

YVONNE ANTON BRYNNA GRAHAM KAYLYNNE NOLAN KAYLEIGH RYAN ELIZA BEN  
EJIM WATSON MAXWELL IKE TRUONG HICKMAN TRUONG NEMBHARD HOLLINGSWORTH GREGG



**GONZAGA UNIVERSITY**

# BASKETBALL

WCC ENDGAME

MAUD DUSTY ESTHER BRADEN COLBY CALLI JUN BREE STEELE  
HUIJBENS STROMER LITTLE HUFF BROOKS STOKES SEOK YEO SALENBIEN VENTERS

DESTINY LUKA PAYTON JOAQUIM NAYA PAVLE CLAIRE JOE ELLA  
BURTON KRAJNOVIC MUMA ARAUZMOORE OJUKWU STOSIC O'CONNOR FEW HOPKINS

VOL. 135 ISSUE 15

# Men's basketball 'buckling down' ahead of upcoming WCC Tournament

By CAM MCCANN

No. 23 Gonzaga University men's basketball finds itself in a position it is not accustomed to as the season closes down.

The Zags are currently second in the West Coast Conference, trailing No. 17 Saint Mary's by two games, with the Gaels clinching the league's regular-season title last Saturday.

Saint Mary's remains undefeated after 14 games of conference play, while the Zags sit at 12-2 after losses to the Gaels and to Santa Clara.

GU will likely have to settle for a second-place regular-season finish, which will require maintaining its one-game lead over San Francisco. This means the contest between GU and USF on Thursday will impact the seeding for the WCC Tournament.

A second-place finish guarantees a bye until the semifinals of the WCC Tournament on March 11, whereas a third-place finish requires a team to start its climb to the championship a round earlier, in the quarterfinals on March 9.

The current tournament outlook has GU as a two-seed, facing the winner of San Francisco and the winner of the six-seed and seven-seed matchup. As it stands, the six and seven-seeds would be Pepperdine and Loyola Marymount.

Should GU win its presumptive semifinal matchup, it would most likely face off against Saint Mary's in the championship. With teams like USF and Santa Clara on the either side of the bracket, these matchups are no foregone conclusion.

The winner of the WCC Tournament receives an automatic bid to the NCAA Tournament, which might be a necessity for the Zags to still be among those listed on Selection Sunday.

For about five weeks, projections from bracket analysts had GU fluctuating between one of the "last four in" and the "first four out" in the NCAA Tournament. Amid uncertainty, the latest Associated Press Top-25 Poll, released on Monday, saw GU regain its status as a ranked team.

"These guys have taken care of business to put ourselves back in position," said head coach Mark Few.

For a program accustomed to winning WCC Tournaments, the team feels it is playing its best basketball now that the conference championships loom large.

"I think we're starting to feel into ourselves," said junior guard Nolan Hickman. "We're starting to get a good understanding of what the game plan is with every team. I feel like we could do even better on the defensive end, but we've been buckling down on a lot of teams."

GU's recent performances against No. 16 Kentucky have showed this improved understanding, as it rose beyond the Wildcats for a Quad 1 win, followed by dominant performances in its past three games.

The Zags have been cruising through their schedule



Anton Watson is averaging 14.8 points and 7.4 rebounds per game ahead of the WCC Tournament.

“

**I think we're starting to feel into ourselves ... We've been buckling down on a lot of teams.**

*Nolan Hickman, men's basketball guard*

ever since the contest against Saint Mary's, shooting 51.6% from the field in the games since.

The team has become comfortable playing together, according to Few.

"Ryan [Nembhard's] used to playing with Graham

[Ike], and Graham's used to playing with Ben [Gregg] and all those different combinations," Few said.

One player whose role on the team has evolved over the course of the season is Dusty Stromer, a four-star recruit who's had quality minutes in his freshman season.

Stromer's recent game against Santa Clara saw him score 10 points, while grabbing four rebounds, with Few valuing Stromer's impact beyond the box score.

"The beauty of Dusty, it's not the 3's," Few said after the game. "It's the flying around, getting putbacks, making plays on defense, just doing everything. He fills every box."

After finding his role coming off the bench, Stromer could offer GU the push it needs to take over the next set of games.

Following contests against USF and Saint Mary's, the Zags will head to Vegas for the WCC Tournament. The semifinals will be held on March 11, with the final set for March 12.

*Cam McCann is a staff writer.*

## No. 23 Zags return to AP Poll following six weeks outside the rankings

By KAYA CRAWFORD

After six weeks out of the Associated Press Top 25 poll, the Gonzaga University men's basketball team made its way back into the rankings.

The Zags (22-6, 12-2 WCC) were ranked No. 23 in the Week 17 poll, which was released on Monday morning.

GU fell out of the rankings in Week 11 after its road loss to Santa Clara, marking

the end to its streak in the AP poll, which ran for 143 consecutive weeks.

It is now after a home win against Santa Clara that the Zags find themselves ranked again. GU is on a six-game winning streak, which includes a Quad 1 win over No. 16 Kentucky on Feb. 10.

The team is entering its final week of the West Coast Conference regular season, which features two key matchups on the road against San Francisco on Thursday

and No. 17 Saint Mary's on Saturday. A win on Thursday will clinch second in the WCC for the Zags.

The top 25 rankings saw some shake-ups this week. UConn, which occupied the top spot for the past two weeks, dropped to No. 3 as Houston and Purdue moved up to occupy the first and second spots, respectively.

Dayton was the biggest mover in the poll this week, dropping five spots to No.

21 following its loss to George Mason.

Joining the AP poll alongside GU this week was Utah State, which took the No. 23 spot and South Florida, which occupied the final spot in the top 25.

*Kaya Crawford is a sports editor.*



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# GU women's basketball continues dominant season ahead of WCC tourney

By NOAH APPRILL-SOKOL

All that No. 16 Gonzaga University women's basketball has done this conference season is win.

In a season where the Zags have once again taken the West Coast Conference regular-season title, the team boasts a perfect record in conference play, the third-longest winning streak in the country and is second in the nation for consecutive wins at home with 37 straight victories.

The nationally ranked team has also trounced every single WCC team by double-digits and is projected to be tabbed as the first-seeded team in the WCC Tournament.

"One of those recent years, my big thing was that our team got better to the very end, and our team is doing that right now," said head coach Lisa Fortier. "We still have a lot [of games] left, obviously less than we had. Our team, in theory, is getting better."

At the helm of this winning team's success is its star forward and leading scorer Yvonne Ejim, who has been named WCC Player of the Week six times this season and has broken records at GU as one of the all-time scorers in the history of the program.

The nationally recognized forward has bested her last season's offensive performance, averaging 20.1 points per game and boasting a field goal percentage of 62%. Ejim has also demonstrated her skill on the defensive end of the court, averaging 8.4 rebounds per game and tallying up over 40 steals this year.

"It stacks on each other," Ejim said of the team's historic season. "That in and of itself is preparing us for all the other games that are to come. Every single day is working toward something, whether it's tomorrow or in the future."

Even without Ejim, who was away from the team when she played in Hungary for Team Canada during a few of the Zags' games in February, GU has still found the same dominant success from the team's other returning starting members.

In a year where GU returned four of its five starters, the team has leaned heavily on its depth and reliability on both the offensive and defensive ends of the floor.

The three starting guards — Brynna Maxwell, along with Kayleigh and Kaylynne Truong — have led the team



JANNA PRICE IG: @jannapricephotography

GU is undefeated in conference play, and has clinched the WCC regular season title.

“

**We've been able to find a way because we've stuck to the game plan and stayed with the 'we is better than me' attitude.**

*Lisa Fortier, women's basketball head coach*

from the 3-point line, each shooting above 40% from the beyond the arc this season, while the returning forward Maud Huijbens has shot over 50% from the field.

The Truong sisters collectively have 76 steals this season, and Maxwell and Huijbens have had 25 and 13 steals, respectively.

"We [can] be very good even if we don't have a certain player," Fortier said. "We have a lot of people who were around last season, many of them were hurt, and now they all have the confidence with how they are playing right now. We've done this before, and we've been able to find a way because we've stuck to the game plan and stayed with the 'we is better than me' kind of attitude."

Now, the Zags head into one of their most challenging stretches of games — the WCC Tournament, where winning determines the future of the team in its final test of the season, the NCAA Tournament.

