

The Gonzaga Bulletin

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Students react after a controversial no call late in the game.

DYLAN SMITH IG: @d.smithphotos

Celebrating Black Zags



JANNA PRICE IG: @jannapricephotography
Idumwonyi teaches in GU's religious studies department.

Professor Itohan Idumwonyi brings personal experience to classroom

By SYDNEY FLUKER

Growing up, Itohan Idumwonyi dreamed of being a lawyer. But in Nigeria, declaring a major worked a little differently.

"When I couldn't make my way straight into law, I went into the door that opened for me, which was religious studies," Idumwonyi said. "I didn't like it. It felt like a death sentence for me."

But, despite not liking it, Idumwonyi said that she committed to it when she realized she could not easily switch majors.

"I made the decision 'OK, I'm already in religious studies. If there is one person that will be the very best student in this department, in my cohort, it has to be me,'" Idumwonyi said.

A few years later, one of Idumwonyi's professors at the University of Ibadan in Nigeria requested two extra copies of her final long essay. Idumwonyi, a student paying her way through college, was upset because of the added cost, but printed them anyway. Her professor forwarded the two essays to two of her colleagues, including theologian Mercy Amba Oduyoye, who encouraged Idumwonyi and later invited Idumwonyi to present her paper at the 10th anniversary of the Circle of Concerned African Women Theologians in Ghana.

Idumwonyi said she saw this conference as an "aha" moment. She realized she could still make that meaningful

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LUCY BOOTH IG: @lucybooth.photo

Edwang is the BSU culinary chair and works in UMEC.

Akon Edwang creates legacy of service and growth at GU

By NATALIE KELLER

Gonzaga University junior Akon Edwang said she starts her Monday mornings by taking stock of what she needs to accomplish that day. In addition to her studies in political science, Edwang holds several leadership positions at GU, which she said puts lots of extra responsibilities on her plate.

In her time between classes, Edwang said she visits GU's Unity Multicultural Education Center to study and do work for her role as the Black Student Union's dinner chair. On Sunday evenings, she attends BSU's weekly meeting with all the club's members.

"It's very busy," Edwang said. "Finding that balance has always kind of been a struggle."

Edwang said her schedule has been especially hectic recently. Tasked with orchestrating BSU's Annual Dinner, which was held Saturday, Edwang oversaw all the event's components and collaborated with other BSU leaders.

"It feels, at times, overwhelming because it's a lot of

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Athletics to discipline student behavior

By NOAH-APPRILL-SOKOL

With five minutes left in a tight-scoring men's basketball game last Saturday evening, play was stopped.

In an unusual instance at Gonzaga University's McCarthy Athletic Center, some students in the student section started throwing trash onto the court, upset at a controversial no call that allowed for the long-standing conference rival Saint Mary's Gaels to extend the lead and clinch for the team a rare Kennel win.

The game was stopped for over 30 seconds before play resumed, but it was stopped once again after another controversial call — this time a foul on GU forward Anton Watson, which triggered students to throw more trash onto the court.

"It was all wild," said Kennel Club President Jordan Atkins. "It did not feel real. I've been on the Kennel Club board, so I've had the privilege of pretty much going to every single

game since my sophomore year. I had never ever seen anything like that before because this is not how our students act."

Now, over a week after the game, some of these students are expected to be disciplined for inappropriate conduct and violations of ticket policies, according to Director of Athletics Chris Standiford.

The announcement came in a joint email last week from Standiford and GU President Thayne McColluh, and it was again confirmed by Standiford in an email to *The Gonzaga Bulletin* that the athletics department will pursue an investigation to attempt to discipline the conduct violations at the game.

Standiford said the athletics department has started reviewing video and photos from the game of the student section in order to identify students and will be coordinating with the Resolution Center for specific allegations of conduct violation.

The review is still ongoing and

has not concluded, according to Standiford, but he said that in addition to any outcomes with the Resolution Center, ticket privileges will be revoked for any of the offending students.

"Our longstanding institutional and athletic reputations took a big hit that day," Standiford said in an email. "The Kennel has built a tradition of being one of the most notable and dynamic college basketball environments in the country, and the efforts of many proud alums over the years were disappointingly damaged in-venue and on national television."

The instance of student conduct at The Kennel last Saturday was rare, with this type of mass misbehavior not happening at the McCarthy Center in the past five years. However, Standiford also said it is not uncommon for isolated instances of misconduct to be identified, with people being removed in some cases and referred to student conduct.

SEE STUDENT PAGE 2

StudentLinc supports mental health

By SOPHIA MCKINSTRY

With a plethora of health resources available for Gonzaga University students to use, StudentLinc is an online forum available 24/7.

In addition to licensed health professionals who are available around the clock to speak with students via phone, email or messaging, the website also provides a number of self-guided courses and therapy, webinars, tips sheets, a mental health navigator tool and numerous other health and wellness resources.

While there are six full-time counselors at GU's Health and Counseling Center, as well as additional staff members amounting to between 15 and 18 health providers on campus, Charmayne Adams — the assistant dean for student health, counseling and wellness in the Office of Health Promotion — said the site exists to be an additional option for students to get the help and support they need.

"The issue that we were running into is our counselors or residents or interns work from 8 to 5," Adams said. "Mental health needs do not end after 5 p.m., and so the university was trying to find a solution to how do we support our students' mental health needs 24 hours a day, seven days a week. And so that's where StudentLinc comes in."

The site was brought on for students in 2022 and is an offshoot of a staff and faculty site.

With StudentLinc, health resources and mental health support are available both after hours and on weekends, and can be used at any time of day.

"The piece that is most interesting to us over in Health & Counseling is that they offer a lot of health

and wellness resources on their website that students can directly tap into," Adams said. "They have a lot of videos talking about a variety of mental health topics. They have a lot of tips sheets talking about, like, sleep and healthy relationships and healthy diets and exercise and so they have a lot of just resources in their StudentLinc database."

Adams said they also offer confidential counseling for students, giving them the opportunity to speak with a licensed health professional and remain anonymous if they choose to do so.

Every phone call is answered by a professional therapist.

"They can help with a variety of issues, whether that is a clinical issue, so managing clinical level depression, clinical level anxiety, all the way to just kind of run of the mill life issues, like conflicts with roommates, stress over homework and everything in between," Adams said.

According to Adrian Reyes, the director of case management at GU's Center for Cura Personalis, case managers at CCP will direct students to StudentLinc for the various resources that are available. Students may be referred to StudentLinc for reasons ranging from counseling, to legal advice and more.

Since CCP doesn't provide counseling, Reyes said that redirecting students to this online forum proves to be beneficial.

"It really is that support," Reyes said. "So for instance, if we see a graduate student or an online student who doesn't have the ability to connect with our counseling center, we can provide the resources to StudentLinc so that they can still connect with someone and get the

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JANNA PRICE IG: @jannapricephotography

Left to right: Ashley Bartels, Adrian Reyes, Kokanee Ellingson and Haile Watson work in the Center for Cura Personalis.

CCP fills empty office

By LAURA ERICKSON

Gonzaga University's Center for Cura Personalis, a department resource that specializes in advocating for student well-being and empowerment, has gone through quite a transformation over the past year.

During the fall semester, CCP not only had an entirely new team but also faced understaffing issues. Last summer, CCP lost all of its staff members for various reasons. According to the director of case management at CCP, Adrian Reyes, some had taken jobs elsewhere while some relocated for personal and familial reasons. In fact, Reyes was hired in August after the director of CCP left in the spring.

"When school started, it was just me," Reyes said. "Being new, I couldn't lean on previous staff who were here to ask how things were going. I had to go off of what materials there were or the job description."

Despite navigating some difficulties in being a one-person operation, things became easier once more staff members joined Reyes.

The first case manager, Kokanee Ellingson, was hired in September and was the only case manager during that month. She was followed by other case managers Ashley Bartels in October and Haile Watson,

CCP's final addition, in January.

According to CCP's new staff members, the transition has been mostly smooth.

"When new situations arise or we have to navigate something that we haven't before, it's figuring out what that looks like and building how we want our team to move forward and operate," Ellingson said.

Another factor that aided the transition was a thoughtful hiring committee that prioritized looking for staff with experience. According to Reyes, everyone on the staff has higher education experience or has experience working with students and case management.

This semester, with a full team on board, CCP is concentrating on spreading awareness of the services they provide.

"One of the goals for the Center for Cura Personalis is getting ourselves out there and known," said Reyes.

Reyes has plans to conduct presentations and programs around campus throughout the semester.

Encompassing a variety of support, CCP can help students struggling with mental health, academic challenges, food insecurity and other needs.

"Essentially, we serve as a resource for students and kind of a first point of contact when they need support,"

Ellingson said. "We listen, offer advice, and connect them to various resources both on and off campus."

Students can also be on the lookout to attend CCP's upcoming drop-in hours where students can meet with case managers without having to make an appointment. During these hours, which have yet to be released, two case managers will be available to ensure that all students interested in attending can be seen.

Outside of drop-in hours, there are plenty of other ways for students to connect with the CCP. Students can either fill out a referral form on the CCP's website, or contact the office via email or phone.

In-person appointments and Zoom appointments are both available for meeting with case managers. The office is located in the Crosby Student Center.

"If there are any sort of questions about not knowing how to connect to something or just not knowing how to navigate a situation, that is where we thrive," Bartels said. "Students can come to us with one-off questions or one-off problems and we can help them. We can evolve to what student needs are, but if students have questions, we're a great place to start."

Laura Erickson is a contributor.

STUDENT

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Atkins, who has been in contact with the athletics department at least three times since the Saturday game, said he believes the unusual behavior was a result of many factors. He said that students might not be used to seeing the GU basketball team lose, especially on the home court during conference play.

"Many of these students have never seen Gonzaga lose as many games and lose on home court," Atkins said. "We're hoping that it was just a onetime thing. We are gonna push forward here and learn from this and find out more ways we can educate our students on who we are, how we act in the Kennel and why we act that way as you are gearing up for one another."

Standiford said the athletics department is working with Student Affairs to help communicate expectations for behavior at remaining games and encourage the community to support GU teams, not attack any GU opponents.

He said the Kennel Club is a top-ranked student fan section, and that the student group makes the Kennel a positive environment for the Zags to play in. Standiford said that watching the video showed that many students in the fan section did not participate in the behavior and encouraged students to model leadership and bring positive energy.

"Our hope is that students recognize what a privilege it is to watch top-25 basketball in the Kennel, be on national television and create an environment that helps our teams win and thus will refocus their energy moving forward in that vein," Standiford said in an email. "We will continue to help educate and support our student population on ways to appropriately make The Kennel a home court advantage of which we can be proud."

Noah Apprill-Sokol is a news editor. Follow him on X: @noah_sokol03.

LINC

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support that they need beyond what we can do."

For counseling appointments, after an initial phone call, a counselor will decide what the best course of action is for the student. According to Adams, students can choose if they would like to continue doing phone calls or can be redirected to a provider who they can video call with. There are also Spokane-based community providers who students can be referred to and are committed to getting GU students in within five days.

