won his second consecutive West Coast Conference Player of the Year after averaging a career-high 21.2 points and 7.5 rebounds per game.

Timme had a seven-game stretch in December in which he averaged 27.3 points, 9.7 rebounds and 4.0 assists per game, capped off with a 35-point performance in GU's conference opener against Pepperdine on New Year's Eve. The 6-foot-10 forward outdid himself three weeks later when he dropped a career-high 38 points, including 18 straight at one point, in the Zags' 99-90 win over Pacific. "I hope what probably shouldn't be readily apparent to

"I hope what probably shouldn't be readily apparent to everyone now is, if something happened to Timme earlier in the season, where would we have been?" Few said. "We leaned on him as hard as we've ever leaned on a player, and he just delivered time and time again."

Fortunately for Few and the Zags, Timme remained durable all season long as he played a career-high 31.5 minutes per game. His 30.5 usage rating was the highest among WCC players.

Outside of Timme, Strawther emerged as the team's second-leading scorer to take home All-WCC first-team honors. The Julius Erving award contender finished his

junior season with 15.2 points per game while shooting 40.8% from deep, both of which ranked top-10 in the conference.

In a campaign that featured a 40-point outburst against Portland and a game-winner on the road at BYU, Strawther's go-ahead triple to send the Zags to the Elite Eight in his hometown of Las Vegas was the cherry on top of his most successful season at GU.

"Those are the moments that you literally dream of," Strawther said after the UCLA game. "And then I mean, just to be back home in Vegas is like a cherry on top."

The Zags came up short of reaching another Final Four and the elusive national title, though this year's team will still stand out for its resiliency above all else, according to Timme

"I would say we were some tough, tough SOBs," Timme said. "We've been down and people have loved to just kick on us ... it can be a lot sometimes, especially when you're down and you lose and as a team you aren't feeling as good and we just got back up and kept fighting. No one gave us a handout. We had to get up ourselves and I think that's just a true testament of who we became."

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

## Zags enter offseason with more questions than answers

By TOMMY CONMY

The Gonzaga Bulldogs ended their season with a 28-point defeat at the hands of the UConn Huskies in the Elite Eight on Saturday. Four-seed UConn survived a close first half to run away with the game in the second en route to the Huskies' sixth Final Four appearance since 1999.

The Elite Eight end left far more questions than answers for the Zags. How did Drew Timme's fourth foul call early in the second half impact the result? Was an abysmal 2-for-20 shooting performance from 3 a product of UConn's defense or an off-shooting night for GU? Would the Zags have made the program's third Final Four if they played in any of the other regions?

"We can say what if ... but the bottom line is, they were the better team tonight," said Timme. They made more shots, they got the 50-50 balls. The refs did not control that game, as unfortunate as it may have been. They were the better team tonight."

Though Timme insists the questions that will haunt the Zags throughout the offseason are null and void, this team was the least likely of any of the eight straight Sweet 16 teams to reach that level.

The Zags of 2022-23 escaped a tough nonconference schedule with wins over Xavier, Kentucky, Michigan State and Alabama, but ugly losses to Texas, Baylor and Purdue made headlines as the Zags struggled with turnovers and defensive rotations. A loss to Loyola Marymount that severed a 75-game home winning streak triggered a four-alarm fire in Spokane. An overtime road loss to Saint Mary's in early February was understandable, but not acceptable.

"I've never had a team get this much better over the course of a year ... where we were in November to where we were two hours ago is just an incredible journey," said GU head coach Mark Few. "They were coachable and willing to work and willing to do what we asked them, so they deserve all the credit."

Timme echoed Few's sentiments postgame, but in a season where the Zags relied on Timme as heavily as they've relied on any single player in program history, his absence at the heart of the Zags' offense requires immediate attention.