Last year, then top-ranked GU was stunned in the championship game, losing to the underdog team, Portland, in a close-scoring 64-60 game.

However, if this past conference season says anything about the upcoming tournament, GU will be an even tougher team to beat than last season.

The team has won more games with a much larger scoring margin than last season, in addition to boasting far greater experience and offensive potential on the court.

"I think just trying to be our sharpest is the thing," Fortier said. "People are going to come up with a game plan. [Loyola Marymount] had a game plan. Pepperdine had a game plan. Pacific had a game plan ... We were just able to execute through it. So, everyone's going to have a game plan. Maybe it'll be more detailed now that they've got a little more film on us. But really, they will try something and our response to whatever they try just has to be stronger than their effort."

The last regular season game for the Zags was a home game against Portland on Wednesday. The team will then shift its focus to the WCC Tournament during the week of March 10, after it is officially seeded for the conference tournament following Saturday's games.

Noah Apprill-Sokol is a news editor. Follow him on X: @noah\_sokol03.

## Zags set to face USF and Saint Mary's in final week of regular season

By ACE BALLERA-BALICOCO

As the No. 23 Gonzaga University men's basketball team enters the final week of the 2023-24 regular season, a lot is at stake for its postseason hopes.

With two games left on their West Coast Conference schedule, the Zags (22-6, 12-2 WCC) are looking to boost their resume as Selection Sunday looms large in March.

The Zags play San Francisco (22-7, 11-3 WCC) on Thursday and No. 18 Saint Mary's (23-6, 14-0 WCC) on Saturday. Both games are rematches for the Zags.

The Zags defeated the Dons on Jan. 25, winning 77-72 in the McCarthey Athletic Center. Their next matchup will be played at the Chase Center, home of the Golden State Warriors. Tipoff is at 8 p.m. and the game will be broadcast on ESPN2.

Ball security was a key factor for GU in its last win against the Dons, only committing seven turnovers compared to 13 for the Dons.

"We turned them over and [Anton Watson] got out on the break a little bit," head coach Mark Few said during a postgame interview. "I think that kind of opened things up."

The Zags have won 28 straight games against the Dons and lead the series 72-22. The Dons last beat the Zags on Feb. 18, 2012, in San Francisco.

The Zags can secure the second seed in the WCC Tournament with a win against the Dons.

GU's regular-season finale will be a chance at revenge for the Zags, who lost to the Gaels 64-62 on Feb. 3 in a controversial game in The Kennel. Their next matchup takes place at the University Credit Union Pavilion in Moraga, California. The Zags have not defeated the Gaels on the road since 2021.

Tipoff is at 7 p.m. and the matchup will be broadcasted on ESPN. The Zags lead the series against the Gaels 80-34.

The last meeting between these two teams was filled with drama. Controversial refereeing and an outburst

from the fans overshadowed the game's competitiveness.

"I don't know if we've had a game with more stoppage than the one tonight," Few said after that game.

The Gaels' success at the 3-point line gave them an edge over the Zags, as the Gaels made seven 3-pointers compared to three for the Zags.

Saint Mary's clinched the WCC regular-season title with its win over San Diego on Saturday. The Zags game against the Gaels on Saturday remains important for their tournament hopes.

This season has been a roller coaster for the Zags, with less certainty than the program is used to. Until the most recent rankings, GU was outside the Associated Press Top 25 poll after 143 consecutive appearances on it. A bid into March Madness hangs in the balance.

"I definitely feel like there's some type of pressure, and I also feel like that's needed in any sport," said junior guard Nolan Hickman in an interview with The Spokesman-Review in early February.

The Zags have two ways of clinching a spot to go dancing in March. They either automatically secure a spot by winning the WCC Tournament or by earning an at-large bid from the selection committee if they do not win in Vegas.

The Zags have made the tournament 24 years in a row, the third-longest active streak in the country.

"It's a gift and a curse, you know," Hickman said. "I think our guys are going to be ready regardless of what the rankings say."

Despite being absent from the AP poll for six consecutive weeks, GU's tournament chances have been on the rise. They were included in the most recent AP poll thanks to a six-game winning streak, including a marquee win against Kentucky, their first Quad 1 win of the season.

Against USF and Saint Mary's, the Zags will have two more opportunities at Quad 1 wins.

ESPN Bracketology currently projects GU as one of

the "last four in," meaning it would have to win an extra game to secure a spot into the Round of 64.

Former GU point guard Andrew Nembhard made an appearance on Dan Dickau's podcast "Talking Zags" last week to discuss the program, including his optimism on the team's chances in March should they make the tournament.

"Once we get into the [NCAA] Tournament, we could be a wild-card team that upsets a lot of teams," Nembhard said. "I think there's a lot of excitement for this team heading toward March Madness."

Nembhard was a part of the 2020-21 men's basketball team that went 24-0 in the regular season en route to the national championship game, where it lost to Baylor 86-70.

"They have a chance to make some noise in the [NCAA] Tournament for sure," Nembhard said. "I see a second-weekend tournament team out of these guys."

His brother, current GU point guard Ryan Nembhard, believes in the team and is focused on blocking out outside noise.

"I'm not too worried about what everybody has to say, and everybody kind of wants to hate on Gonzaga right now, so we're cool with that," Ryan said in an interview with The Spokesman-Review.

The Zags have their work cut out for them if they want to keep the program's March Madness streak alive, according to the younger Nembhard.

"We know if we win games we're going to be in the tournament," Ryan said. "We're playing good basketball right now and we'll be fine throughout the rest of the year if we just take care of business."

Ace Ballera-Balicoco is a contributor.