For students who are interested in taking advantage of StudentLinc, they can go to the website and put in GU's specific code. The site then prompts them to make a profile, and Adams said students can remain anonymous if they so choose.

Ultimately, StudentLinc exists to provide students with another option to receive the help and care they need.

"My hope is that StudentLinc doesn't replace the counseling center, because I think that that is a need that we have, but it's just an additional service for students that might see the counseling center as inaccessible or not particularly what they're looking for," Adams said.

Sophia McKinstry is a diversity editor. Follow her on X: @sophvmckinstry.

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JANNA PRICE/MARKETING AND COMMUNICATIONS

GU's Black Student Union featured cultural trends related to the Black diaspora, such as musical performances and a fashion show.

BSU explores the Black diaspora



By NOAH APPRILL-SOKOL
and RUBY GROSS

In a night full of song, dance and spoken word, Gonzaga University's Black Student Union once again celebrated its annual cultural dinner in the John J. Hemmingson Center Ballroom last Saturday.

The BSU Annual Dinner Celebration was called "A Cultural Explosion: Exploring the Black Diaspora," and from the very beginning, explored the different Black identities living around the globe.

From guests sitting at tables named after countries to dances having a variety of cultural roots to even the selection of different foods, the BSU dinner showed the diversity of culture within the Black diaspora.

"Our goal is really to showcase all the different types of cultures and ethnicities that come along with being Black," said

Analesa Mason, the BSU culinary chair. "Especially on this campus, I think a lot of students of color are grouped together, and for Black students especially, we all get grouped together. Everybody comes from different backgrounds, whether it be different countries, different languages. Our goal is to really present to our Gonzaga and broader Spokane [community] how diverse the Black diaspora can be."

Dance took center stage at the dinner, with the event being kicked off by a two-step dance procession, led by BSU President Ariana Love. There was also a lip-sync battle and gospel dance by BSU members, along with two other dances, one choreographed by recent alumna Jackie Lee and another by community member Mona Martin.

The event showcased spoken words from students RJ McGee and Shayden Howell, too, and there was a fashion show,

where seven participants also modeled traditional clothing from a part of their heritage.

"It's to celebrate community, to get BSU members involved," said BSU Dinner Chair Akon Edwang, who was the main organizer for the event. "For a lot of them, they are also stepping out of their comfort zone. We are having spoken word performances and dances in the beginning, and for a lot of them, this is their first time on-stage or they have never been in a room where they have had 400 people staring at them all at once."

Overall, the BSU's dinner was a sold out show and pulled in over 350 guests, while also accomplishing its goal of showcasing the many cultural identities in the BSU community.

"It's called the Black Student Union, but it's for Black students and their allies," Love said. "So, if anyone is interested in learning

more about Black culture, they can come to a meeting, come hang out and be a part of the community. We have a lot of allies in our group, and that's what we love to see."

In addition to showing support through involvement, anyone can donate to BSU by following the Linktree in their Instagram bio, @gonzagabsu. Donations go directly to GU BSU, which is setting aside a portion of the proceeds to fund scholarships. Instagram is also the best way to reach the club and stay updated about future events.

Ruby Gross is a staff writer.

Noah Apprill-Sokol is a news editor.

Follow him on X: @noah_sokol03.

IDUMWONYI

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impact she wanted with law through religious studies.

Idumwonyi continued her religious studies at the University of Ibadan. She began volunteering for the nonprofit organization African Women Empowerment Guild in Benin upon graduation, where she served as a program officer addressing female empowerment in her community.

"That was really fun for me, to think that I'm supporting women in ways that they can become what they start for themselves," Idumwonyi said.

Idumwonyi drew inspiration from her work at the guild to start a smaller lending program for women in her church community to aid in economic empowerment, the Women of Glory Soft Loan Scheme, which she ran for five years. She continued this work until moving to the United States, and hopes to start it again upon her return.

While working at the guild, Idumwonyi applied to be a lecturer at the University of Benin and soon after began teaching in their religious studies department.

"This was never what I wanted," Idumwonyi said. "This was never what I prepared myself for. Fate was pushing me in that direction, which for me is really cool."

After teaching for four years, Idumwonyi decided it was time to work on herself more and applied to complete another master's at Harvard University. She graduated with a Master of Theological Studies in 2012.

After a brief return home, Idumwonyi moved to Houston, Texas, to begin her doctorate in religion at Rice University. As she finished up her dissertation at Rice in 2018, a position in Gonzaga University's religious studies department opened up. Though she planned to return home upon completing the degree, strikes at Nigerian universities and an unpredictable academic calendar encouraged her to look elsewhere.

Idumwonyi had never heard of Spokane or even the "other Washington" it was in when she accepted the offer, but four and a half years later, she's still calling Spokane home.

"It's been beautiful [at GU], beautiful in the sense that I am around people who care about you, about your growth," Idumwonyi said. "I am in a department that is very supportive, and I consider myself a sociable person. I don't only have friends in the department, I have friends

“

I love that [Idumwonyi] brings her culture with her into her classroom and works with students in pedagogical ways that reflect the cultures they're learning about.

Melissa Click, communications professor

across the university. That's me."

Melissa Click, an associate professor of communication studies, is one of Idumwonyi's cross-campus friends and mentor through the College of Arts and Sciences faculty mentorship program.

Click sat in on one of Idumwonyi's classes and said she found her class to be engaging because of how Idumwonyi empowers the students in her classroom.

"She works really hard to build community in her classroom in ways that make sense to her from her upbringing and area of study, which might take some students by surprise ..." Click said. "I love that she brings her culture with her into the classroom and works with students in pedagogical ways that reflect the cultures they're learning about and that she grew up in."

In the classroom, Idumwonyi said she takes a community-oriented teaching approach based on the African philosophy of Ubuntu, "I am because we are." One way she does this is through accountability partners, which students are assigned the first day to help in cases of absences or struggling with class material.

"In my community of learning and teaching, everyone is a teacher and everyone is a student," Idumwonyi said. "It's built on the 'I am because we are,' we hold each other's hand to succeed."

EDWANG

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delegation and it's a lot on your plate," Edwang said.

Despite the work involved in planning the event, Edwang said she has found immense value in both her involvement with BSU's annual dinner and the club as a whole.

"We just do a lot of community building and organizing so Black students have a space on campus," Edwang said. "Our focus is really representing one: inclusion, but also representing Black joy."

Edwang also said that, as a Black student, BSU has been an organization in which she feels comfortable.

"You walk into a classroom and you don't see a lot of people who look like you," Edwang said. "But when you go into BSU, it's not a shocker to see you walk in. So I was finally in a space where, one: I felt belonging, but two: that I didn't have to pretend to be anything else than who I really am."

Edwang's involvement in BSU is just one of her leadership positions on campus. She has also been helping guide younger students by serving as a peer mentor for Building Relationships in Diverse Gonzaga Environments for two years.

BRIDGE is a pre-orientation program in which students from underrepresented groups have the opportunity to come to

campus a week before the general student population. During this time, these students are paired with a peer mentor who helps guide them through their first year of college.

After participating in the program as a mentee her first year, Edwang became a mentor herself.

"It's hard to feel belonging," Edwang said. "So I think BRIDGE's point is to show students that there are people who are looking out for them and there are places you can go to navigate the space."

Edwang said that not only do her mentees gain valuable connections from BRIDGE, but she has also benefited.

"I find a lot of value in the program," Edwang said. "All my closest friends are from BRIDGE."

One of those friends is Analesa Mason, a GU senior who was Edwang's BRIDGE peer mentor when Edwang was a first-year student. Mason said that since mentoring Edwang, the two have become close while working together in BRIDGE, BSU and other extracurricular activities.

"Our relationship has developed more as a friendship, more than anything," Mason said. "Just being able to see her grow as a leader has been astonishing."

In addition to Edwang's on-campus leadership, she has also had advocacy opportunities on a national scale by participating in the Ignatian Family Teach-In for Justice. As part of this program, Edwang and another student gave a presentation at GU titled "Oil and Water,"

which detailed their experiences as people of color.

"We talked about navigating our identity," Edwang said. "We talked about how oil and water was never meant to mix, but together, we can light the world on fire."

Edwang and her peer then traveled to Washington D.C. in October 2023 to show their video at the IFTJ national conference. While there, Edwang also had the opportunity to learn advocacy skills and meet with Washington state representatives to discuss social justice issues.

"It's kind of a space where legislation, advocacy and faith-based work combine," Edwang said.

Edwang also said she saw connections between her work at Ignatian teach-in group and GU's mission.

"I know there's a lot more that I have to learn, especially going to a Jesuit school, and the message of education and social justice doesn't really stop at just learning, but also acting on it," Edwang said. "It shows that there's always something more you can do."

Jessie Mancilla, who serves as the director of UMEC and has worked with Edwang in both her organizational roles, said Edwang has a specific leadership style that she's one that's going to be very direct," Mancilla said. "But, in the directness, there's a kindness to it. She's going to be able to connect with the people that she's

leading."

Mancilla also said Edwang's perseverance and work ethic have helped her succeed.

"She doesn't let the small things diminish her," Mancilla said. "She sets her mind to something and she gets it done."

Meanwhile, Mason said she has seen Edwang grow over time.

"I think she's become more confident," Mason said. "She's become more secure in who she is in herself and when she walks into a room, she knows who she is. And she doesn't change anything about her. She doesn't try to conform to what people expect of her."

As for Edwang, she said she hopes to leave behind a positive legacy at GU.

"I think of the way the world moves as kind of like a legacy," Edwang said. "So just doing what I can in my short time to plant those little seeds so people have the opportunity to watch it or help it grow would be my philosophy."

Natalie Keller is an arts and entertainment editor.



Cheap deals boost Fiddy Club's mission

By SOPHIA MCKINSTRY

Shawn Kingsbury said founding Fiddy Club Members Thrift Shop and co-founding Reclaim Project Recovery has helped him find his calling in life.

That calling is helping other men in the community and creating recovery programs Kingsbury wishes he had when he was struggling.

"My goal is to lead men from brokenness to powerful," Kingsbury said. "I believe we have an epidemic of lost boys right now. We need mentorship, we need core values, we need men helping men."

Kingsbury struggled with drug and alcohol addiction as a young adult and eventually realized that he wanted to go back to Spokane, his hometown, for reasons of his own.

"When I got honest with myself, I knew I needed to come back here and face some demons and right some wrongs and make amends," Kingsbury said.

Growing up, Kingsbury said he had a number of dreams and ambitions but when he got sober, he felt unsure of who he was and what he wanted to do with his life. He eventually decided to enter the nonprofit world and, although there was a steep learning curve, he appreciated the challenge it provided him with.

"I knew that I wanted something that I could be deeply passionate about and that would challenge me," Kingsbury said. "I come from a family of people who really value community building and giving back, and so I threw myself into it, and it has been an amazing vehicle of recovery for me."