Timme is one of four players who could vacate their starting positions this offseason. Julian Strawther is likely to declare for the NBA Draft as a projected



 $\,$  GU was the NCAA's highest scoring team at 85.2 points per game during the 2022-23 season.

second-round pick and Rasir Bolton has no college eligibility remaining. Anton Watson has a year of eligibility remaining but has remained quiet as to whether he'll return, transfer or move on altogether. With those four presumably gone, the Zags will lose 66% of their nation-best 87.5 points per game scoring output.

There isn't one player single-handedly capable of replicating Timme's offensive production and fans and coaches alike would be out of their minds to expect that. However, early reports indicate that redshirt freshman and former four-star recruit Braden Huff is the real deal. Huff didn't appear in a game this season in order to maintain his eligibility, but the smooth-shooting lefty could take on a starting role next season and add a dimension of shooting that neither Timme nor Watson consistently provided.

Along with recruits Dusty Stromer and Alex Toohey, Huff could be part of a youth movement within the program.

Ben Gregg is another piece to the

offensive puzzle as he enters his third collegiate offseason. Gregg shot 37.7% from 3-point range this season in a careerhigh 12 minutes per game. The Oregon native flashed rebounding potential and was a fan-favorite for his defensive hustle off the bench. His season-over-season improvement has him in the driver's seat for a starting spot next fall.

Lone remaining starter Nolan Hickman has questions marks about his play, particularly after his performance in the NCAA Tournament. Though Hickman's steady passing persisted into the postseason, his scoring dropped off in the NCAA Tournament. The Seattle native scored eight points in four March Madness games, making three field goals and shooting 0-for-10 from deep.

and shooting 0-for-10 from deep.

Hickman didn't play in the second half of a 13-point GU comeback against UCLA as Malachi Smith and Hunter Sallis emerged as the lead defensive and offensive guard options. Against UConn, Hickman played 25 minutes and dished

out five assists to two turnovers on 0-for-5

"This is my first season really being at this level, playing at the point guard position so I've got more things I need to prove and more things I need to do to improve my game," Hickman said.

In his first season assuming starting point guard duties, Hickman averaged 7.7 points, 3.1 assists and 1.0 steal per game across 36 starts. Hickman averaged the most minutes of any returning guard at 28 minutes per game. Smith averaged 20 minutes per game, but figures to slot in at more of a scoring forward role and leave the ball-handling duties to others. Sallis averaged 16 minutes per game and showed flashes of his five-star potential — particularly on the defensive side of the ball — but didn't showcase enough playmaking ability to warrant a lead-guard role.

Though Few places an emphasis on long-term development and consistency, Hickman's starting spot may not be guaranteed next season. Reserve guard Dominick Harris is expected to stay at GU amid speculation he would enter the transfer portal seeking a larger role.

"We a Zag unless they tell us otherwise ... it's just time to hoop," said Harris' father Shawn on Twitter. "Now Free Dom so Spokane can enjoy him and get a natty."

Harris has three years of eligibility remaining after a redshirt season due to a foot injury in 2021-22. He was a McDonald's All-American game nominee and averaged 24 points per game in his high school career. Harris fell out of the rotation after a promising freshman campaign as GU bolstered its guard depth with Hickman, Sallis and Bolton.

Perhaps neither Harris nor Hickman is the answer at guard, and Few will utilize the transfer portal to rebuild his roster. Dating back to 2019-20, Few has had a transfer guard start on every team except in 2020-21. The Zags have already been linked to numerous transfer portal entrants at this early juncture, but only time will tell which direction Few and Co. will go this offseason.

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

MARCH 30, 2023



Lammons took over the role of event coordinator for GU Outdoors during her junior year.

## 'It's special': Kate Lammons finds her place at GU Outdoors

**By SYDNEY FLUKER** 

or GU Outdoors to get students outdoors, there is work to be done

Kate Lammons is the event coordinator for GU Outdoors, where she works to coordinate activities that help the GU Outdoors community connect. For Lammons, being events coordinator is a way to give back to the community that has given her so much.