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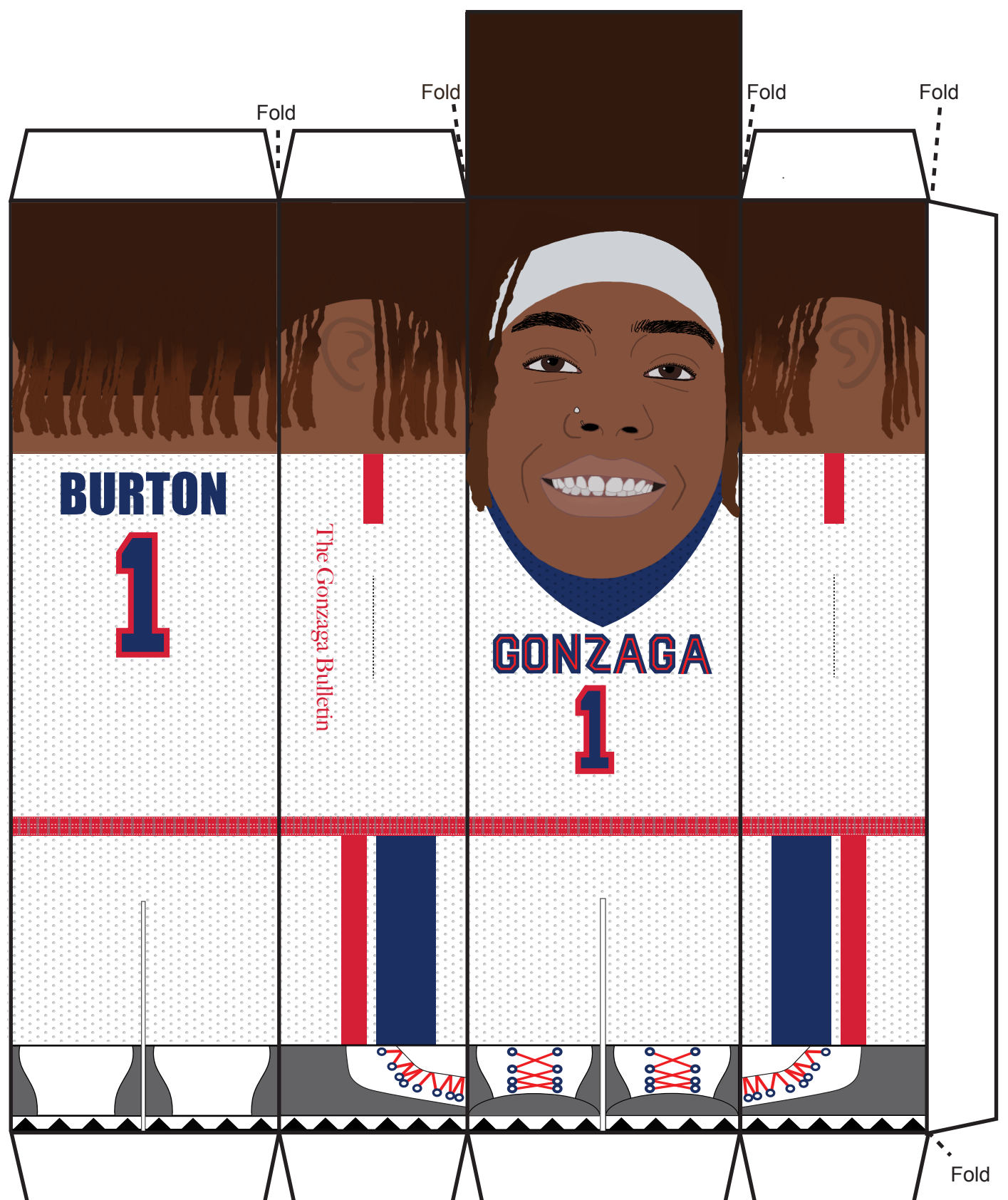
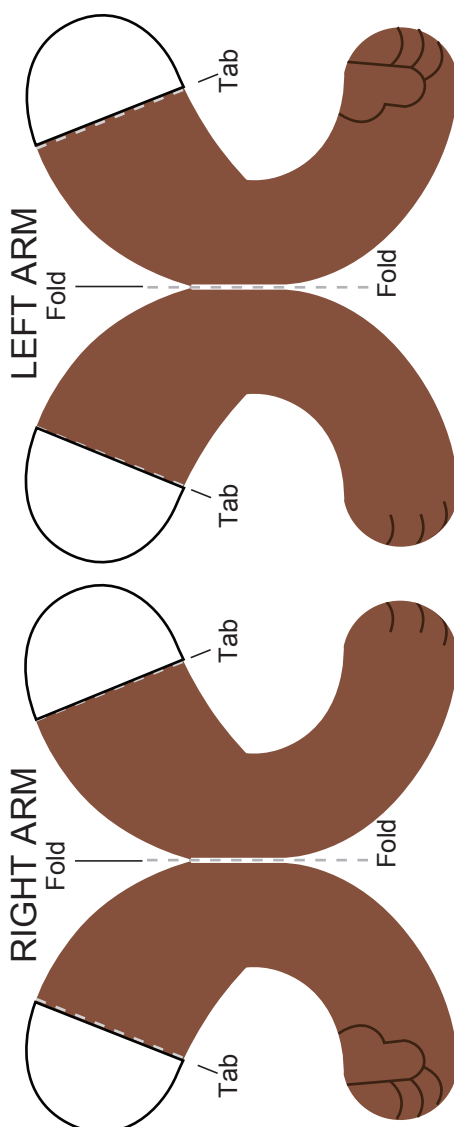
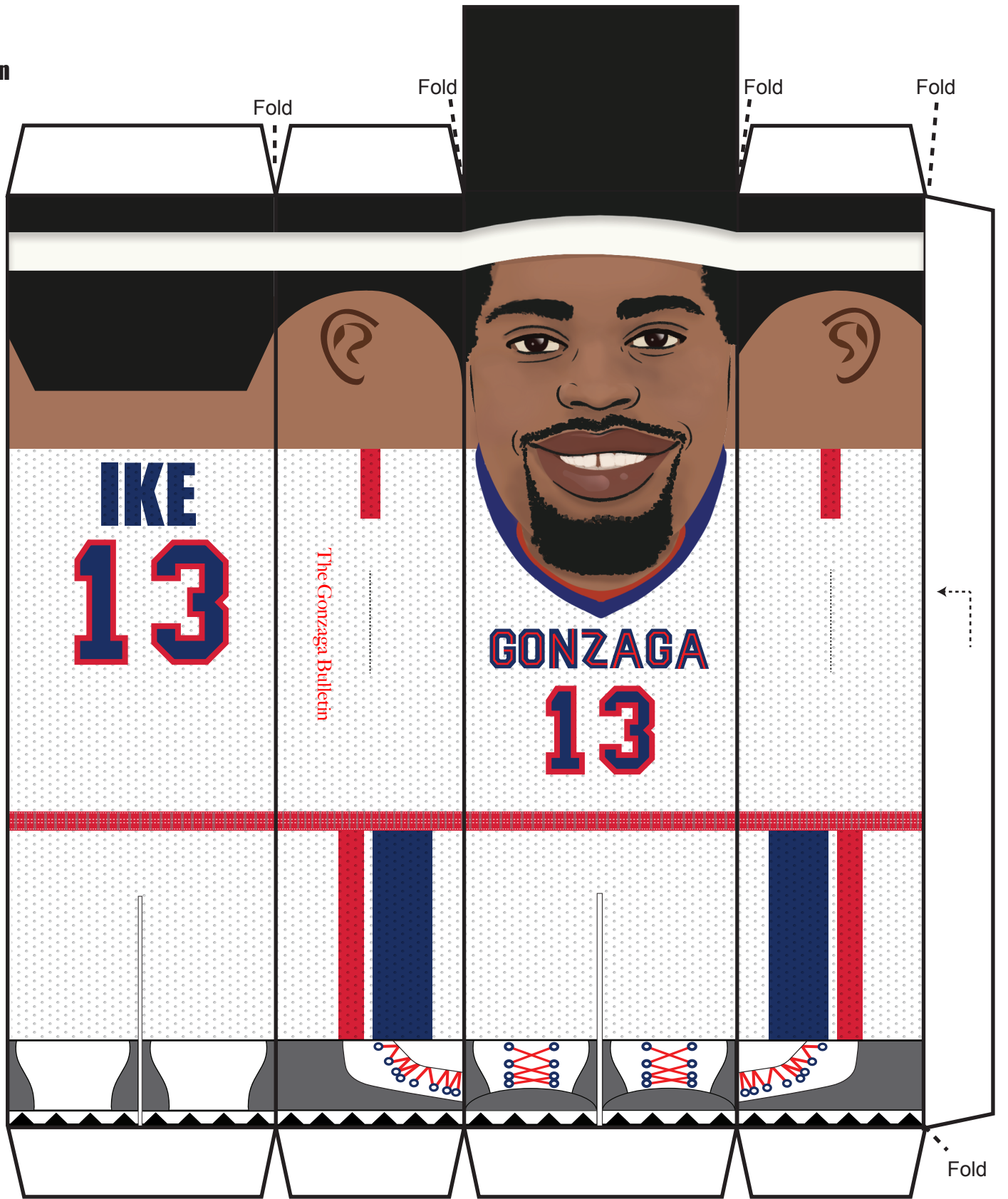
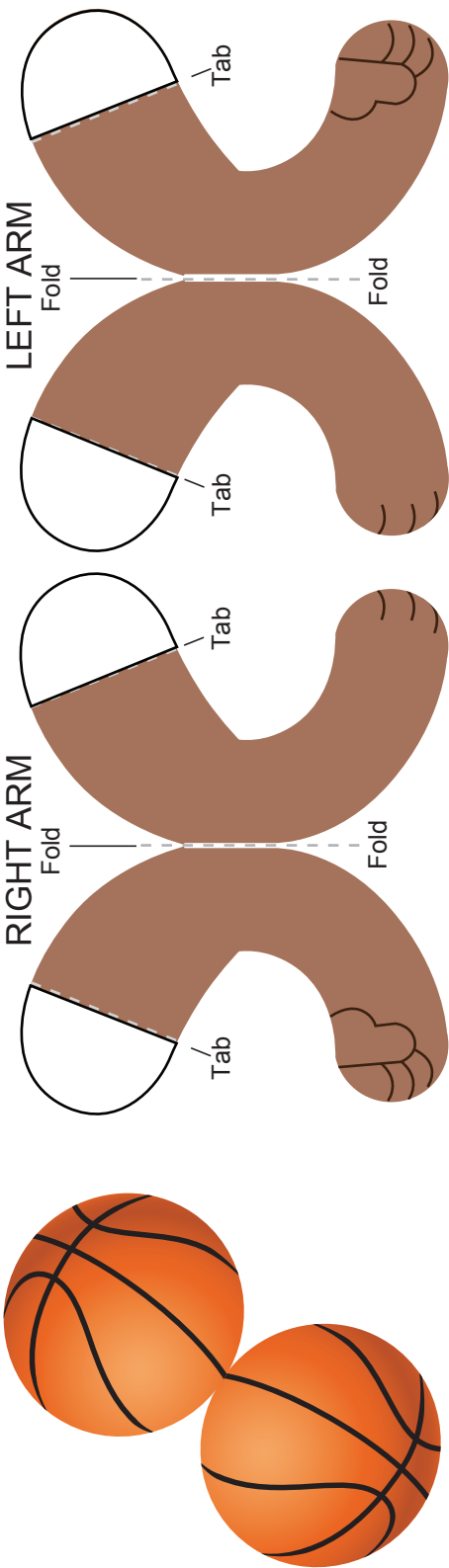
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## Middle East conflict lecture criticized

Students and faculty voice frustration at lecture on Arab/Palestinian-Israeli conflict



By ESTELLE HAN  
and BULLETIN STAFF

Some students and faculty were frustrated during a presentation about the Arab/Palestinian-Israeli conflict on Monday night.