He returned to Spokane at the age of 35 and founded his first nonprofit, Pura Vida Recovery, an active sober community.

Since then, he also founded Reclaim Project Recovery, a collaboration of businesses that work to support men who are transitioning away from addiction, homelessness and incarceration.

"The collaboration is a construction company, a housing company, a nonprofit that builds community through life-affirming activities and now our new social enterprise piece with the membership-based Fiddy Cent or Fiddy Thrift Club," Kingsbury said.

Each of the businesses is connected to one another — Kingsbury said it can be unclear when one starts and another begins.

"One of the things that I'm really grateful for and that I have at my advantage in starting a company is I can leverage the other companies to get this thing started," Kingsbury said. "I already have a built-in workforce, trucks, trailers, box trucks. We had already been receiving donations ... so it was basically plug and play from the



DYLAN SMITH IG: @d.smithphotos

Patrons of Fiddy Club pay \$149 for a membership that allows them to get 250 items a month.

existing companies that we have." Fiddy Club became a concept about a year ago, when Reclaim Project Recovery was given a grant to bring a location to Spokane Valley.

Interested parties will pay \$149 for a membership; this allows them to get 250 items a month and amounts to about 50 cents per item.

Deciding on the membership model was based on what Kingsbury himself had seen companies do in the past, as well as personal experience.

"Armed with the knowledge of how much thrift is out there, and knowing how labor intensive it can be, that's how we came up with the membership idea," Kingsbury said.

He also wanted to drive down the price and make products as accessible as possible. One goal is for resellers to shop at Fiddy Club, as well as other thrift stores, to buy from the inventory.

Items for sale will include clothes, accessories, antiques, furniture, pictures, electronic tools and a variety of other items.

"I like to say we have no clue what we got because all we're trying to do is get it out on the floor," Kingsbury said. "We're not researching it. We're not trying to collect it ourselves. We're putting the item out on the floor to offer massive value."

Kingsbury also wants to incorporate a "pink dot" system to limit the number of

larger items members can get and provide equal opportunity for everyone. Members would be limited to five pink dot items a month, and these dots would be placed on items like couches, mirrors, beds, mountain bikes and more.

Kingsbury said Fiddy Club plans on collecting millions of items to have available and opening their doors to members on Valentine's Day.

The biggest goal, however, is to provide jobs to the men at Reclaim Project Recovery. While many are employed at the construction company, Kingsbury said he wanted to come up with an alternate option for other men who are early into their sobriety so that he could be flexible with their employment and other factors.

Sara Carlson is the executive assistant for Reclaim Project Recovery, Pura Vida Recovery and Revival General Contracting, as well as now Fiddy Club. Carlson is also the only female employee.

She became involved with Reclaim Project Recovery because her brother-in-law is the director and in-house chaplain; she grew tired of the corporate world, and the opportunity to become involved with the nonprofit came at the perfect time. Now, Carlson does graphic design and marketing for the four entities connected to Fiddy Club.

Carlson said what she loves most about her job is the fact that she's making a difference.

"I'm here, I'm getting to know these guys," Carlson said. "A lot of them, their families, their friends, everyone have turned their backs on them. They want nothing to do with them anymore, and so ... you just see a lot of depressed men that sometimes they just need somebody that cares about them. So, I kind of feel like a den mother in a way. I feel like they're all my sons, or they're all my brothers. I just care about them."

Fiddy Club's proceeds will directly fund Reclaim Project Recovery and provide job opportunities for the men they support.

Kingsbury wants to continue helping men in the community and selling as many thrift items as possible.

"We are actively looking to put sober, transitional housing in the valley," Kingsbury said. "We plan on helping more men than we ever have. And really, we're just out to build as many capable men as we can."

Carlson also said the use of social media platforms has been a powerful tool to connect with the community.

"In my opinion, social media is like the most optimal tool for, you know, getting people aware," Carlson said.

Fiddy Club Members Thrift Shop will be located at 16816 E. Sprague Ave. To stay updated on additional information, visit their website and their social media.

Sophia McKinstry is the diversity editor.

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Feeling blue? Creative therapy is for you

Way before I was perpetually stressing about grades, friends, jobs and adult life, I was a self-proclaimed New York Times bestseller with short stories I wrote on my kitchen floor. I was also just one step away from having my artistic masterpieces permanently moved from my refrigerator to the Louvre.

Skipping ahead 12 years, I am unsurprisingly bestseller-less, and the closest I've been to having a painting in the Louvre was my fifth grade homemade Valentine's Day box winning "Most Creative" (a feat I'm still proud of, thank you).

As I kept getting older and life continued pushing me headfirst into new challenges, experiences, obstacles and the plethora of stressors that came with them, much of my time spent partaking in creative pursuits was put on the back burner.

The thought of starting a new project, whether it was writing, painting or even opening a book, seemed overwhelming and only something to distract me from what was actually important: school, chores, rotting on the couch, procrastinating. Anyhow, I digress.

While everyone should value the occasional couch rot, incorporating some degree of an artistic pastime in your daily or even weekly routine can have noticeable effects on your mental health (plus, it's fun).

According to the Smithsonian, studies have unsurprisingly proven that art can



By EMMA OKUNIEWICZ

positively affect the brain. This includes lowering anxiety and stress levels, helping combat depression and overall improving one's mood.

In fact, art therapy has even become increasingly popular in recent years. Many participants have found it a significantly less taxing way to get in touch with their emotions and display them in ways that don't depend so heavily on verbal expression.

If you're interested in redirecting some of your energy into art but are lost on what medium to go toward, I've brainstormed a few that I think would be relaxing, fun and also easy.

Paint-by-number kits are a great way to start. Michaels and Amazon both have an abundance of kits that vary in levels of detail and difficulty. You can turn on a favorite show or playlist in the

background and hopefully forget about your impending chemistry test for a while.

Also worth noting, these kits come with all the supplies you'd need, including paint and brushes, and are generally under \$20.

Something I've always tried and struggled to get into over the years was scrapbooking and collaging. I think it's so cool, but whenever I decide to do it, I quickly realize I have practically no supplies and usually give up in the first 10 minutes.

However, an easy solution is collage kits, which are seemingly endless on Amazon. So many supply kits come with bundles of patterned paper, stickers, labels and often even a notebook.

In my quick online quest, I found so many different themes, including botanical, oil paintings, vintage and many others. These kits are usually anywhere from \$10-\$15.

Also, online collaging can be fun. Landing, for example, is a free app where you can make Pinterest-worthy scrapbook pages (great for phone and computer backgrounds).

However, creative arts don't have to exist solely in the Michaels crafts section (though I love that place, and you'll definitely come across something that strikes your fancy there).

The pastime I'll probably never stop talking about and recommending is journaling. I've been keeping journals

which I've written in almost daily since I was in grade school, and it's something I hope I'll do for the rest of my life.

Not only do you get some great laughs out of it (re-reading middle school angst is hilariously exhausting), but it can also be incredibly cathartic and relaxing.

The University of Rochester Medical Center notes that journaling benefits can include anxiety management and stress reduction and provide you with a better grasp and control of your emotions.

If you establish a routine — 10 minutes before bed, or even if you keep a journal in your backpack — you might be surprised by how much better you feel all-around, simply after scribbling your thoughts down.

While many people recognize the positive impacts various art mediums can have on their mental health, those realizations often get bogged down by outside stressors and influences.

My best advice is to use that stress. When it gets to the point you feel like you need to trap yourself in bed and never come out, opt to reach for a notebook or a paintbrush and see if being creative unlocks a new, fun way to improve your mood and relax.

There are a million and one different ways to express yourself creatively, and you never know which ones will resonate with you until you try.

Emma Okuniewicz is a staff writer.

A student's guide to a satisfying Sunday on campus

Sundays are often viewed as a day of rest and relaxation, a time to unwind before the start of another hectic week. For college students, however, Sundays often transform into a monotonous marathon of mundane tasks and looming responsibilities rather than the anticipated "Sunday Funday" of leisure and excitement.

In the realm of college life, the concept of "Sunday Funday" undergoes a metamorphosis, emerging instead as "Sunday Slump Day," a metaphor that encapsulates the somber reality of a student entrenched in the relentless pursuit of academia.

For many college students, an ideal Sunday would entail spending the day at a coffee shop with friends or even hitting the slopes and taking advantage of a day of no classes. Realistically though, Sundays are much too scary for such pleasant activities.

Here's how it always goes.

I come into the weekend completely disheveled after a long school week of telling myself "I just have to make it to the weekend."

Once I finally make it to Friday, I do as any burnt out student would do and I grant Friday and Saturday as homework-free days. No reading, no assignments, no to-do lists, no homework whatsoever.

This is all great in theory except,

unsurprisingly, this leaves all undesired weekend work for Sundays.

Unfortunately "weekend work" is seemingly never ending and all-encompassing. How is one supposed to accomplish laundry, grocery runs, cleaning and homework in one day?

Weekend work is not for the weak. I have fallen victim to the harsh realities that accompany running myself ragged "attempting" to curate the perfect next week.

In hopes that I am not the only college student that hasn't experienced a "Sunday Funday" in quite some time, I am proposing a three-step guide to help remedy the curse of Sundays. If you also find yourself feeling down in the dumps

after a long Sunday, hopefully this guide will be of some use to you.

Step #1: Get your laundry done during the week.

Every Sunday when I go to do my laundry, the washing machines are full. The laundry room is a complete warzone, especially in the dorms. If you are not prompt, those fresh, clean clothes of yours are either clumped in a pile on the floor or stacked in a sketchy pyramidal fashion on top of the dusty, old dryer. Thus, leaving you to restart the tiresome process all over again.

Since almost every college student uses Sunday as their laundry day, getting your laundry done during the week is one attempt to ease your Sunday laundry anxiety.

Step #2: Shop for groceries on literally any other day than Sunday.

I've always viewed grocery shopping as a relaxing and absent-minded activity or perhaps even an adventure. Yet that perspective excludes grocery shopping on Sundays. Spending your Sundays in the overcrowded aisles of the grocery store tends to leave you overstimulated and stressed. There is nothing worse than reaching for a bag of carrots and being bombarded by seemingly endless swarms of people with the added obstacle of random grocery carts in your way.

I strongly suggest not shopping on a

Sunday.

Step #3: Sunday should be about rest, so sleep in.

Rather than falling victim to Sunday Slump Day as a result of pushing yourself to the point of exhaustion, let us embrace Sunday Slump as a sanctuary of self-care. Embracing Sunday Slump Day by prioritizing rest sets a positive tone for the entire week ahead. The only way I can remotely make sleeping in possible is by getting at least some of my assignments done throughout the weekend. Instead of succumbing to the pressure of early mornings and packed to-do lists, allowing yourself the luxury of extra sleep on Sundays can be a transformative way to feel refreshed and prepared to tackle the rest of your assignments before the start of the week.