"It's been really special to find community," Lammons said. "I'm so grateful that the one I fell into happened to serve me so well and give me so much joy in life, and I just want everyone who wants to be a part of the community to know that they're welcome to that."

Lammons' love for the outdoors stems from her childhood, where she spent many nights in sleeping bags in an unfinished cabin under the stars with her family while her grandpa built his cabin in the woods in Greenland, Colorado. Hiking in the mountains during the day and stargazing at night continues to be one of Lammons' favorite activities.

"The outdoors for me was a connection to my family," Lammons said. "I have that really sweet, nostalgic connection to family and that sense of awe and wonder, childlike wonder, that's always stuck with me in the outdoors."

Hailing from Fort Collins, Colorado, Lammons said she fits the outdoorsy stereotype of people from Colorado, but that her love for the outdoors has only grown since moving to Spokane. However, she remains a mountain girl, and said she has grown to appreciate the roller coaster feeling of trail running.

Lammons first found out about GU Outdoors during GEL Weekend, when she connected with a trip leader from Fort Collins who encouraged her to sign up for Gonzaga Out of Bounds, GU Outdoors' first-year summer orientation trip.

"I signed up for GOOB like concert tickets," Lammons said. "I sat there and right away I was like 'get it, get it, I really want this,' and thankfully I got it."

It was during GOOB that Lammons got a gut feeling to get involved with

GU Outdoors, and she fell in love with backpacking and connecting with others through the outdoors. She credits her GOOB trip leaders for being great models of the person she wanted to become.

"[At GOOB] I was like 'this is it, I love this," Lammons said. "I love the community. I love sleeping on a tarp with all these people under the stars and the people I'm connecting with, it just feels like it's in such a genuine way doing stuff

Once she got to GU, Lammons dove headfirst into GU Outdoors, checking trip offers weekly and meeting some of her best friends through backpacking and hiking trips.

"College is so disorienting and I felt so grounded being able to get off campus and be outside and be around people that I admired and being around people that I wanted to get to know better," Lammons

From there, Lammons became a trip leader, completing her training via Zoom when the pandemic sent everyone home. The first trip she led only had three people, one per bus row, who were masked the entire time. Still, Lammons said she was grateful to be outside doing what she loves.

During Lammons' junior year, she became an events coordinator for GU Outdoors, where she is responsible for creating schoolwide events open to the student body to give them access to the outdoors in different ways than going on a hike or being outside. This involves events like ski movie showings and Adventure Week, where GU Outdoors hosts climb nights at Wild Walls, tie-dye, an adventure-themed story slam and other activities.

She also helped launch Skill Socials, where GU Outdoor trip leaders give a demonstration related to the outdoors and students can get to know each other. So far, demonstrations have included how to work a backpacking stove and an introductory course to backpacking.

"It's the Gonzaga Indoors edition of Gonzaga Outdoors," Lammons said of her position as events coordinator. "In a way, it's bringing together the community so that even if you don't feel comfortable going on a hike you can still come learn about the outdoors or be in a community with people who love the outdoors."

As events coordinator, Lammons said she hopes to remove as many barriers to access with these events by making them as cheap or free if possible and making sure it's open to all levels of experience. Lammons also said she acknowledges intimidation as a real factor that can exclude those interested in the outdoors.

"People who are going on a one mile hike are just as valid as someone skiing down a double black diamond," Lammons said. "You're both outside and you're both enjoying it, so I want to enforce that concept of it doesn't matter how extreme you are, just bonding over shared love of being outside is the goal."

She also led her first backpacking trip during her junior year, a moment that showed her how far she has come.

'That [trip] was so wonderful because it was such a full circle moment of my freshman year when I was going on all these backpacking trips having no idea what's going on, being so new to backpacking, so new to college, and then to be a guide and create that experience for other first year students ... I've learned all these skills, I've acquired all this confidence in my leadership," Lammons

Spring of her junior year, Lammons took a pause as events coordinator to study abroad in Madrid, where the lack of outdoor access showed her how much the outdoors means to her.