The presentation, called “Why is there an Arab/Palestinian-Israeli conflict?,” centered on the origins of the Arab/Palestinian-Israeli conflict and was led by political science professor Jon Isacoff, who has taught classes on the Middle East.

The presentation was organized by the Office of the Provost as one in a series of global event sessions.

“My talk today is why is there an Arab/Palestinian Israeli conflict,” Isacoff said. “It sounds very obvious, but actually, if you follow the news, and you follow social media, this question is not very often asked.”

In the presentation, Isacoff largely focused on the origins of the conflict, which some students felt was incomplete.

Isacoff centered on three possible explanations — the balance of power, religion and ancient hatreds — for how the conflict was initiated and why those explanations do not give enough historical and political explanation. He said that by implying those three explanations are the cause of the Palestinian-Israeli conflict, it creates “a blame game” among countries and communities.

To help with the understanding of the conflict, Isacoff provided historical context to the conflict, starting with the Spanish Inquisition. He said Spain’s expulsion of Jews during Europe’s nationalistic period was a catalyst of Zionism and later caused Arabs to

LUCY BOOTH IG: @lucybooth.photo

Students, faculty and staff gathered in the Wolff Auditorium to hear Professor Jon Isacoff lecture on the conflict.

SEE CONFLICT PAGE 2

## GU improves in Pride Index, scores 4.5/5

By ZACH WHITE

Gonzaga University improved with a score of 4.5 out of 5 in the latest Campus Pride Index rankings, which serve as an overall indicator of institutional commitment to LGBTQ+ inclusive policy, program and practice.

The Pride Index is run privately, requiring universities to file a request to be featured and for them to self-report all data and information used in the rankings. In a previous ranking, GU received a score of 4/5.

Matthew Barcus, a program manager at GU’s Lincoln LGBTQ+ Resource Center, said it was himself and the rest of the team that led to an improvement in score.

“There’s always room to grow and do more, but I thought it was great that we started out with a ‘four,’

” Barcus said. “From the last time that we had a change in our Campus Pride Index rating for GU, we addressed some of the easier things to change and also worked collaboratively, benefitting from the work of other folks on-campus.”

Jamie Bartlett is the director of the Lincoln Center, serving a role in bringing the Pride Index back to GU with an enhanced rating.

“The process entails a form that asks a number of questions on a number of topics,” Bartlett said. “Within each of those sorts of questions ... [we] have to provide justification. We could show that [GU] has gender inclusive housing by ... sending [Pride Index] the link to the housing website.”

In its overall score, GU received full marks in three

of eight ‘inclusion factor’ categories, including LGBTQ Support & Institutional Commitment, LGBTQ Academic Life and LGBTQ Student Life. Additionally, GU received a 4.5/5 in LGBTQ Policy Inclusion.

GU’s score from the Pride Index revealed that, among the universities that applied, the school was the highest-rated Catholic institution, the second-highest-rated university in Washington state and ranked in the top-five nationwide for religious-affiliated universities.

“I think what it says for Gonzaga’s standing in the Jesuit world is that it tends to be a leader in social justice spaces,” Bartlett said. “I think Gonzaga takes that leadership role very seriously, not just about LGBTQ+ issues, but a lot of

SEE PRIDE PAGE 2



JANNA PRICE IG: @jannapricephotography

Krista Crotty and Anna Sofianek both work at Brain Based Therapy NW.

## A new therapy method

Professor's practice becomes first in U.S. to use TBT-S, a treatment for eating disorders

By KAITLIN SMITH

Krista Crotty and her team are bringing groundbreaking eating disorder treatments to the Spokane community, becoming the first practice in the nation to offer Temperament-Based Treatment with Supports (TBT-S) in a private, five-day intensive program.

Brain Based Therapy NW is a new therapy practice based in Spokane that focuses on the treatment of anorexia nervosa using TBT-S. Crotty, TBT-S program director and professor of psychology at Gonzaga University, is one of the pioneers of this type of care in the U.S. As the second-most deadly mental health diagnosis, according to Crotty, anorexia is a serious condition that requires innovative treatment approaches.

“Every 52 minutes, someone in the United States dies as the result of a complication associated with an eating disorder,” Crotty said. “We’re not talking about a disorder that’s just a little bit of a hassle, this is a life-threatening illness we’re talking about here.”

TBT-S is a new therapeutic practice that is based on studies of neurobiology, where the focus is on the biological causes of eating disorders. TBT-S also has a large focus on temperament, the expression of traits in an individual.

“Temperament is a biological construct,” Crotty said. “Like the old saying: ‘the apple doesn’t fall far from the tree.’ We’re a lot like our parents in some ways. Those are all traits that are passed down.”

These traits are neither good nor bad on their own, but they can be expressed in helpful or unhelpful ways when dealing with a condition like anorexia. Providers like Crotty aim to educate the client and their supports on how their traits can impact the presentation of their eating disorder and how these traits can be used in positive ways throughout recovery.

“We treat the trait instead of treating the symptom,” Crotty said. “That is one of the biggest differences between TBT-S and current, traditional therapy.”

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COURTESY OF AVISTA

Thousands of dead fish washed up along the shore near Long Lake Dam, east of Spokane.

## Dead fish spark concern over Spokane River health

By HOLLY FIJOLEK

Floating on the surface and scattered limply along the shoreline of the Spokane River were fish bodies of varying species and sizes glinting in the sun.

Spokane County was met with this gruesome sight the morning of Feb. 7 when thousands of dead fish were found at Long Lake Dam, east of Spokane.

The discovery raised a mix of shock and concern due to the unnatural and rare occurrence of such an event. Officials remain unsure of the cause of the fish kill after initial testing done by the Spokane Tribe of Indians showed no abnormalities.

Jule Schultz, waterkeeper for the Spokane Riverkeeper, said some factors that may be at fault for the fish death incident could be management issues, temperature or water quality violations.

"It could be the explanation as simple as the fish were frozen and then they thawed in the river, temperatures rose and they were flushed out," Schultz said. "Or it could be something as nefarious as a toxic chemical."

Schultz said events of fish death like this one are typically seen in summer when dissolved oxygen and temperature are of concern. In the winter, it is a rare occurrence.

Jens Hegg, assistant professor of biology at Gonzaga University, said that dams can cause nitrogen gas bubble disease in fish, however, this issue is usually not prevalent in the winter.

"Usually fish kills in your dam are related to oxygen or temperature," Hegg said. "Now is not the time of year when [they] are a problem."

The likelihood of fish disease or health issues being at fault is low this time of year, said Hugh Lefcort, professor of biology at GU.

"Diseases don't do well at this time of year," Lefcort said. "It's because the density of the fish isn't very high. The fish aren't very susceptible to diseases; their immune systems are in good shape at this time of year."

Lefcort said a potential cause at this particular location in the river is the sewage system upstream. Lefcort said that due to the large volume of water that passes through these plants, many chemicals that are put into wastewater can pass through into the river.

The effects of the presence of a chemical that passes

into the water body heavily depend on the kind of chemical present, according to Lefcort.

"It might be the kind of chemical that dissipates," Lefcort said. "Or it could be a chemical that keeps getting recycled like DDT."

Despite theories and past causes of such events in other rivers, in Spokane, it remains unclear until water samples yield an abnormal result, Schultz said.

The impacts of the fish loss on the local ecosystem remain uncertain until the direct cause of the incident and its future implications are known, according to Lefcort, but fish populations are likely in good health for the time being.

"The good thing is because it's still winter, a lot of predators aren't around," Lefcort said. "When everything's in bloom, and there's young baby salmon or baby trout ... that would be a lot worse."