While these three steps are much easier said than done, hopefully this guide can set us on the right track to experience the "Sunday Funday" that we all undoubtedly deserve. By prioritizing self-care and mitigating the stressfulness of academic pursuits, I optimistically await the coming Sunday which, with luck, holds much more promise for rest and relaxation.

Jackie Maness is a staff writer.



By JACKIE MANESS

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Letter to the editor: Practice respect in the Kennel

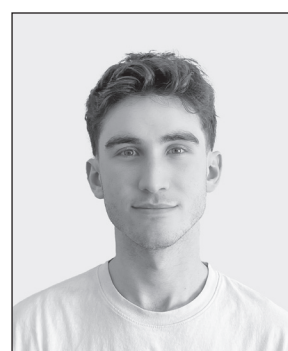
Editors Note: This article includes mentions of profanity.

The administrative response to the conduct during the Saint Mary's matchup, which focuses on the conduct of individuals, while reasonable, I think, comes up short of addressing a collective issue at large. This moment could serve as an opportunity to stop and critically reflect on how, through a bit of creativity, we can tastefully elevate our support at games.

Even before the Saint Mary's matchup, our chants and antics have lacked a degree of originality or creativity reflective of the capacities of the Gonzaga University student body.

I think no one would argue that spelling out Gonzaga or its initials or any chant involving "Go!/Lets Go!" constitutes peak creativity. To an extent they are part of a tradition, but we should not allow tradition to hold us back from developing something new that we can truly hold as our own — something distinct from common chants shared almost universally across college sports. We can additionally, as a community, justifiably look down upon the profane chants of "F--- Saint Mary's" or "Bulls--t" and react with dignified proclamations of shame and embarrassment — a sentiment that seemed to be particularly voiced by alumni in the immediate aftermath of the game. If we wish to be responsive and not simply reactive, we ought to reflect a bit further.

The profane chants and throwing of objects are representative of a void in thoughtfulness.



By BRADY DECKER

Profanity, beyond being profane, is a relatively lazy or primitive expression of genuine passion. We obviously need to keep up our passion but perhaps pair it with more wit and thoughtfulness. Witty passion (inspiration for which can be found at international sporting events) gains respect for its thoughtfulness, while profane or unoriginal passion inversely loses respect for its thoughtlessness.

There was one analogous example that came to mind when thinking about witty displeasure: imagine if you upset someone in traffic and instead of them giving you a middle finger they gave them a thumbs down; the thumbs down would be much more original while still expressing its intended displeasure. At the same time, the thumbs down is not perceived as profane while definitely being something you'd take even more to heart — something you'd remember.

I think we are more than capable of coming up with clever ways to express our passion at rivalry games — something more specific and thoughtful than "F--- [Insert

team we don't like here]" or even displeasure with calls that don't go our way in a manner that could still be viewed with respect.

We could make ourselves known for inventive and thoughtful chants and game antics instead of being known for throwing trash and insults. Regardless of what unfolded at the Saint Mary's game, good chants and antics are the types of things that go viral and have the potential to bring positive attention to our school.

Especially in this new NIL era of college sports, where big schools with massive donor pools make it more and more difficult for us to competitively recruit, we need ways to make GU a relevant and appealing place to play.

An initiative in this direction wouldn't be the simple and easy path for students and administrators but would be the only path that would amount to a meaningful response and elevation of the GU community.

Brady Decker is a senior at Gonzaga.

Marisa Center is the Editor-in-Chief of *The Gonzaga Bulletin* for the spring 2024 semester.

DYLAN SMITH IG: @d.smithphotos

A different definition of beautiful

By MARISSA CENTER

Note: Introducing a longform literary format that has not been seen in print before, Center has written a story about her family. The story is published below, and replaces the semesterly "Meet the EIC" conversation.

As soon as I got home from school, I bolted out of the car, my backpack slapping against me as I ran to the living room.

"Hey! Homework first," my mom chided.

"Just a few minutes!" I squinted to make out the screen as the California sun washed out my favorite TV show.

"You get the best of both worlds/Chill it out, take it slow/Then you rock out the show ..."

For a few minutes every afternoon, I was Hannah Montana. I idolized her just like every other 8-year-old girl; all I wanted to be when I grew up was a famous pop star, and I had found a way to be just that.

My costume from the Halloween store was an exact copy of what she wore in the promotional posters, and during the month of October, I probably tried it on about 50 times. I put on the sparkly green top paired with a matching scarf, white bomber jacket, bright blue pants and white boots. I looked in the mirror and was momentarily disappointed. I looked nothing like her. I grabbed the finishing touch: the blond wig. I manhandled it onto my head and looked at my reflection again. This time, I smiled. Gone was my yawn-inducing dark brown, NOT black, hair and in its place, I had the golden hair of a star.

That day, I donned my Hannah Montana gear and gave a Grammy-winning performance to my bedroom mirror. As I belted into my mic (my balled-up fist) and banged my head, the wig began to slip off. It was a pain to tug it back into place what felt like every two seconds. I thought about my friends at school who were also dressing up as Hannah Montana. They wouldn't need a wig. They were already blond. All of a sudden, I was hit with a stroke of genius. I ran out of my room into the kitchen where my mom was making spaghetti and meatballs, setting aside some of the pasta for my sister and I to eat plain.

"Mom! Can I dye my hair blond?"

My mom looked up and gave me a puzzled look. "No, you're too young."

"No, I'm notttttt," I whined.

"You already have the blond wig; you don't need to dye your hair for Halloween."

"No! I don't wanna be blond just for Halloween, I wanna be blond forever!"

"Marissa, no. You're not dying your hair."

Cue the temper tantrum. I screamed at the volume of my future adoring fans as my mom ignored my fit. I finally tired of my performance and with a huff, I marched back to my room. I changed out of the costume but left the wig on. The wig felt itchy and tight, but I couldn't bring myself to take it off. I couldn't tear my gaze away from the mirror.

At school one day, I had been waiting in line at recess with my best friend. I can't remember what we talked about, but I do remember that mid-conversation, she turned to me and said, "I mean we can agree, I'm prettier than you, I mean, I have blond hair." I nodded in agreement. "Yeah, totally."

I believed that to be a fact. When I watched movies and read books, the pretty girl was always blond with eyes as bright as the sky on a typical sunny California day. When I woke up every morning and

peered at my reflection, I was increasingly bitter that instead of hair that resembled a cool, California surfer girl, my hair was jet black like the cold, starless night sky. Because of my hair, boys in my class bowed to me and spoke gibberish. Because of my hair, classmates asked me in disgust how I could eat dogs. Because of my hair, I was ugly.

The Big Move

"Ok, I'm going to press record, are you ready?"

I had pulled my ama (grandmother in Taiwanese) from the rest of my chatty relatives. We were sitting in my bedroom that looked like a time capsule of my middle school self. The walls were my favorite shade of purple at the time; I had read once that purple signified royalty and I thought that was the coolest reason to like a color. My bookshelf was full of books from series like Harry Potter and Percy Jackson since I had gotten a Kindle in high school, so I had stopped collecting physical copies of books. Due to my intense loathing for overhead lighting, my room was lit with a combination of LEDs and string lights, bathing me in soft, warm light. The only furniture I had in my room was my bed and my dresser; there wasn't room for a desk, so, my ama was sitting in my purple bean bag and I sat across from her on the carpet floor.

As I went to press record on my laptop, I realized I was nervous. I interview strangers on a weekly basis for articles so I thought this would be even easier since this was no stranger, this was my ama. But, we had never talked about this before. Of course, we have talked generally about Taiwanese culture but I have never asked her questions this personal.

I pressed record and paused to scan my previously prepared questions. "Where were you born in Taiwan?"

"Taiwan. T-A-I-P-E-I."

"That's the capital, right?"

My ama gave me a look of gleeful surprise. "Oh! You're good. You even know the capital, so smart."

I laughed. It was cute how excited my ama was that I had known that, but honestly, I was surprised that she was that impressed with that, as to me, I felt that was a basic fact that I should know.

My ama was born in Taipei, Taiwan, on Nov. 1, 1942. Her name is Elena Wu Lin. Her Chinese name is Wu Chiu Hwei. She is the oldest of the family, with two younger brothers.

In high school, she began learning English. As a college student, she studied liberal arts at National Taiwan University, with a concentration in foreign languages and English literature. Although her studies focused on English, she also studied French and Japanese for two years.

She married my agong (grandfather in Taiwanese) the year after she graduated, and she taught English at a junior high school. A year later, in January 1966, she moved to the United States because my agong had gotten an internship in Philadelphia, Pennsylvania, to be a doctor. She had never left the country prior. The following December, their first son was born.

My ama primarily raised her three kids at home, but at night she would study accounting courses. Due to her studies, she became an unofficial office manager for my agong's office, crunching numbers and filing taxes.

She spoke slowly and carefully. I hung on to each word she said, amazed by how easily she could recall dates for events that

took place 60 years ago. I glanced down at my next question, pondering how to phrase it.

"Since you raised your kids here, how would you balance their Asian heritage with living in the U.S.?"

"Usually with my kids, I do like more of American culture. In Chinese culture, the kids are more obeying than the American kids. American kids have more freedom. They have an advantage to create more ideas."

My ama had put my mom and her older brother, my Uncle Steve, in piano lessons when they were young. One day when they were in middle school, they took a test to advance into a more rigorous school of piano study. When they came out of their lesson, the piano teacher informed my ama that she would only be admitting my mom, not Uncle Steve.

"Why?" my ama asked her.

"Steve said he doesn't like piano. I asked him why he was taking it and he said, 'Because my mom wants me to.'"

We fell into a fit of giggles, as the visual of my uncle telling his piano teacher to her face that he had zero interest in the instrument in the middle of taking an important test sounded like it was straight from a sitcom.

My ama had also put Uncle Steve and my mom in Chinese school when they were little, since in addition to Taiwanese and English, my ama also speaks Mandarin Chinese. After two years, they complained to her that they didn't like it.

"Well, if you don't like it, I don't want to force it." They stopped studying Chinese soon after.

This seems to be the philosophy my ama held with everything concerning her children's lives, from what activities they did to learning about their heritage. She would make both Chinese and American food at home for dinner. There were no Chinese restaurants in the area. They would occasionally eat at a Japanese restaurant, but the kids would hardly touch their food. Once the family piled into the car to go home, they would all beg and plead, "Can we get McDonald's on the way home?"

"They didn't like Chinese food. They don't have the chance."

Out of Place

I interviewed my mom the morning before I left to drive back to school. We settled in the living room downstairs, sitting on opposite ends of the deep brown couch which was covered in patches of white dog hair. My mom had her legs stretched out in front of her on the couch and her hands fidgeted in her lap. She was squinting to look at me, as the windows next to us ushered in the sun herself like a family friend. I had talked with my mom a little about her childhood in the past, so I had decided to forgo extensively prepared questions like I usually would, opting to lead this interview more like a conversation we would normally have. But without them, I felt like a child who had left their prized stuffed animal that I was incapable of falling asleep without at home, and I had tragically realized two hours into the car ride.