Now in her final semester at Gonzaga University, Lammons is savoring her favorite Spokane spots - Bowl and Pitcher, Rocks of Sharon, Iller Creek and the Centennial Trail.

Outside of her position as event coordinator, Lammons is a business major concentrating in human resources and law and public policy and said serving as events coordinator has shown her another career possibility.

"Being events coordinator, I've realized how much I love it, how fulfilling it is to

### **GU SPORTS**

#### Thursday, March 30

- Track at Mike Fanelli Classic. San Francisco, CA, all day
- ➤ Baseball vs. BYU, 6 p.m.

#### Friday, March 31

- → Track at Mike Fanelli Classic, San Francisco, CA, all day
- Track at Stanford Invitational, Palo Alto, CA, all day
- ➡ Men's tennis at San Francisco, San Francisco,
- ➤ Baseball vs. BYU, 6 p.m.

#### Saturday, April 1

- Track at Mike Fanelli Classic. San Francisco, CA, all day
- Track at Stanford Invitational, Palo Alto, CA, all day
- ➤ Men's rowing at San Diego Crew Classic, Mission Bay, CA, all day
- → Men's tennis at Santa Clara. Santa Clara, CA, 11 a.m.
- ➤ Baseball vs. BYU, 6 p.m.

#### Sunday, April 2

- ➤ Men's rowing at San Diego Crew Classic, Mission Bay, CA, all day
- ➤ Women's tennis vs. San Francisco, 11 a.m.
- ➤ Women's soccer vs. Washington State, 1 p.m.

### Monday, April 3

➤ Men's golf at Redhawk Invitational, University Place, WA, all day

\*Home games in bold\*

me to be doing that kind of behind the scenes work," Lammons said.

Lammons will be interning for Spokane Parks and Recreation to help with event planning for the 50th anniversary celebration of the Spokane World's Fair.

"Kate is one of those leaders who exudes compassion and authenticity and meets students where they're at," advisor and mentor Matt Edenfield said. "She has a very servant leadership approach to her style. Her optimism is contagious. Her positivity is very contagious. She's just a really hard worker."

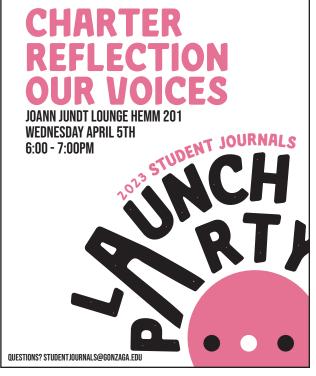
Lammons plans to spend the summer in Glacier National Park as a river rafting guide and hopes to spend the next couple of years as a backpacking guide.

The outdoors for me is such a special place where you can feel so authentically vourself," Lammons said. "If vou're backpacking, you don't see what your face looks like for three days at a time — you just don't think about that kind of thing. You just think about how you're with your friends, eating a good meal together and joking around, being goofy. It just strips all the exterior world away.

Sydney Fluker is the managing editor. Follow them on Twitter: @sydneymfluker.







■@GonzagaBulletin



GU guard Kaylynne Truong dribbles into the frontcourt against Mississippi junior Snudda Collins (5) in a 71-48 loss in the first round of the NCAA Tournament held in Stanford, California.

# Women's hoops overcome adversity on road to 28 wins

By SYDNEY FLUKER

It's typically the coach who forms a starting lineup, but in the case of Gonzaga University's women's basketball team, what determined the rotation for most of the season was whichever players were available.

"We played Stanford with seven, played Queens with seven," said GU head coach Lisa Fortier after GU lost to Ole Miss in the first round of the NCAA Tournament. "We played multiple games with eight. We had COVID, mono, torn ligaments, other torn ligaments, long concussions, short concussions, whatever flu people had; we had it all, and kind of all at the same time for a while."