Hegg also said fish populations are often resilient to such losses that can result from natural phenomena.

"It's never good for a population to lose thousands of individuals," Hegg said. "At the same time, fish populations tend to grow pretty fast when there are available resources. So as long as whatever it was isn't something that's still limiting them, they probably will come back."

For the Spokane community, this event occurred downriver from where the city sources its water supply. Lefcort said that though there is an exchange with the aquifer, there will not be immediate impacts on city water.

"If this was happening in Post Falls, it would be serious because that's before we get our water, but it's happening after," Lefcort said. "So it's not good, but it probably won't affect humans."

As testing continues with the Washington State Department of Ecology, Washington Department of Fish & Wildlife and the Spokane Tribal Fisheries, the Spokane Riverkeeper continues to keep the public engaged and further conversation between these entities.

"Our role as a voice for the river is really to make sure people know that this is a big deal and this isn't going unnoticed," Schultz said.

Holly Fijolek is a staff writer.

## THERAPY

Continued from Page 1

Brain Based Therapy NW offers a five-day, intensive program designed to get clients on the track toward recovery. Each client would ideally have a care team at home with doctors, dietitians and therapists. The clients and their support individuals come to Spokane for this program, and the hope is that it will help to educate the care that is being received at home.

"TBT-S will help inform your treatment and care, unlocking maybe some of the things that weren't working in your other treatment, or enhance what you're doing in your other treatment," Crotty said.

During this program, patients and their supports receive extensive psychoeducation on the neurobiology behind eating disorders and even take an assessment to determine what specific traits the client may have that could be contributing to their diagnosis. Clients also go through exercises to help them explain their eating disorder to their supports. These supports can be a parent, partner, friend, coworker or anyone that the patient would like to be present during the recovery process.

"Yes, I am an expert in eating disorders," Crotty said. "I actually only know so much. The person who is suffering knows everything about their illness."

This type of novel therapy is common in other countries like Australia, Greece and Norway, but Crotty is one of the first to bring this treatment to the U.S. Crotty cites these countries' willingness to change their approach to eating disorder treatment as a reason that they have embraced TBT-S.

"[Australia and New Zealand's] governments have actually said, 'we just can't keep doing what we're doing,'" Crotty said. "It's not working. Less than 50% go on to recover in current traditional models in those countries, respectively. It's not much different here in the U.S.; we're about 50%. We haven't really changed our program in a long time."

One of the biggest differences between TBT-S and traditional therapy is the presence of support individuals for those who are undergoing treatment. During the program, these supports are present for the psychoeducation that clients are receiving. The goal is to provide support systems with information they need to be effective at aiding their loved one through the process of recovery.

"Eating disorders are interesting because they are so pervasive into your life," Crotty said. "The support actually gets to learn and understand what it's like to be in the brain of someone who has an eating disorder so that they're more empathetic and more caring, so that they say the right things."

Currently, Brain Based Therapy NW has three undergraduate students who are interning with Crotty to gain clinical experience in the field. Crotty said clinical psychology is a notoriously hard field to find experience in, especially at the undergraduate level, so she is happy to be able to offer this opportunity to GU students.

One of the interns working with Crotty is senior Anna Sofianek, a former student of Crotty. As a family support specialist, Sofianek works to ensure that clients with Brain Based Therapy NW have everything that they need to successfully participate in TBT-S sessions.

"Dr. Crotty created my role so that there could be an undergraduate presence at this program," Sofianek said. "Myself and my two peers are each partnered with a specific client, and we are responsible for their paperwork, making sure they get their labs done and starting to create a relationship with them, so if they have any questions, there's that open line of communication."

Interns at Brain Based Therapy NW are also present during the treatment sessions, gaining exposure to the actual practice of TBT-S and what it looks like in a clinical setting.

"During treatment, we support the support people who come with the patients," Sofianek said. "We make sure that the experience is going well for them."

After working with Crotty's practice, Sofianek is excited to pursue a career in the field of eating disorder treatment, despite the challenges.

"There's not very good retention in the eating disorder field," said Sofianek. "It's tiring, and you're not really seeing quick fixes. You really have to commit to your patients, but I'm learning that I really admire that commitment."

More information about TBT-S and Brain Based Therapy NW is available online. Weekly information sessions are held via Zoom where Crotty and her associates are available to answer questions about the care that they provide and other inquiries.

Kaitlin Smith is a staff writer.

## CONFLICT

Continued from Page 1

give up land to the 30% of the Jewish population that lived in the historical Palestine.

Isacoff proposed the analogy comparing Shakespearean tragedy rather than the blame game.

"These are all independent historical trajectories," Isacoff said. "There is no one villain to point and blame at."

Some students and faculty at the event were frustrated with how the presentation of the event was handled.

Róisín Lally, assistant professor in the doctoral program in leadership studies, said she came to the event to see if there were balanced views presented on the conflict. She said that she was disappointed to find some of the most important questions and information were not addressed.

"I'd say I didn't learn anything here tonight," Lally said. "I was disappointed with the questions, I thought there were a lot of good questions that weren't asked. There was a lot of very important information that was missing."

Ben Gonzales, a student that helped organize a walkout in November that called for the university to support a ceasefire and condemn Israel's actions, was also frustrated with the presentation. He said that the conclusion of the presentation was that blame of the conflict cannot be placed on Israel or Palestine, which still allows for criticism of the action taken during the conflict.

"I do think he did his best to be impartial given his own views and opinions, but he ultimately concluded that no one is to blame for the conflict and that each side's views were rational, which might be true," Gonzales said. "I think it gets back to that even if both sides are not to blame for the conflict ensuing or beginning, the way that

“

**These are all independent historical trajectories. There is no one villain to point and blame at.**

*Jon Isacoff, political science professor*

a party conducts themselves is still worth scrutiny."

Gonzales further said that while it was fine that the presentation centered around history, there were still gaps in the presentation, particularly in Isacoff's answers during the Q&A.

"It was more of a history lesson, and I think there was important gaps," Gonzales said. "In the question-and-answer portion, he discussed how that conflict has evolved from the formation of the State of Israel to present, but there's been a lot of history in the last 70 years that was overlooked."

A group of students in attendance also passed out fliers with concerns over the lack of student voices and Palestinian representation at the event.

The fliers stated: "[This event] was organized in a top-down manner - student voices were policed, explicitly ignored and shut down." The fliers also stated the importance of looking into a variety of perspectives and provided QR codes for "credible, relevant and critical information."

According to a student involved in the dissemination of the fliers, they believed that there needed to be more Palestinian representation at the event.

The student said that the concern around Tuesday's event followed continued

frustration of a lack of response from the provost after the student-organized walk-out.

"We have a really strong craving for students' voices to be heard and for the community to show a real commitment to a ceasefire and a stand against genocide," the student said. "We want to make sure the university knows it's not going to be business as usual for much longer."

Provost Sacha Kopp said this was the second installment in a lecture series that will include different speakers associated with the conflict. He said this was developed by several faculty, staff and students of diverse backgrounds, including those who are Jewish, Muslim and Palestinian.

"This is an effort to bring the campus together to talk about the situation," Kopp said. "Certainly not an effort to silence anyone. Quite the opposite. As we approach these dialogues and question sessions, the group engaged in planning has throughout been aware that this is a tense topic, and there is a desire to not cause harm to our students and colleagues."

Estelle Han is a staff writer.

## PRIDE

Continued from Page 1

issues. It represents that it's really trying to adhere to those Jesuit values of taking care of the whole person."

The recognition comes as the result of the work of Bartlett and her colleagues at the Lincoln Center, who have instituted both big and marginal changes to GU's approach to LGBTQ+ policy.

"Some of the big things that we did [include] the launch of the Lavender Alumni Community," Bartlett said. "That was a pretty big initiative that I was able to help take on."

Bartlett recognized that her tenure as the director of the Lincoln Center has resulted in many advancements for LGBTQ+ policy at GU, but that she would like to see further strides toward progress on a university level.

"One [potential area of progress] is a scholarship that's geared towards LGBTQ+ and allies," Bartlett said. "We have some donors and alumni who are interested in that, [but] that's obviously not something that just happens overnight. That might be something we can, in the next year, get done."

Other areas which allow for an improved Pride Index rating relate to GU's approach to LGBTQ Counseling and Health.