My mom was born in Naperville, Illinois, on April 16, 1969. Her name is Patricia Ann Lin, and she struggles to remember her Chinese name. She has two brothers; one is older, and one is younger.

When she was little, my mom wanted to be a sensational performer. Her first attempt was as a cheerleader, and although she liked the sport, the girls on her squad

behaved as if they had leapt off the pages of an unfinished script for a John Hughes film that was collecting dust in some Hollywood producer's office. They hosted parties without inviting her and never talked to her outside of practice. She was the only Asian girl on the team, and practically every girl had blond hair. The ones who didn't, dyed it.

"I always thought that was the quintessential beautiful. But I couldn't dye my hair obviously."

"Why not?"

"Because, well, you know, it would look bad. We don't look good with blond hair."

One day, while skimming the newspaper, she saw an ad from a local theater calling for Olivia Newton-John hopefuls to audition for their rendition of "Peter Pan." Images of Sandy singing and shimmying on the carnival ride with Danny after her jaw-dropping makeover at the end of "Grease" swam in front of my mom's eyes as she decided she would audition.

She landed the role of Tiger Lily, the chief of the tribe's daughter who is captured by Captain Hook in an attempt to get her to disclose Peter Pan's hideout. In the popular Disney film, Tiger Lily has no speaking lines. In the play, my mom said she had a few short lines in her scene with Hook.

"I felt like I was really bad at it. I remember they kept saying, 'Tiger Lily' doesn't say it with that much passion. She says it more like stoic.' After that one experience, I was like, 'eh, I don't like it.'"

"Do you feel like part of the reason you were casted as Tiger Lily was because of your Asian background?"

My mom shot me a knowing look. "Yes, definitely."

Out of the many avenues of performing she explored, dancing was my mom's favorite. She would take classes at a dance studio and in high school, she tried out for the dance team, and was given one of the two coveted spots for first-years. She loved the dances, and the girls on her team became her friends outside of the four walls of her school's gym.

Growing up, my mom faced constant reminders that her hair held no potential to be the leading starlet in a movie and her eyes that were meant for extras in the background of a scene. She faced unoriginal jokes about Chinese people and opted to keep her lunch in her backpack so she didn't have to deal with the looks of revulsion from her peers that would make you think she bit into a sandwich engulfed in mold fuzzy enough a fluffy throw rug could be made from it.

"You're embarrassed of so much as a kid. You're always conscious of how much you stand out."

After high school, she went to the University of Illinois and majored in accounting. During her first year, she met my dad, who was a senior. Once she graduated from college, she moved to Los Angeles, California, to join my dad who was living there for his job. They eventually bought a home in Orange County, and had two children, my sister and me.

My mom didn't cook Chinese food for my sister and I growing up, partly because of our picky tendencies, but also because she hadn't cared for it as a kid. Like her mom, she didn't want to force us to learn if we didn't seem interested.

Marissa Center is the editor-in-chief. Follow her on X: @marissaconter. The full story is published online at www.gonzagabulletin.com.



JOSHUA GARCIA IG: @flamedflicks

GU student Aidan Collins shows off some of his favorite items from his closet at the Fashion Club's "Fit-N-Tell."

Sustainability's in style at new club

By WILLOW COLLINS

Attention all fashion enthusiasts, trendsetters and thrifters alike. From fans of preppy polos and blazers to more rebellious individuals dressed in leather jackets and thick-soled boots, the campus fashion scene just turned up the heat with the arrival of the Gonzaga University Fashion Club.

"Fashion is a way to express yourself that can really be unique to you," said junior Olive Paulson, creative director of the club. "It's a great way to show people who you are and look good at the same time."

Within the world of fashion — a space Paulson said is distinguished by its diversity and individuality — there are also opportunities for people to form relationships centered around a shared love for fashion. Paulson said Fashion Club offers a platform where all students can find community, regardless of one's sense of style.

"The club creates a place for like-minded individuals to come and talk about their clothes and fashion in general," said sophomore Spencer McNulty, co-founder of the club.

McNulty said he pursued his creative

vision for the club with junior Dylan Smith in 2023. Together, they laid the foundations for what is now the GU Fashion Club. Not only did their vision come to fruition, but the club is fully operational, hosting biweekly meetings and welcoming new members.

"My biggest inspiration in creating the club came from seeing street-style markets at other schools be so successful and well-received," McNulty said. "I wanted a platform to make that happen at Gonzaga."

Beyond street markets and fashion shows, the founders of the club said they place a strong emphasis on sustainability.

"We aren't trying to promote fast fashion," Paulson said. "A lot of fast fashion is bad for the environment and isn't ethically made."

Paulson said many fast-fashion brands have recently been criticized for their unethical methods of creating and distributing their products. She said sweatshops and high-carbon emissions have caused negative effects on the environment, society and individual lives, causing many to scrutinize the fashion industry.

"We want to continuously educate ourselves and keep sustainability in mind," Paulson said.

Paulson said the club's intention is to pursue sustainability in style by supporting student businesses with their street-style market, hosting clothing drives for the community and openly discussing the impact of fast fashion and how to shop sustainably. Beyond these goals, Paulson also said the club provides a creative outlet for students to express themselves while cultivating a deeper appreciation and love for the world of fashion.

Paulson also said college is a time when young adults try to discover who they are, and fashion can be key to this development. Students are no longer limited by strict dress codes or mandatory school uniforms and have the freedom to express their true identities through their own unique styles. Paulson said this is something the club aims to highlight and raise awareness about.

"There is a need for a greater fashion culture on campus, but our club is so much more than that," Paulson said. "We want to make a community around fashion."

The founders of Fashion Club said this is a community that many students have been waiting for and that they hope to support student-run businesses.

"My end goal is to host a large street-style market at least once a semester that

supports all student businesses, not just clothing," McNulty said. "That could be beneficial for all students at Gonzaga."

Along with hosting street-style markets, the founders of the club said they hope to host a fashion show for the school.

The club meets every other Tuesday at 7 p.m. in College Hall. The topic for the meeting on Feb. 6 was "Fit-N-Tell," and members were encouraged to bring a couple of their favorite items from their closet to share with the group.

McNulty said Fashion Club welcomes all students to join them — from fashionistas to students simply interested in learning more about the world of fashion.

"There's no such thing as bad fashion," Paulson said. "There is a community for everyone."

Willow Collins is a staff writer.

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level 1 2 3 4

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Solution to Last Week's puzzle 2/25/24

9	7	5	4	3	1	6	8	2									
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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit sudoku.org.uk

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Los Angeles Times

Sunday Crossword Puzzle

Edited by Patti Varol

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17						
18			19					20					21									
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117					118			119		120	121				122	123						
124									125					126								
127									128						129							130

CON TEST

By Brian Thomas & Kate Chin Park

ACROSS

1 Handy smartphone	52 See 43-Across	97 "Aida" river	7 Algonquian-speaking people	40 1960s nonconformist history	84 Big name in Apple
4 Most pancakes	57 Plays chords, in a way	100 Swing about	8 Manicure sound	46 HS exam with a cellular energetics section	85 Ward of "Gone Girl"
9 Ijeoma Oluo's "So You Want to Talk About ..."	59 Aristotle's teacher	101 Con figure?	10 Letters after Madison or before Maria	48 Dadcore jeans specification	87 "See you then!"
13 Lumps in a stack of folded sweatshirts	64 Chart-topper	117 Conscious	11 Source of hemp	49 Lacking freshness	89 As per routine
18 Make a big fuss	65 "Shucks!"	119 Con form?	12 John who completed an EGOT in 2024	51 Olympic gold medalist Lee	91 "... outta here!"
20 Auburn, to Alabama	62 Maui's Road to ...	124 Seeds, weeds, and feeds	13 That fella's	53 Tear it up	102 Final application
21 Skerry, e.g.	63 Iranian money	125 Asteroids publisher	14 Name on a Wienermobile	56 Spunk	103 Personal non ...
22 Con current?	64 Chart-topper	126 "Wait, what happened?"	15 Tapenade fruit	58 Many an Argentine red	104 Scull mover
24 Bradbury genre	65 "Shucks!"	127 Come up	16 Crusoe's creator	60 Up in the air	106 Yosemite peak free
25 Brotherly sort	66 "Black-ish" dad	128 Nave-y bases?	17 Stay	63 Campround	107 Miracled ...
26 Blackpink genre	68 Con note?	129 "Divine Comedy" poet	19 Major drama	66 The "D" of CODA	112 Came out with
27 December quaff	73 Tic-tac-toe side	130 Greek vowel	20 Two bars and two dots, on a staff	67 Baton-passing event	114 Vertex, in graph theory
29 River near Shakespeare's birthplace	76 Freedom Rider's ride		23 Actor Hardy	69 Boots	115 Clubs, but not cabarets
30 Argentine grassland	77 Scuffle		28 Macroeconomics abbr.	70 Novelist Leon	116 Jazz singer Jones
33 Con tour?	78 As concerns		31 Actor born Laurence Tureaud	71 Like the Resident Evil games	118 Kampala-to-Nairobi dir.
37 Con quest?	80 Code names		32 Components	72 Had more than an inkling	120 Unedited, as footage
41 Hardly any	82 "See what I did there?"		34 Proclamation	75 Rails against failure?	121 OEs, e.g.
42 Squeaky toy?	84 Drives too fast		35 Hasbro's "game of unspeakable fun"	79 Put back	122 Racket
43 With 52-Across, some midriff-baring attire	86 Con text?		36 Turn	81 Crunch cousin	123 Chicago winter hrs.
44 "Star Trek: TNG" counselor Deanna	88 Half of quatorze		37 "Cathy" cry	82 Actor Elliott	
45 Leg bone	92 Toss, slangily		38 Vessels in a pharaoh's tomb	83 Jaded feeling	
47 System connecting OAK and SFO	93 Performed miserably		39 Follow the rule		
50 Patella spots	95 Put pen to paper				

DOWN

1 Tennis great Steffi	2 Skating team	3 iPhone speaker	4 Reorganize a hard drive, familiarly	5 Cocktail sphere	6 "Yakety ...": hom-heavy novelty hit
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Ending the cycle of plastic periods

GU Office of Sustainability hosts program to promote sustainable period practices

By CLARINNE KIRK

Gonzaga University students and faculty gathered in the Humanities Building Wednesday evening for the Sustainable Period Event, which aimed to shed the stigma surrounding periods and educate individuals about menstrual health and sustainable alternatives to traditional single-use plastic menstrual products.

Organized by Gonzaga Environmental Organization and in partnership with the Residence Hall Association, the Sustainable Period Event offered sustainable, reusable menstrual products to attendees and featured guest speakers who discussed menstrual health, social justice surrounding menstrual health and the environmental impacts of menstrual product waste, ultimately offering students another way to practice sustainability in their daily lives.

"It's important to understand that [menstruation] affects a variety of areas of our lives," said Julia Brajcich, a member of the environmental group and organizer of the event. "It's not only environmentalism that impacts our choice, but also how it works for us, in relation to justice and our biology."