According to Fortier, GU hasn't seen a season so rough in terms of injuries and illnesses since her second year as head coach, which she deemed as a heartbreaking season.

"This team was the opposite of heartbreaking," Fortier said. "We won a bunch of games that nobody thought we were going to win. We battled."

A season of facing the unexpected forced some players into new roles and responsibilities, with starters Kaylynne Truong, Yvonne Ejim, McKayla Williams, Brynna Maxwell and Eliza Hollingsworth frequently clocking in 30-plus minutes on the court. Fortier said Kayleigh Truong was the only player whose role stayed the same, but she had to spend the majority of the season on the sideline due to a foot injury from the Battle 4 Atlantis.

Kayleigh's injury pushed her twin, Kaylynne, into the position as starting point guard, a role that contributed to her reception of the West Coast Conference Player of the Year and as an Associated Press All-American honorable mention. Though Kaylynne found success in her newfound leadership, it was bittersweet to play without her sister.

"When I got the news, it was upsetting," Kaylynne said in an interview with The Spokesman-Review. "I had waited four years to finally get to start and play with 'Leigh,' and for that to be taken away, it was tough."

Kaylynne broke the GU record of made 3s in a season after making 94 3-pointers this season while playing an average of 33 minutes per game.

"I don't think any of us were shocked at what [Kaylynne has] done and how she handled the situation," assistant coach Stacy Clinesmith told The Spokesman-Review. "And I don't think we would have the same type of season without Kaylynne Truong."

Ejim led the Zags in scoring with 16.8 points per game and recorded eight double doubles this year. Ejim was named WCC Player of the Week three times and received first team All-WCC honors.

Maxwell, who led the nation in 3-point percentage on and off throughout the season, finished her season shooting 48.1% beyond the arc, ranking No. 2 in the nation behind Boston's Alex Giannaros.

Hollingsworth, despite battling concussions and illnesses, almost doubled her minutes and spent the season sharpening her defense while coming in third on the team for 3-point percentage. Williams proved herself on defense and didn't flinch no matter which player she was up against.

Though sophomore Maud Huijbens was on concussion protocol for a lot of the season, the time she spent on the court as an aggressive offensive forward did not go unnoticed. Redshirt freshmen Calli Stokes and Payton Muma also saw more playing time, getting them ready for increased leadership roles as they age with the program.

The ultimate wild card is freshman Giana Riley. Riley came to GU as a forward on the women's soccer team before being added to the women's basketball roster this winter. The 5-foot-8 California native boasts an explosive athletic ability that could come in handy off the bench next season.

The Truong twins and Maxwell, GU's seniors along with redshirt junior Hollingsworth announced their return for one more season after the final regular-season

Along with the senior trio, the Zags are expected to return everybody from a team that won 28 games and lost only once in conference regular season play en route to Fortier's seventh league title.

With a seasoned roster returning, it remains to be seen how much playing time will be available for recruits Ella Hopkins and Claire O'Connor.

The 6-foot-4 Hopkins averaged 14 points and seven rebounds as a junior to lead Lourdes High School to the Minnesota Class AA State Tournament. Hailing from Lakeside High School in Seattle, O'Connor received interest from Kentucky, Duke and Georgetown during her recruiting process.

After defeating the Zags 71-48, Ole Miss downed No. 1 Stanford 54-49 to advance to the Sweet 16. The Rebels bowed out of the tournament with a 10-point loss to fifthseed Louisville.

Sydney Fluker is the managing editor. Follow them on Twitter: @sydneymfluker.

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Sustainability Manager, Curtis Raddatz leads Environmental Studies students on guided tours of our rooftop greenhouse. Some highlights include:

Weekly Production - Local Purchasing Efforts - And more!