The university received two out of six marks in the health section on the LGBTQ-Friendly Report card. Adoption of free, anonymous and accessible HIV/STI testing and policies related to trans-inclusive health services would see GU improve its standing within the section.

Zach White is a sports editor.

# Student brand promotes mental health

Graduating this spring, Grant Hagen has grown from when he was a first-year struggling with anxiety

By RUBY GROSS

There are two words that are dear to Gonzaga University senior Grant Hagen: keep going.

Hagen struggled with anxiety as a first-year student and said he would repeatedly write these two words on notebooks and once inscribed them under the railing of a bridge.

"One of the things I would say to myself over and over was 'keep going, keep going,'" Hagen said. "I can't explain why, but those two words motivated me."

But within the next four years, the phrase would become more than a personal affirmation.

On April 29, 2021, Hagen launched The Keep Going Campaign, a clothing brand promoting mental health awareness.

"I realized if those two words could be so inspirational in my life, I would want to share them with other people as well," Hagen said.

Hagen began by designing a logo and finding a manufacturer before setting up his website.

"All the pieces started falling into place," Hagen said.

Finally, with a loan from his grandparents, Hagen was able to buy his first batch of manufactured items.

Hagen said his first batch of clothing was made of 75 items and sold out in about a week.

The Keep Going Campaign currently sells T-shirts, hoodies, sweatpants and more printed with the words "Keep Going" in Hagen's original multi-colored design.

According to Hagen, the goal of The Keep Going Campaign is to encourage people to speak up about their mental health experiences and not be afraid to ask for help.

"When I was going through my own journey, I felt really alone," Hagen said. "I felt like nobody else was talking about it so I shouldn't either. When we don't hear these conversations, it's really easy to assume that you're the only one."

Hagen said he had the idea to make clothing in high school, but didn't imagine it becoming a reality. Then, he began to realize that creating clothes could be an outlet for him to fulfill another old dream — participating in charity.

Typically, The Keep Going Campaign donates 10% of its profits to charity, splitting the revenue between the National Alliance on Mental Illness and the American Foundation for Suicide Prevention. Some months, Hagen will raise that 10% to give back to causes that are in urgent need or are specially recognized at



MAX VOLLE IG: @vollephotography

Grant Hagen launched his mental health awareness campaign in 2021.

that time of year. "There are different months dedicated to mental health or suicide prevention, in those times, I might bump up the price or how much I donate," Hagen said. "In our [Instagram] bio, there's a Linktree to anywhere that money has been donated."

According to Hagen, his passion for giving back was built by experiences in high school. In his hometown of Danville, California, he participated in community service through extracurriculars and worked with a nonprofit that supported kids in children's hospitals. He has continued to volunteer through his time at GU.

Hagen said that seeing his mom's passion for service spurred him to begin volunteering in high school.

"Seeing her be so passionate made me want to pursue it more," Hagen said.

Hagen said his network of family and friends also provided inspiration for what designs and items to sell.

"The most recent design I made has a big back text that says 'The best is yet to come,'" Hagen said. "That was heavily inspired by things my sister would send me."

Hagen credits his grandmother on his mother's side for inspiring his artistic creativity, as he grew up going to her art studio. Hagen's other grandmother is a businesswoman, and he said it's possible his entrepreneurial side comes from her.

Hagen is minoring in entrepreneurship at GU and said that his classes have shown him the importance of creating a strong

network.

"In entrepreneurship, there is this 'lone wolf' mentality where you want to do all the work and be the best," Hagen said. "But if you can defer to someone with more experience than you, it's likely going to work out better than just guessing."

Hagen's advice to those considering starting a business, though it may be intimidating, is just to start.

"You can prep as much as you want, but until you start, it's not going to do anything," Hagen said.

It's been almost two years since Hagen started The Keep Going Campaign, and he said its goal to encourage conversations about mental health hasn't changed, but the way he goes about sharing his message has.

"More publicly speaking about my story is something I've been enjoying," Hagen said. "My focus has shifted to trying to engage that way, rather than just selling clothes."

Hagen has spoken at events in Spokane, returned to his high school for a senior spotlight and gave speeches and interviews in California. He was also named to San Ramon Valley Unified School District's '30 Under 30' list. He said the honor affirmed that his work was valuable and seen.

"It meant people were seeing my message and it resonated with them ... In that way, I had achieved the goal I set out on," Hagen said.

Krista Crotty is a clinical psychologist and lecturer at GU who has supported Hagen in his next goal: attending graduate school. She taught Hagen last year and wrote references for his applications.

"I saw [Hagen] throw himself into the learning," Crotty said. "I'm a big believer, especially in psych content, that you learn by your own stories and your own experience."

Crotty said Hagen's capacity to integrate his story into his learning is evident in how he has spoken up about his own anxiety and created The Keep Going Campaign.

"He has taken his own story and made it helpful to others ... and my hunch is he'll keep doing that in the future," Crotty said.

If you would like to support The Keep Going Campaign, items can be purchased on its website. Most announcements and communication happen through its Instagram account: @thekeepgoingcampaign.

Ruby Gross is a staff writer.

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# The British monarchy: Outdated and unpopular relics

As an institution that has existed for centuries, the British royal family has remained at the forefront of pop culture and world affairs since its inception. Between drama series like "The Crown," tabloids and documentaries, it seems Brits and the world alike can't seem to get enough of this elusive family.

Yet with the ever changing tides of social justice, it seems the public opinion of the royal family is shifting. Since the role of the monarch in world affairs is continuing to decrease and the implications of such a position are being more heavily criticized, people online are being split into two groups: royalists and everyone else.

While I understand the cultural importance of the monarch acting as head of state to the United Kingdom, in an era where we've begun to recognize systemic issues within society, it seems hypocritical to continue supporting a monarchy. The whole point of a monarchy is that some people are born "superior" to others, which is a wildly outdated idea.

Not to mention the horrific histories of the British Empire, which seem perpetuated by the existence of the royal family. For instance, Prince William



By EMILY NIEMANN

and Princess Kate's Caribbean tour in 2023 was highly controversial due to the area's protests for slavery reparations and push toward independence from Britain. A similar sentiment was voiced for their 2022 trip to Jamaica, which also featured completely tone-deaf marketing images that give me secondhand embarrassment.

Seriously, I don't know why anyone thought it was a good idea to have Will and Kate recreate old pictures of the late Queen Elizabeth II and Prince Philip on the same tour in 1962 in a Land Rover. These visits make the royal family look incredibly oblivious.

From incidents like these, to the whirlwind of drama with Meghan Markle and Prince Harry, it seems that the royal family isn't very good at using change to their advantage.

There is a way to make this outdated institution relevant again in this day and age. However, it seems that they continually shoot themselves in the foot by not paying attention to the world around them.

Having Markle, who was not only an American but also Black and a woman with a lucrative acting career, marry into the royal family could've been one of the easiest ways to quiet critics who claimed the royal family was racist and misogynistic. Instead, they let the tabloids tear her apart to the point where she left.

Had they not allowed this and created an environment where Markle felt she could stay within the institution, I don't think we'd be having nearly as many conversations about how the royal family is racist.

Something similar happened with Princess Diana: she spent her entire career in public service helping to destigmatize HIV/AIDS, yet the royal family let the tabloids and paparazzi take

over her life as well.

Instead of embracing change and social movements, it seems the royal family repeatedly clings to century-old traditions that don't serve the people they are meant to.

While there are many problems with the royal family, I think that there is still a place for them in society. They are making some progress with the way they are handling King Charles' illness, since informing the public of a monarch's health issues traditionally remained a last resort, yet this instance seems to be more precautionary than anything else. With the way stylists dressed Will and Kate for their family's Christmas card, it seems like they're starting to recognize the need for relatability.

Yet at the end of the day, if the royal family has any interest in the longevity of the institution and not remaining a relic of the past, they need to begin listening to the people they serve and start creating actual change within their role.

Emily Niemann is a staff writer.

## Gonzaga grievances with a dose of gratitude

Nestled along the Spokane River, Gonzaga University offers students a pristine educational opportunity and boasts a nationally recognized basketball program. The corridors of College Hall are filled with the echoes of "Zags Help Zags" as students eagerly make their way to class while lending a helping hand to their peers along the way.

GU has everything you need to expand your potential and help your purpose unfold — or does it?