The Sustainable Period Event was first introduced in 2022 over Zoom, with last year being the first in-person event, according to Brajcich. Brajcich said she wanted to continue putting on the event given its prevalent impact and the positive response it has received from the GU community.

"It was important to us personally, to carry on [the Sustainable Period Event] since that is something we experienced and it impacted us in a valuable way," Brajcich said. "So, we wanted to keep that going for future generations of Gonzaga students."

The event was made possible in part by the Green Fund, which funded the products available to participants, including menstrual cups and period underwear.

The event began with a talk from the Office of Sustainability's Waste Reduction Educator Tristy Osbon, who talked about the intersection between waste and periods. According to Osbon, each menstruating individual creates approximately 400 pounds of waste. This environmental impact lasts far beyond the individual's life as the waste can take 500-800 years to decompose.

Single-use plastic products not only create a large amount of waste, but they can also break down into microplastics, which contaminate our rivers and oceans and release toxins detrimental to environmental and human health, Osbon said.

"[Microplastics] are in everything from



ISABELLA STOUT IG: @isabellacarin.photography

Tristy Osbon is the Waste Reduction Educator for the Office of Sustainability and was a keynote speaker at the event.

mountain tops to our bloodstream, and are actually consumed by humans," Osbon said.

Not only are single-use menstrual products damaging to environmental and human health, the price of buying single-use menstrual products each month can be a significant financial burden, totaling to almost \$65,000 spent on menstrual products per an individual's lifespan, according to Osbon.

Osbon also said that equitably distributing sustainable period products connects to GU's mission of care for the planet and social justice, as well as the campus' goal to reduce its waste diversion rate by 50% by 2030.

"By helping to reduce the consumption of single-use products, it helps us get closer to that goal," Osbon said.

Not only did the event give away sustainable menstrual products, but it also featured a representative from Saalt, a sustainable menstrual product brand, who discussed the options of products available, how to use and care for the products and how the selling of these products connects to the company's missions of reducing period poverty and increasing sustainability.

Diana Adams, the customer experience and education lead from Saalt, discussed three different products offered: menstrual cups, menstrual discs and period underwear. According to Adams, it is most important that the user choose the product most comfortable and convenient for

them. In addition to offering a variety of products, Adams said that Saalt's products range in size and absorbency based on the different needs of users.

According to Adams, Saalt's goal is to build impact within its business model, both environmentally, by increasing the accessibility of sustainable menstrual products and operating as a plastic negative corporation, and socially, by providing products and period education to individuals without access, addressing period poverty in the process.

Dr. Alison Spaniol, a practicing OBGYN within Spokane, educated the crowd about the science behind menstruation, including the phases of the cycle, the possible associated symptoms and normal irregularities of menstruation.

The talks from the guest speakers were then followed by an anonymous Q&A, which allowed attendees to ask the guest speakers questions. According to Brajcich, the Q&A was important for encouraging education around menstruation while reducing potential stigma or discomfort attendees may hold.

"There is a lot of stigma around the menstruation cycle," Brajcich said. "And for some people, it's a lot easier not to talk out loud."

Adams also addressed stigma surrounding menstruation and said that it is important to dispel this stigma in order to help individuals better know their bodies and what products best suit them.

"One of the important aspects of

helping people transition to reusable period gear is understanding your own anatomy ... figuring out your cervix height, figuring out a product that's going to work, there's stigma in that," Adams said. "This is a regular human function that should be elevated, not be shamed."

According to Spaniol, education from reputable sources is key to dispelling this stigma, especially given growing misinformation.

"The more we're educated about our bodies, the more we're educated about this natural process, the more options of products available, the more respect women have towards their choice of product and knowledge about products, the better for us," Spaniol said.

Sophie O'Shei, the environmental group's vice president, said one of the things she loves most about the Sustainable Period Event is confronting the stigma through education.

"I've loved creating this space where we can talk openly about topics that people don't really like to talk about very much," O'Shei said. "I've noticed that the people who come to these events are really excited to be here and come with questions and enthusiasm and want to learn. I think that making those spaces is important."

Clarinne Kirk is a news editor.

Making their mark: Mastering the art of repetition

Art Exhibition features student art from GU and four other regional universities

By MATEA HART

The 2024 Regional Student Invitational Art Exhibition is being hosted this year by the Gonzaga University Urban Arts Center and the GU art department in downtown Spokane. This exhibit features the work of students from GU, Eastern Washington University, Spokane Falls Community College, North Idaho College and Whitworth University.

The exhibition held its opening night from 4-7 p.m. on Feb. 2, and will remain open to the public until March 1.

The students participating in the art show this year demonstrated a range of artistic mediums, including elements of printmaking, ceramics, painting and ballpoint pen in their works.

Senior Kaylen Patalano, an art minor at GU, said she was inspired by her grandmother when making one of her prints on display titled "K's Garden."

"This one was a linocut print that I made, you carve linoleum or wood and essentially make a giant stamp," Patalano said. "I wanted to create something for my grandma, so I named the piece after her, and I included vegetables in it like a garden."

Patalano said she has been interested in art from a young age and fell in love with printmaking when she began taking screen printing her junior year at GU.

"I absolutely loved the process and I didn't realize there were so many different types of printmaking and different mediums to choose from within it," Patalano said.

Patalano has three pieces on display at the exhibition, each using various elements of printmaking.

Similar to Patalano, sophomore Jesse Becker said he incorporates inspiration from his life into elements of his



JOSHUA GARCIA IG: @flamedflicks

The art exhibition, located in downtown Spokane, is open to the public with free admission.

artwork, which at this show are all portraits done with graphite, colored pencil and pastel.

"The first piece is a self portrait that's a collage of past assignments I've done, with my face in the center," Becker said. "My mom also attended Gonzaga, and in one of the classes she took she watched a movie called 'Pan's Labyrinth,' and there's this monster with eyes on the palms of its hands. I decided to add that into my project."

Becker spent most of his youth with a No. 2 pencil and piece of paper in hand. He said he is grateful for his family, who is always supportive of his interest in art.

"Whether it was my brother's football practices or games, or waiting for my mom to get off of work, I was always drawing random things that popped up in my mind," Becker said. "I get a



JOSHUA GARCIA IG: @flamedflicks

Merle Creed is a junior at GU majoring in art.

lot of motivation from my family, which is really good. None of them want me to stop making art."

Junior Merle Creed is another GU student participating in the exhibition. Creed said that her piece "Post Apocalyptic," which

she created solely with a ballpoint pen, helped her become a more confident artist.

"Our model for the day was a little stand up skeleton, which I decided to add army helmets to," Creed said. "I thought it would be interesting and it allowed me

to become more confident with making marks because using a pen is more permanent."

Creed said that art is more about repetition than natural talent. She said her success as an artist comes from when she would pause to draw in between other activities growing up.

"I would just draw between doing homework and I think that the repetition made me like it more," Creed said. "I hope people take away from my work that I'm not naturally gifted, it's just I've done it for so long and I continue to want to improve on it. I think with art, you're never finished and you can always keep learning."

Creed also said that events like the Regional Student Invitational Art Exhibition serve as a reminder of how important art is to our community. She said keeping creativity in the lives of college students is especially important.

"It's just beautiful," Creed said. "I think it's so important to keep creativity in your life, especially during college in this busy environment. There's so much busy that it's nice to carve out time for yourself — time to actually work on something. That's why I think displaying all the art from students in the region is really cool to see."

Admission is free, and visitors can see the exhibition on Fridays from 4-7 p.m. and Saturdays from 10 a.m.-3 p.m.

Matea Hart is a staff writer.

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Former GU stars shine as NBA heads into All-Star break

By EMILY NIEMANN

With the NBA trade deadline recently passed and All-Star Weekend approaching, basketball season is in full swing.

Eleven former members of Gonzaga University men's basketball program are playing in the NBA this season and each of them have key roles on their respective teams.

Power forward Rui Hachimura has recently become a starter in the Los Angeles Lakers lineup, with head coach Darvin Ham replacing Taurean Prince with Hachimura ahead of the Lakers matchup against the New York Knicks on Feb. 3.

Ham explained his decision in a postgame interview on Spectrum Sportsnet, stating that Hachimura's size was necessary for the starting line.

"Just coming out being bigger along the front line," Ham said about adding Hachimura to the starting five. "It created a nice sense of balance."

Hachimura finished with 21 points, five rebounds, one assist and one block in the Lakers' Feb. 8 win against the New Orleans Pelicans. He is currently averaging 11.3 points on 38.3% 3-point shooting, while playing an average of 23.9 minutes per game.

As of Wednesday, the Lakers are ninth in the Western Conference.

Seasoned veteran Kelly Olynyk began the season with the Utah Jazz before being traded at the deadline to the Toronto Raptors.

A sought-after player who has a high impact on offense, Olynyk is averaging 8.3 points, 5.1 rebounds and 4.3 assists per game this season.

A native Canadian, Olynyk made his debut for the Raptors in a 119-95 loss to the Cleveland Cavaliers on Feb. 10. He scored 11 points in 22 minutes during the loss.

As of Wednesday, the Raptors currently sit 12th in the Eastern Conference.

After missing last season due to injury, Chet Holmgren has begun an impressive rookie campaign. Holmgren is competing with Victor Wembanyama in a close matchup for Rookie of the Year.

Wembanyama leads Holmgren in nearly every stat, with both players set to headline the Rising Stars Challenge during All-Star Weekend.

The Thunder are currently second in the Western Conference with Holmgren providing meaningful contributions to the team.

"I just tried to come in and find the balance between being aggressive and not making it the Chet show. It's not that, it'll never be that," Holmgren said in an interview with Thunder beat writer Joel Lorenzi.



COURTESY OF OKC THUNDER X: @okcthunder

Holmgren and the Thunder currently sit second in the Western Conference standings.

Holmgren is averaging 16.8 points and 7.5 rebounds per game, while shooting 39.4% from 3-point range.

Julian Strawther, Holmgren's former teammate at GU, is another rookie making meaningful contributions with an elite team. Strawther has featured in 35 games for the Nuggets, who currently occupy fourth place in the Western Conference standings.

Strawther is averaging 5.8 points, 1.5 rebounds and 1.1 assists per game, while coming off the bench.

"It's been fun getting to experience it with a group of guys that really enjoy each other; just learning the game and learning the business," Strawther said after a 111-93 victory against the Charlotte Hornets on Jan. 1.

Due to a right knee injury, Strawther was unable to play for most of January and was cleared to return to play on Feb. 2.

Strawther spent some time with the Grand Rapids Gold, Denver's G-League team, before making his return to the court for the Nuggets in a 135-106 loss to the Sacramento Kings on Feb. 9.

In a Feb. 2 game against the Minnesota Timberwolves, former Zag Jalen Suggs posted 15 points, with six rebounds, two assists, one block and two steals in 36 minutes of play for the Orlando Magic.