Women's History Month Spotlight

Some of the Women Leaders of Zag Dining







(left to right) Lisa - Retail Director, July - Qdoba cook, Shannon - Food Service Manager, Lynda - Qdoba Store Manager, Sandy + Eileen Catering Supervisors

### **GEL Weekend Special Offer**

On April 15 we are set to welcome prospective GU Students and their families, expect more people in The COG and in Hemmingson than normal.

We also will be hosting a VERY SPECIAL Cookie Night on April 15 from 6pm-9pm. See you there!

### Thank You AM COG CREW!



COG morning crew members arrive to campus each day between 5am and 8am to prep breakfast and lunch menus.

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# Fire and Brimstone: Cate Broerman brings the heat in final season

By COLE FORSMAN

Senior women's tennis player Cate Broerman brings a competitive edge and wears a chip on her shoulder when competing against the top competition at the collegiate level.

"I would say I'm pretty fiery," Broerman said. "When I'm up and like, loud and in your face, I feel like nobody would want to play me then."

Coming into her senior season, Broerman had earned her second All-West Coast Conference honorable mention after consistently competing at the No. 1 spot during singles matches for Gonzaga University. By the time her junior season ended, she was tied for the second-most court one singles wins in a season with 12.

After going 16-5 in singles matches in the fall, Broerman said she was excited for the spring as she strives to earn her first All-WCC first team honor. Through 16 matches, Broerman's has posted a 9-7 record in singles play.

With over 60 career singles and doubles matches combined as a Zag, not including fall seasons, Broerman said that sometimes it takes some extra self-motivation and a sense of urgency to kindle that fiery attitude.

"I sometimes need like, a light under my butt to get started," Broerman said. "But when I do, I don't know, everyone describes it as like some kind of swag that I have."

Broerman said that light can stem from a sense of urgency she feels on the court depending on the situation. When she's winning, her teammates can notice that competitive spirit she feels helps her play at her best. When a match isn't going her way, though, is when Broerman gets quiet.

"I get a little bit down on myself," Broerman said. "And it's evident sometimes I can go mute, which sometimes that's even scary."

That's when Broerman will utilize positive self-talk, a skill she's developed over her four years at GU thanks to her former coach to internally reignite her spark and refocus on the match at hand.

As a freshman, Broerman didn't expect to come in and immediately compete at the No. 1 singles court for GU, let alone travel for the team's first tournament. Still, thenwomen's tennis head coach D.J. Gurule gave his four-star recruit the experience of competing against the nation's best competition, even if she wasn't gung-ho about it.

"At first I thought it was pretty daunting and I didn't really realize what came with it," Broerman said. "I didn't even know if I would travel on the first team trip until like, the week of."

Despite the uncertainty, Broerman went on to win her first collegiate match in straight sets against Cal-Berkeley. A few weeks later, she swept her way through four matches to advance to the finals at the International Tennis Association Northwest Regionals. She finished the season 12-8 while consistently playing at the No. 1 and No. 2 singles spot.

As she gained more experience, Broerman said she began to realize she could compete against the best and was much more confident heading into matches. She



Cate Broerman returns a volley in a 4-6, 6-3, 6-2 loss against Boise State's Paulina Ernstberger this spring.

finished her sophomore season with a 15-1 record while playing primarily at the No. 3 spot, earning her an All-WCC honorable mention nod in addition to valuable experience she said helped her mature as a player.

With repetition, Broerman said her approach to the game changed for the better. As a freshman, she said she would sometimes lose focus of the task at hand because she was already looking ahead to future matches. Four years later, she's learned the ability to take it one match at a time.

"I would sometimes just look so far ahead and be excited for one match," Broerman said. "But now I think I have a mentality; every match is the same no matter what — win, lose or draw. I'm gonna go out and give it my best and try to get a point on the board for the team and do whatever it takes to do that."

Broerman's teammate Jenna Sloan has always noticed a competitive drive about her fellow senior and friend ever since the two met during their junior year of high school when they took their official visit to GU together. According to Sloan, the two formed a friendship and grew together as athletes and people throughout their four years on and off the tennis court.