This is the picturesque image the school likely sold to you on your visit or on the online brochure, but let's be real here. Just like everything in the world, GU is far from perfect, and I am sure we all share some similar grievances.

Let's start with the place where nearly every Zag will find themselves at some point — the COG. No one knows what the COG stands for, but everyone knows it is a place where they can get the food necessary for survival.

Unfortunately, the COG is often less reliable than a high school boyfriend. Some days you find yourself savoring a decadent filet of Alaskan salmon and roasted potatoes. Other days, you find yourself gnawing on a dry slab of turkey with a spoon because they ran out of forks.

I acknowledge that feeding hungry college students is a difficult task. However, considering the thousands of dollars students pay in tuition, my only request is that the COG improves its reliability and provides adequate cutlery for students to eat with.

Along with food, shelter is a basic necessity for college survival — another area lacking at GU.

The poor first-years find themselves crammed into dorms that seem older than the university itself, furnished with adornments that resemble a prison cell.



By WILLOW COLLINS

As if that is not enough, most of these dorms only offer communal bathrooms. Even prison cells often have a toilet and a sink.

The university has acknowledged this predicament, and a new dorm is currently under construction on Sharp Avenue. However, these dorms are supposedly meant for upperclassmen, so first-years are still out of luck.

Let's address the final element that is crucial for survival in college — finding parking.

While the campus is quaint and walkable, the parking scene leaves much to be desired. As if the exorbitant tuition rates were not enough, students must pay over \$100 for a parking pass that often fails to guarantee a spot.

Desperate times call for desperate measures. Students rushing to their 8 a.m. classes would rather risk the dreaded parking ticket than face the hostile gaze from

their professor as they walk into class late. Not to mention, these parking tickets can range anywhere from \$20 to \$350, continuing to squeeze the students dry.

I concede that students could certainly do better at following the parking protocols, but it is quite challenging when there seems to be five faculty spots for every student spot. This grievance is for all the seniors out there who are unable to graduate until they pay off their parking tickets. We hear you and we notice you. Either provide more parking spaces or reduce the price of parking passes and tickets altogether.

There are more grievances that could be addressed, such as the impossible basketball ticket claim system, the absence of saunas in the gym and the requirement to take three philosophy courses, yet despite all these grievances, there is always room for gratitude.

Even when your stomach aches from the COG food, you always feel grateful for the sweet COG workers that served you that day with a smile on their face. Although the dorms may be old and overcrowded, they offer a great way to make some lifelong friends.

Even the dreaded parking situation at GU often compels students to walk instead of drive to avoid the heavy financial burden from parking passes and tickets. Without even knowing it, GU is subtly promoting healthier lifestyle habits for its students.

GU will always hold a special place in all our hearts, and we owe it some sense of gratitude. Still, is it too much to ask for your own bathroom or a fork at dinner?

Willow Collins is a staff writer.

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All written correspondence will be considered fit for printing unless otherwise requested. Email letters to bulletin@zagmail.gonzaga.edu with "OPINION" in the subject header. The deadline for letter submission is 4 p.m., Tuesday.

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## Apple's vision clouds our sight

Apple is the king of technology and its products are some of the hottest on the market, but is the new Apple Vision Pro in the same boat?

Apple released a mixed-reality headset called the Apple Vision Pro earlier this month for the hefty price of \$3,500. It is essentially a computer strapped onto your head.

I will give Apple credit where it is due. The company has done a great job with its AirPods and iPhones, but the Vision Pro is not the move.

The Vision Pro is intended to allow users the ability to do things like watch a movie or search the web in a VR setting. It sounds fun until you dig deeper into the product.

First off, it does not look aesthetically pleasing when worn. It looks like a pair of premium ski goggles, only you are not wearing them on the slopes.

Imagine wearing ski goggles on your couch and making motions with your hand that, from an outside perspective, looks like you are reaching in the air at nothing. That is what the Vision Pro will look like.

Since it is a mixed-reality device, you are able to see the surroundings around you in moderation. Virtual elements like a web browser will appear on top of your actual surroundings, so if you are in your living room, parts of that space will be visible behind your browser.

The layout you see through the headset is similar to that of an iPhone, with apps on a home screen you can use with your hands and eyes. You can watch a movie, browse the web, make calls and more using the Vision Pro.

This is not a suggestion to buy the Vision Pro or to use it in public. It is quite the opposite, actually.



By ACE BALLERA-BALICOCO

Your field of view is still obstructed, so you cannot see everything around you. If you are chilling in a coffee shop with a Vision Pro on, you will barely see your iced latte in front of you.

This leads to my second point — the Vision Pro can be a dangerous device to use if the user is not aware of their surroundings.

Videos have been posted online of people using the Vision Pro in public spaces like a subway or while crossing a sidewalk, which is madness.

Regardless if those videos were staged or not, they still showcase the recklessness of using the Vision Pro in public.

Granted, the Vision Pro is probably not made for public use, but it will not stop people from using it in such a way. That is what makes the compatibility of the Vision Pro puzzling.

I can use my iPhone or laptop in public to do any task the Vision Pro can do, without the silly look or risk of getting jumped.

I do not see a use for it at home either. Not once have I been at home wishing I could do the things I do on my phone or computer but in a VR setting. Yet, Apple deems the Vision Pro as the future of spatial computing.

The future has a hefty price tag, marking another reason why I believe the Vision Pro is not worth the investment.

\$3,500 is a lot of money. You could buy an iPhone, MacBook, AirPods and more with that budget. I could use that money to pay off my rent for a couple months.

Listen, the evolution of technology is cool to see. 20 years ago, no one could have predicted devices like this would exist. However, the practicality of the Vision Pro just does not make sense.

If you are a big tech person and love the VR experience, the Vision Pro might be for you. Watching a Zag game or doing research for your next paper in VR form may be how you want to experience life, and that is cool.

For me, though, spending a couple grand on a device that does things I can already do on my phone or computer is not worth it.

I want to be in the moment and keep myself present in this world at all times, and the Vision Pro takes that concept away. I like watching YouTube while in the comfort of my reality at home, still being available wherever I am.

Bottom line, the Vision Pro seems to be an overpriced gimmick that is not worth the money or commitment it requires. I am content with my iPhone and Beats earbuds — a simple tech life.

Ace Ballera-Balicoco is a contributor.

# DJ Club puts new spin on community

By EMILY NIEMANN

**B**onding over love and appreciation of electronic dance music and house music, Gonzaga University's new DJ Club features a collaborative learning environment where anyone can fulfill their dreams of being a DJ.

Junior Anthony Hidalgo started the club at the beginning of the fall semester. He said he was inspired over the summer and worked in September to make the club a reality at GU. Since the club's members have varying levels of experience, the meetings are a collaborative space for more experienced members to teach each others new things, and for beginner DJs to start honing their skills.

"People are just messing around in the back teaching each other different things," Hidalgo said. "For the rest of the people who are new and learning, we set up a little instruction class every week, and if they wanna come out and learn, we have different topics that gradually increase every week."

Hidalgo said he was hooked on DJing after attending Decadence, a New Year's Eve music festival where numerous famous DJs like Marshmello, Shaquille 'DJ Diesel' O'Neal and Alison Wonderland performed.

"I went to that and it was probably the coolest thing I've ever seen, and from there, I've always had an interest in it and my friends already being DJs just helped to amplify that passion that was starting to grow," Hidalgo said.

DJ Club's board is made up of three vice presidents: Leonard Jia, Quinn Besser and Colin Moore. They work collaboratively to use their experience to teach their fellow club members and create a space to talk about music.

"From our standpoint, we wanted to run the club because we've already had that experience, and being able to create that environment for people who are in that beginning experience that me and Quinn had once before," Jia said.

Besser said he recognizes the misconceptions associated with the club, and that it's trying to grow interest in music — EDM and house music specifically.

"A bigger part of our club is an appreciation for music and trying to have people bring different ideas to class and talking about music that we hear when we go to different social events and music we listen to in our [free] time," Besser said.

Besser said the culture of house music at home in Boulder, Colorado, helped cultivate his appreciation for DJing, and once he started doing it, he realized how much fun he was having.

"It's just something that is really communal, and it's obvious that music



MAX VOLLE IG: @vollphotography

**DJ Club started in fall 2023 to create a welcoming environment for aspiring DJs, regardless of their experience level.**

brings people together and it transcends religion, ethnicity, and it's cool to bring that and meet new people," Besser said.