With Suggs and the Magic fighting for a playoff spot, Suggs said that he felt a lot of love playing in his home state of Minnesota.

"This building is so special, I have a lot of memories here," Suggs said in an interview with the Star Tribune in Minneapolis. "Being able to share that with [my team] and get the

dub ... made me happy. Smiles all around tonight."

Suggs is the third-leading scorer for the Magic, averaging 12.2 points per game with Orlando currently eighth in the Eastern Conference.

The San Antonio Spurs are currently last in the Western Conference, with Zach Collins averaging about 11.6 points per game this season. After a right ankle sprain in the first part of the season, Collins is now averaging 24.3 minutes per game.

During the Feb. 3 game against the Cleveland Cavaliers, Collins was ejected after an incident with Donovan Mitchell after Collins' arm hit Mitchell in the face, causing Mitchell to go after Collins.

Corey Kispert and the Washington Wizards are currently second-to-last in the Eastern Conference. In a loss to the Miami Heat on Feb. 2, Kispert put up 26 points, four rebounds and two assists, leading all players in scoring on the night.

Kispert is averaging 11.8 points and 2.4 rebounds per game this season.

Kispert recognized the places he needs to grow in a postgame interview on Feb. 2.

"Teams are starting to guard me a certain way, and it's been a concerted effort of mine to take advantage of that to grow my game and make me even tougher to guard," Kispert said.

Power forward Brandon Clarke has been out this season for the Memphis Grizzlies due to an achilles injury from March 2023. He is expected to return shortly after the NBA All-Star break. Clarke is currently on a \$50 million contract that extends until 2027.

GU SPORTS

Thursday, Feb. 15

➔ Women's basketball at Saint Mary's, Moraga, California, 4:30 p.m.

➔ Men's basketball at Loyola Marymount, Los Angeles, California, 6 p.m.

Friday, Feb. 16

➔ Baseball at UCLA, Los Angeles, California, 5 p.m. (3 game series)

Saturday, Feb. 17

➔ Women's tennis at Belmont University, Nashville, Tennessee, 1 p.m.

➔ Women's basketball at Pacific, Stockton, California, 2 p.m.

➔ **Men's basketball vs. Pacific, 6 p.m.**

Sunday, Feb. 18

➔ **Men's tennis vs. Montana, 10 a.m.**

➔ Women's tennis at Lipscomb University, Nashville, Tennessee, 3 p.m.

*Home games in bold

With the Sacramento Kings fighting for a playoff spot, Domantas Sabonis leads the league with 13.2 boards per game. Sabonis was left off the Western Conference All-Star team this season, despite being chosen for the past three years.

Last July, Sabonis signed a \$217 million extension for the next 5 years.

Andrew Nembhard, the older brother to current GU basketball player Ryan Nembhard, is averaging 8.9 points per game, 1.8 rebounds and 4.5 assists. The Indiana Pacers are currently sixth in the Eastern Conference standings.

With the season halfway over, there's a chance several former Zags will be competing in this year's NBA Playoffs, which begin with the Play-In Tournament from April 16-19.

Emily Niemann is a staff writer.

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March 2, 2024

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Davis Lecture:
7pm,
"The Women in my Life"
given by Dr. González



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contact ostendorf@gonzaga.edu with questions

Cesar Vargas Rodriguez brings new 'perspective' to GU men's tennis

By SYDNEY FLUKER

In 2012, Cesar Vargas Rodriguez accepted an offer to give coaching a shot as assistant coach for Georgia State's men's tennis program. Three universities and 12 years later, Vargas Rodriguez can confidently say he made the right choice.

"It was very evident very quickly that I had made the right decision to switch into coaching from [banking]," Vargas Rodriguez said. "To me, the best thing about my work is that I'm in this incredible position to provide guidance for incredibly talented individuals ... It's great to be able to influence somebody's life — hopefully for the better."

Since moving to Gonzaga University six years ago, Vargas Rodriguez has helped the Bulldogs find success both on and off the court, notably during the 2021-22 season. Alongside head coach D.J. Gurule, Vargas Rodriguez led the GU men's tennis team to its best dual record (18-6), best dual home record (11-0) and longest dual winning streak (8) in program history. The 2021-22 season also saw the program earn its highest ITA national ranking (51st) and ITA regional ranking (5th) in program history.

Last season, the team placed all nine student-athletes on the ITA Scholar-Athlete list and was named an ITA All-Academic Team for the fourth straight year — fifth in program history.

"I don't even call [coaching] a job," Vargas Rodriguez said. "It's just my work. It's my passion."

Simon Homedes Dualde graduated in 2020 and played under Vargas Rodriguez for his final two seasons. The two connected quickly through their shared first language, and Homedes Dualde said it was Vargas Rodriguez's apparent care for him as a person beyond the court that inspired him to keep pushing himself as a player.

"Tennis is pretty tough, especially mentally being alone on the court out there, but [Vargas Rodriguez] was always just super supportive throughout my ups and downs," Homedes Dualde said. "You can tell he cared and wanted to make me better."

On the technical side, Homedes Dualde said he gives all the credit to Vargas Rodriguez for his volleys, which allowed him to excel in doubles.

But Vargas Rodriguez's impact on Homedes Dualde went beyond the court, as Homedes Dualde said he continues to apply the life lessons his assistant coach taught him. Homedes Dualde explicitly remembers Vargas Rodriguez telling him "life is all about perspective" during an especially tough practice, a lesson he said has been invaluable.

"He has a successful program, sure, but he just wants to see you succeed and do well," Homedes Dualde said. "I think that's why he does what he does for a living. What drives him to come to work every day is the ability to have an impact on student athletes and teach them life lessons that are going to go a long way, and he shared that with me."

Homedes Dualde has stayed in touch with Vargas Rodriguez since graduating four years ago, and so has Tom Hann, a Zag men's tennis alumnus who graduated last year.

"Cesar's official title was assistant coach but what he did for our playing group goes so far above and beyond what it means to be the second coach in charge," Hann said. "Cesar was always super reliable, super dependable and incredibly supportive."

Vargas Rodriguez originally began playing tennis as a child in Mazatlán, Mexico, with his older brother at the insistence of his father, who played tennis his whole life



RACHEL TRUSSELL IG: @racheltrussellphotography

Assistant coach Cesar Vargas Rodriguez is entering his sixth year with GU men's tennis.

and wanted his sons to find that same passion. But Vargas Rodriguez, who had yet to see the excitement that tennis could offer, just wanted to play soccer.

"I just thought it was goofy to go out there and hit balls back and forth," Vargas Rodriguez said. "I'd be thinking, 'What's the purpose?' Obviously I had never seen tennis being played at a high level to really understand the complexity of it."

When he picked up a tennis racket again when he was 11, it stuck.

"The biggest piece for me was the competition aspect behind it," Vargas Rodriguez said. "Just being out there and competing against not only the other kids but against yourself because you want to get better and better. I'm a little stubborn that way."

Vargas Rodriguez's inner drive eventually led him to thrive in tournaments in Mexico's junior circuit, earning himself a top 10 ranking in Mexico and inspiring him to try and play collegiate tennis in the United States. After finishing high school in Mexico a year early, he moved to Edina, Minnesota, as an exchange student, where he redid his senior year.

Without international tournaments under his belt, Vargas Rodriguez lacked a world ranking or other measurements of athletic ability. By competing at the high school level, Vargas Rodriguez could show potential coaches that he could hold his own against the kids who were being recruited by Division I schools, allowing him to build a profile through his single season in Edina.

Outside of tennis, Vargas Rodriguez said his time in the Twin Cities suburbs was "truly amazing." Twenty years later and Vargas Rodriguez is still connected with his host family, whom he visited in Minnesota last summer.

Ultimately, Vargas Rodriguez played college tennis for the University of Nebraska-Lincoln, where he studied international business and marketing.

"[UNL] was everything that I was looking for and more," Vargas Rodriguez said. "I had exceptional coaches and it was just a great experience. Looking back, I think it's a part of the reason why I do what I do now."

After college, Vargas Rodriguez dedicated himself to playing professional events. Soon after, he tore a ligament

in his shoulder that required surgery, promptly ending his professional career.

"I was that competitive — I just wanted to see how good I could be and I was willing to put everything into it, just to see what I could do," Vargas Rodriguez said.

The injury only highlighted the burnout tennis had caused him, so Vargas Rodriguez pivoted to the banking world and left tennis behind altogether.

"Banking was great in the sense that I learned a lot, a lot of things you don't necessarily learn in school too ..." Vargas Rodriguez said. "But at the end of the day, I realized that it was mostly a job."

When the opportunity to give coaching a shot came up, Vargas Rodriguez took it, moving himself down to Atlanta, Georgia, to coach the Panthers.

In 2015, Vargas Rodriguez moved to Central North Carolina to serve as associate head coach at Elon University, where he helped the Phoenix advance to three straight Colonial Athletic Association conference tournament semifinals.

Then, the position at GU opened up. Six years later and Vargas Rodriguez said he doesn't see himself leaving Spokane anytime soon.

"I've been at GU longer than any other program, including Nebraska, and there's a reason for that," Vargas Rodriguez said. "I love the sense of community. I love that people actually care about you as a person, as an individual and not just as a student or tennis player."

Vargas Rodriguez enjoys the dynamic he shares with Gurule and said the two tend to agree on what's important, especially when it comes to their values and morals and what the role of a coach should be.

"[As a player], you're playing for a team, but you're mostly doing it for yourself, at least initially ..." Vargas Rodriguez said. "The best thing about my job now is that I'm doing it for somebody else. This has nothing to do with me. The job that D.J. and I do is for somebody else, which has been great."

Sydney Fluker is a copy editor. Follow them on X: @sydneyfluker.