She added that while Broerman's competitiveness can be challenging to compete against at times, it has ultimately helped the two push each to become better players.

"Sometimes that can be more difficult to play against sometimes, but I mean, at the end of the day, it's probably tougher competing against her than it would be against other teams, which might be a good thing," Sloan said. "It's good for both of us because we always push each other." Off the court, Sloan said that Broerman is one of the most outgoing people that she knows and that her energy can be contagious. The two find ways to push each other in academics as well, an aspect of being a student-athlete that Broerman strives to excel in when she's not swinging a tennis racket.

While studying sports management at GU, Broerman has prided herself in maintaining a high GPA, which earned her a spot on WCC All-Academic First Team as a junior. In addition to her internship with GU athletics' marketing department, Broerman said she tries to learn and gain as much experience as she can in her final semester at GU.

For her fifth-year of eligibility, Broerman is transferring to James Madison University where she will continue to play tennis while earning her master's in sports and recreation leadership. She said her career goal is to become an athletic director at a Jesuit university similar to GU.

Until then, Broerman takes each one of her final matches as a Zag one by one.

"I think one word to just describe my time here has just been blessed," Broerman said. "I've been blessed with the best teammates, the best coaches and the best support staff. Best professors, best classmates, just like the whole Gonzaga community has just been so awesome and so important to my growth not only as a tennis player, but as a person."

The Zags face off against San Francisco at 11 a.m. on Saturday at the Volkar Center.

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

## Career journeyman Olynyk finds home with Utah Jazz

COMMENTARY By SAM FEDOR

Gonzaga University men's basketball alum Kelly Olynyk has had a somewhat tumultuous NBA career. From being selected 13th overall in the first round of the 2013 NBA draft, fighting off injuries, to being traded four times over the course of his nine year career, to maybe, finally finding a home with the Utah Jazz – things may be looking up for Olynyk.

Olynyk is one of the longer tenured Zags in the NBA – and his staying power comes from his time working and growing into one of the more dominant players in GU's history. Olynyk joined the Zags for the 2009-2010 season, where as a freshman he averaged 3.8 points per game.

But two years later in 2012-13, Olynyk had the highest field-goal percentage in the West Coast Conference and was averaging 17.8 points per game as the WCC Player of the Year, a consensus member of the Associated Press All-American First Team and a Wooden Award finalist.

"He's got a [basketball] IQ like a pointguard," said GU head coach Mark Few of Olynyk. "He knows what the opponent is doing, so he really has a great feel for the game."

Initially, however, those skills didn't seem to translate to the NBA. After being drafted 13th overall by the Dallas Mavericks, Olynyk was traded to the Boston Celtics in hopes that his 7-foot frame and 6-foot-10 inch wingspan would help fill the gap left by star Kevin Garnett. But after four seasons of middling performance, Olynyk left the Celtics and signed on with the Miami Heat.



Olynyk returned to The Kennel to have his No. 13 jersey displayed in the rafters of the MAC.

Things improved somewhat before Olynyk was traded to the Houston Rockets. After starting 24 of his 27 games with the Rockets, Olynyk signed on with the Detroit Pistons, where he played only a single season before being traded to the rebuilding

During his time in the league, Olynyk has gained a reputation as an efficient journeyman willing to swing above his weight class. He's an effective role player whose size allows him to rebound and play defense.

But his physicality has also caused him to be branded by some pundits, like Shannon Sharpe of Fox Sports' 'Undisputed,' as a 'dirty player,' particularly after rebounding altercations in years past with the likes of Kevin Love and Brook Lopez, wherein the former dislocated his shoulder.

But it would seem as though Olynyk's skill in the paint has allowed him to rise above such a reputation. He now starts for the Utah Jazz, a team that's outperformed preseason expectations this year. He's started all 63 games he's played with the team, although this season, he's averaging 12.2 points per game — the highest of his NBA career as a full-time starter.