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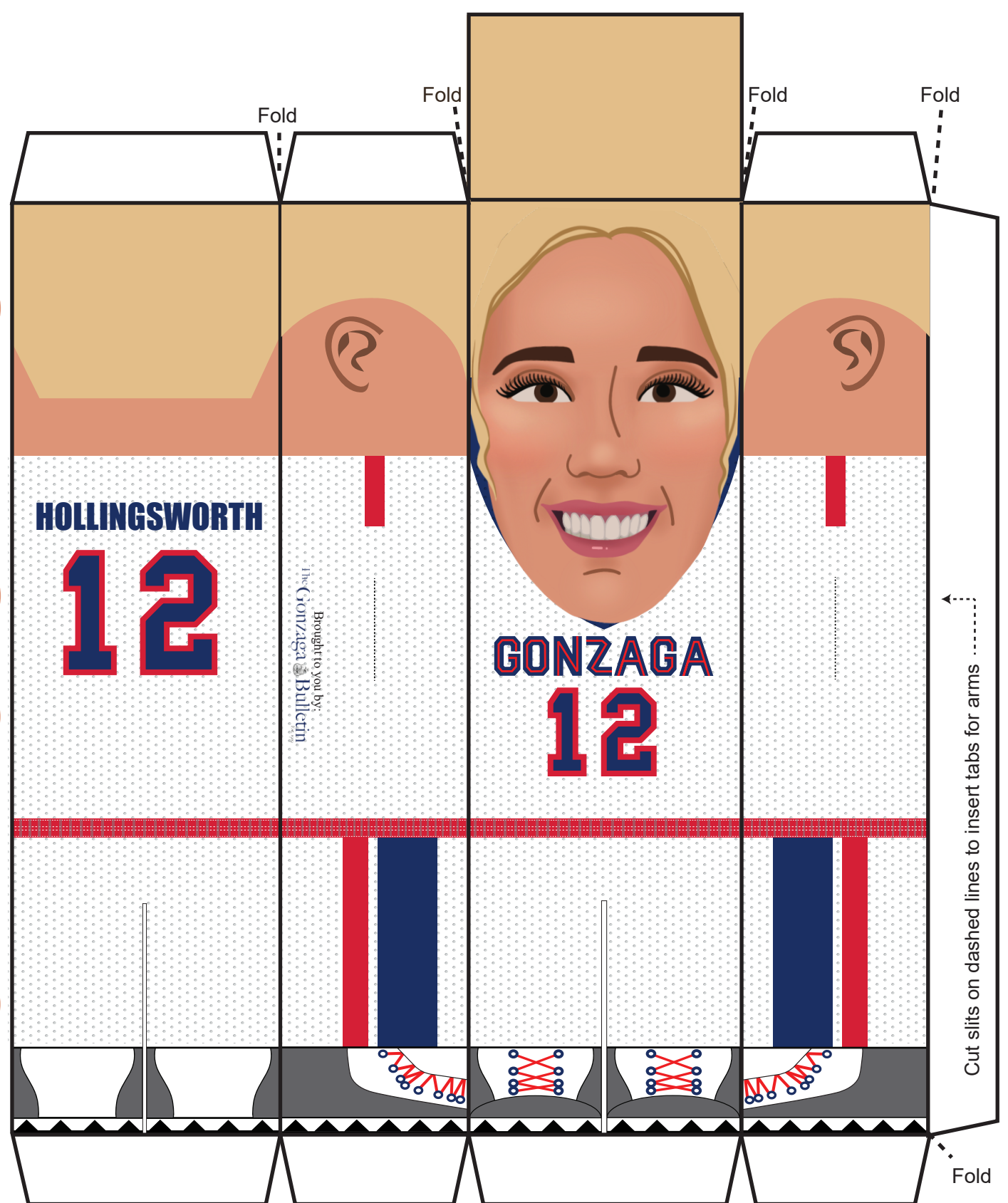
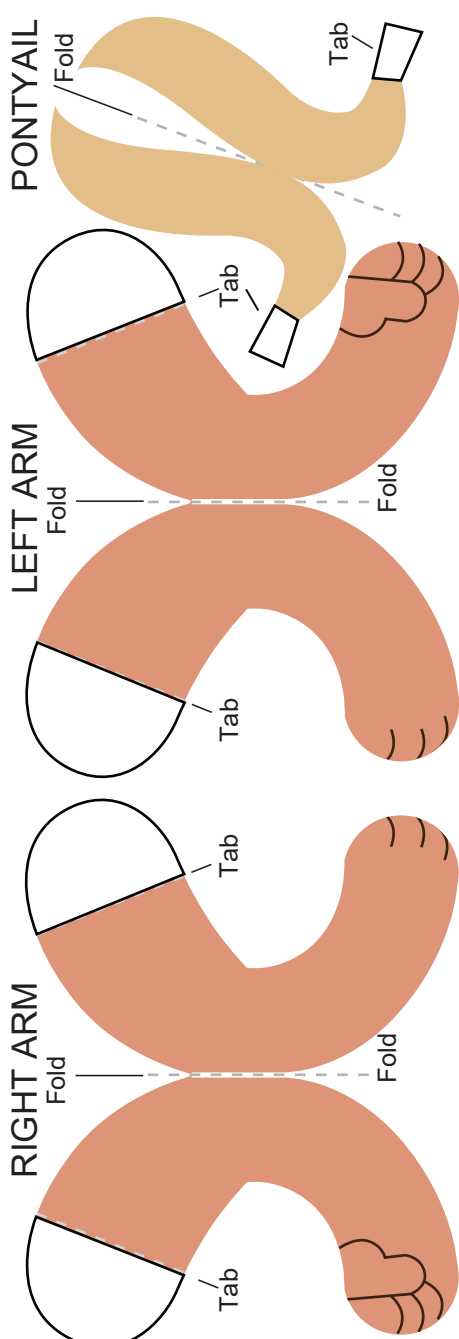
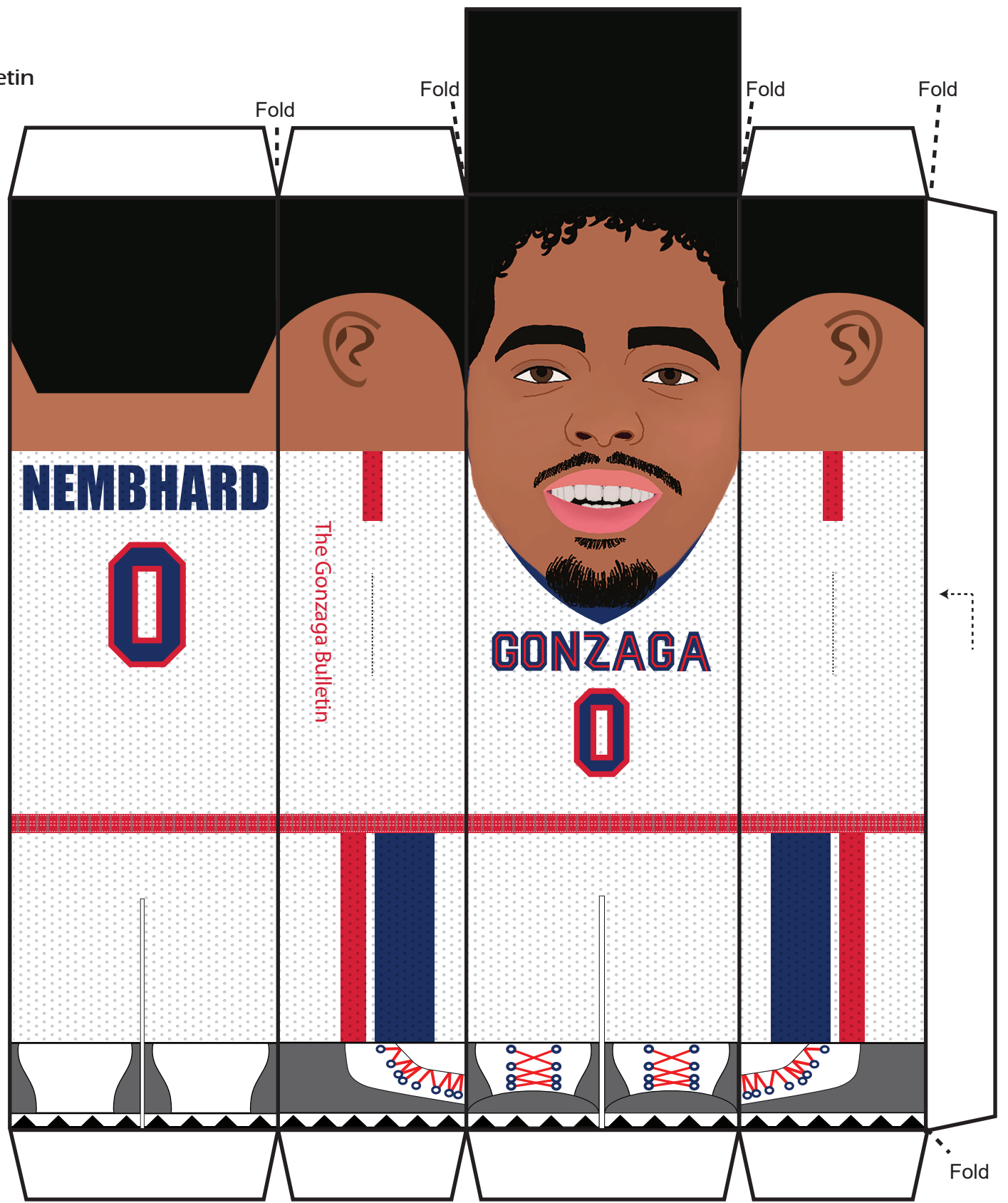
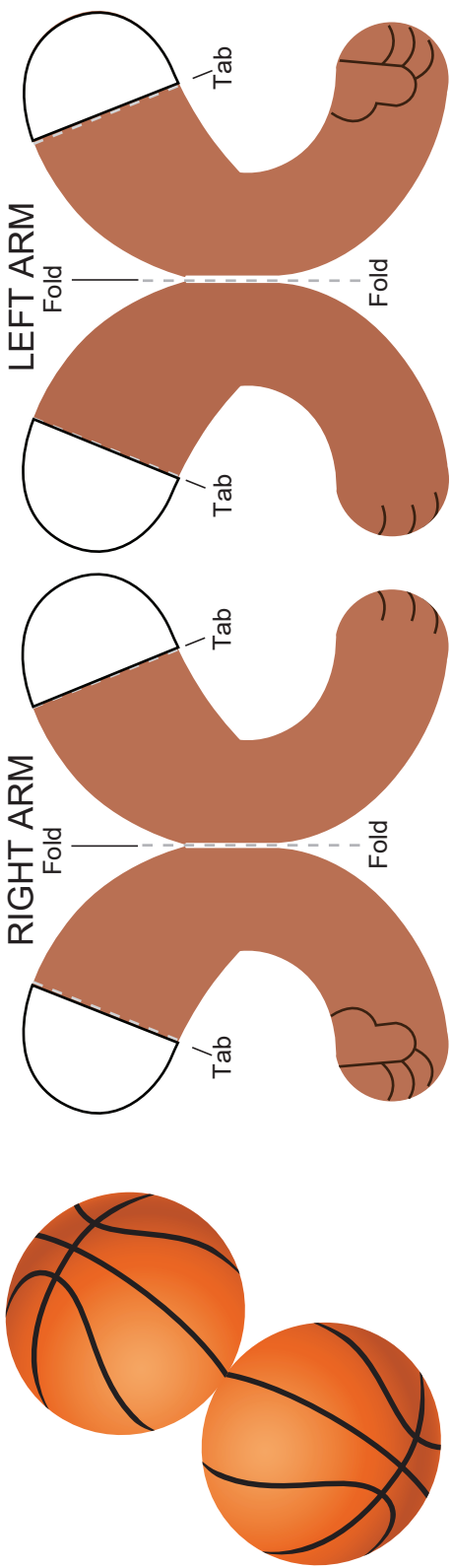
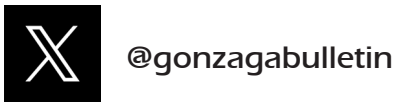
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