Most importantly, Olynyk seems to fit into this Utah squad. Rather than being asked to go toe to toe with bigger big men at the center position, Olynyk has the opportunity to play at the power forward position on the wing.

He's been able to take advantage of

41% 3-point shooting and a 50% field goal percentage – efficiency indicative of his versatile skill set. Though the Jazz have several talented big men, including leading Most Improved Player award frontrunner Lauri Markkanen, Olynyk has found his way into the spotlight.

This comes from a few big moments early in the season, including a game winner against the New Orleans Pelicans in overtime that cemented his role on a young team with impressive potential.

Olynyk's role on the Jazz, even in his first year, has also been that of a veteran. One of the most experienced players on a relatively young Jazz roster, first-year coach Will Hardy has looked to veterans like Olynyk to lead his team.

"The margins of winning and losing in this league are incredibly small," Hardy said following Utah's 126-123 loss to Miami on New Year's Eve. "Being emotional is very easy, anybody can do that, but being able to step back and look at the game with a little bit of a cold heart, that's what they pay us to do so that we understand what we need to do better every night."

With seven games remaining on Utah's regular season schedue, the Jazz are 12th in the Western Conference and sit two games behind the Oklahoma City Thunder and L.A. Lakers for the final two play-in playoff spots.

The Jazz will need to overcome Luke Doncic and the 11th-seeded Dallas Mavericks for Olynyk to advance to his sixth career NBA playoff appearance.

Sam Fedor is a staff writer.

## Numerous Zags receive postseason accolades

By TOMMY CONMY

Numerous Gonzaga University men's and women's basketball players received recognition for their performances on the court this season.

Drew Timme was named one of four finalists for the Naismith Trophy awarded to the nation's top men's basketball player ahead of the NCAA Tournament.

Timme and Julian Strawther were also named to the West Region All-Tournament team following an 82-54 loss to UConn in the Elite Eight. Timme averaged 24.2 points and 9.2 rebounds per game across four NCAA Tournament games, erupting for 36 points and 13 rebounds to lead GU to a 13-point comeback victory against UCLA in the Sweet 16.

In his final season, Timme became the program's leading tournament scorer, scoring 301 points across three tournament appearances. He surpassed Adam Morrison's 149 career tournament points. Ahead of the tournament,

Timme was named to the Associated Press All-American second team, his third consensus All-American selection.

Strawther averaged 16.2 points and 7.2 rebounds in the tournament, hitting a 3-pointer from the logo to put GU ahead of UCLA with seven seconds remaining in the Sweet 16. Playing in front of his hometown Las Vegas, Strawther reclaimed the lead for GU after an Amari Bailey 3 from the left wing found the bottom of the net with 12 seconds remaining.

On the women's side, Kaylynne Truong was named AP All-American honorable mention after averaging 15.8 points, five assists and 1.5 steals per game during her senior season. Truong made 94 3-pointers to break the program record set in 2001-02 and her assist average ranks 32nd in the nation. Truong is the seventh Zag to take home All-America honors, joining Jenn Wirth and Jill Townsend (2021) as the most recent honorees. No Zag has ever received honors higher than honorable mention

by the AF

Truong and Yvonne Ejim were named region finalists for the 2023 Women Basketball Coaches Association NCAA D-I All-America team. Along with Utah and Stanford, GU is the only team in the region to have multiple players selected as finalists. Ejim averaged 16.8 points per game and pulled down 8.4 rebounds per game to lead the Zags

Along with Strawther and Timme, UConn's Adama Sanogo and Jordan Hawkins and UCLA's Jaime Jaquez Jr, were named to the West Region All-Tournament team. Hawkins averaged 17.3 points and shot 51.3% from deep in four games, scoring 20 against GU in the Elite Eight. Sanogo averaged 20 points and 9.8 rebounds per game on 65.4% shooting from the floor.

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