Jia's experience began similarly, where he began attending raves and music festivals and watching his friend DJ at clubs in Seattle.

"He'd be playing the music I'd be hearing at these festivals, and I'd be like 'I could be that person on the stage,' and it feels like that person on the stage is organizing this crowd of people and everyone is together with this music, and they're in control of it," Jia said. "I was so interested in that, and I wanted to get in on it."

Jia said he noticed that GU lacked the culture and appreciation for this kind of music, and that this was something DJ Club is trying to remedy.

"I have friends that go to other schools, and the culture they have there surrounding music and EDM, it doesn't exist at Gonzaga," Jia said. "So with this club, not only teaching people about it, but

also just trying to start that culture itself."

Now, the club is focused on getting more students involved. It wasn't able to secure club funding through GSBA, so the members are workshoping ways to raise money for much needed equipment.

"We'll use it to buy a deck, so that people who have no idea what they're doing can show up to the club and we'll have supplies for them," Hidalgo said.

Jia also said that without extra decks, it's difficult to get everyone on the same page and work collaboratively, but that the club finds a way to work around it and grow.

DJing can be a lucrative hobby, since DJs are necessary for weddings, parties and any sort of social gathering or event, according to Hidalgo.

"Everyone that comes to our club, they can learn how to do this, and if they want, have opportunities to earn an income for themselves," Hidalgo said.

The students running the club have

tried to create a welcoming environment, regardless of the experience or expertise of members involved, Besser said. From the way meetings are organized to the structure of the board, collaborating is a huge aspect of the way DJ Club runs.

"[It's] all inclusive, everyone is welcomed, no matter your experience, that's something we really try to stress," Besser said. "It seriously is all about having fun and just learning from each other. It's as collaborative as it gets."

DJ Club meets every Thursday in the Jepson Center and can be found on Instagram at @gonzagamixingclub.

"When people go to a club, they always wanna get behind the DJ ... that could be you," Jia said.

Emily Niemann is a staff writer.

# SUDOKU

**THE SAMURAI OF PUZZLES** By The Mepham Group

Level 1 2 3 4

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Solution to Last Week's puzzle 3/3/24

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9	8	6	5	7	2	1	3	4									

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](http://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		
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### COUNTY FAIR

By Doug Peterson

**ACROSS**

- 1 Ancient fabulist
- 6 Peaky insects
- 11 Shelter org.
- 15 \_\_\_ capsule
- 19 Set of beliefs
- 20 Betray, in a way
- 21 Chalky powder
- 22 Make muddy
- 23 Subway request
- 25 Bibliography abbr.
- 26 Roadside retreats
- 27 Club music genre, familiarly
- 28 "We can seat you now" buzzer
- 29 "Funny, right?"
- 30 Travel document
- 31 Beach town atmosphere
- 33 Light verse best not shared with kids
- 37 Geek (out)
- 39 Unit of resistance
- 40 Travelers' gp. with annual dues
- 41 Vehicle in many a Jack London story
- 44 Filling station number
- 47 Unbelievably impressive
- 53 Actress who plays Anita Hill in the HBO film "Confirmation"
- 56 "I Can't Drive 55" singer
- 57 "Until we meet again, chérie"
- 58 Drought relief
- 59 Elizabeth's role in Marvel movies
- 61 Leonine feature
- 62 Like a small vineyard, perhaps
- 64 Clothing pioneer
- 65 Strauss
- 66 Sign-on need
- 67 New Year's Eve popper
- 72 Like a live fumble
- 76 "What \_\_\_ is new?"
- 77 Hind site?
- 82 Editor's "Lose this"
- 83 "Open wide!"
- 85 Shopper's reference
- 88 Revved up
- 89 Pixel pattern
- 91 "C'mon, live a little"
- 94 Stagnate
- 96 Refuse to be associated with
- 97 "Which \_\_\_ say ..."
- 98 Bud visitor
- 99 Dowel
- 100 Hand sanitizer
- 102 Italian saint who founded a Franciscan religious order
- 109 Refuse to yield
- 113 Kick starters?
- 114 \_\_\_ apso
- 115 Browning spots
- 117 Non opposite
- 118 Driver of many trailers
- 119 Recover from a run
- 120 Matinee idol of the 1930s and 1940s
- 123 Arizona landform
- 124 "Laugh-In" comedian
- 125 Tackle again
- 126 Sidestep
- 127 Elysian locale
- 128 Cherished
- 129 Cinch of a course
- 130 December candy shapes

**DOWN**

- 1 Is tender
- 2 Slowly cut into
- 3 One of Marge Simpson's sisters
- 4 Somewhat strange
- 5 Course with a crust
- 6 Hall of Fame pitcher
- 7 Known as
- 8 Gaming trailblazer
- 9 75-Down, e.g.
- 10 \_\_\_Cat: winter vehicle
- 11 Girder alloy
- 12 Soul icon LaBelle
- 13 Insurance filing
- 14 Knee injury common among athletes
- 15 Pub entertainment with a host
- 16 Like some bonds
- 17 Belarus capital
- 18 Disney character loosely inspired by "The Snow Queen"
- 24 Soil-loosening implement
- 29 Athletic center
- 32 Tenor Bocelli
- 34 Samurai without a lord
- 35 In those days
- 36 Sunshine, slangily
- 38 Region with many Commanders fans, briefly
- 41 Card game in which 10s score higher than kings and queens
- 42 News article intro
- 43 "\_\_\_ go bragh!"
- 45 Airport security org.
- 46 Sushi tuna
- 47 Barrel strip
- 48 Like some water cooler cups
- 49 Plus
- 50 Ilhan of Congress
- 51 Luxury hotel chain headquartered in Dallas
- 52 Recolored
- 54 Desert plant in the asparagus family
- 55 "The Sweet Escape" singer
- 60 Paranormal vice
- 63 "House of the Dragon" actor
- 64 Shirt size abbr.
- 66 Slalom competitor
- 68 \_\_\_lemon: citrus hybrid
- 69 Dish
- 70 Pallid
- 71 Capital west of Montreal
- 72 "Yeah, man"
- 73 Pixar clownfish
- 74 Course of action
- 75 Figure included in the Gotham City Cycle Chase set
- 78 Part of LPGA
- 79 Swelled heads
- 80 Semiaquatic salamander
- 81 007's first film foe
- 84 Flagon beer
- 85 Video game brother
- 86 Org. with auditors
- 87 "Dexter: New Blood" aier, for short
- 90 Still-life jug
- 92 "To a ..." poems
- 93 Waiting to buy tickets, say
- 95 Shoe insert
- 99 Educational ad
- 101 Unlabeled, as a manuscript
- 102 Relinquished
- 103 Charter
- 104 Chicago airport
- 105 Soda with a piña colada flavor
- 106 Autumn blossom
- 107 Classifies
- 108 Off-white shade
- 110 Sioux City resident
- 111 Upholstery choice
- 112 Santa Fe foursome
- 113 Struggling actor's dream
- 116 Singer born in County Donegal
- 120 Uno + due
- 121 Passing remark?
- 122 Reproductive cells



LUCY BOOTH IG: @lucybooth.photo

GU faculty Jadrian Tarver (vocals, far left) and Robert Spittal (saxophone, far right) performed songs like "Caravan" in the swing set portion of the concert.

# GU jazz show honors Sir Duke's legacy

COMMENTARY  
By CLARINNE KIRK

Highlighting the range and impact of Duke Ellington's work, Gonzaga University music department's "Duke Ellington: From Swing to Sacred" gave a complex and versatile performance, combining the strengths of blues, jazz and gospel — bridging the gap between the traditional and the revolutionary.

Filling the Myrtle Woldson Performing Arts Center with a lively atmosphere, Saturday night's performance featured music from GU students and faculty in concert with guest professionals from Spokane's musical community, including the Spokane Symphony Chorale. The arrangement, which featured Ellington's "sacred jazz," had only been performed twice before arriving at GU's campus.

From swing's joy and cultural significance in building community to the Sacred's devotion to faith and perseverance, the performance illustrated music's versatile power, a power transcendent of time or place. The power and emotional strength of the performance serves as a reminder of the innate importance of music within our society as a means to celebrate, to worship, to mourn and, above all, to connect.

The event began with a jazz combination playing Ellington's more well-known jazz classics and standards. Featuring a rhythm section, piano, solo vocalist and

combination of trombone, trumpet, saxophone and flute, the set showed the vibrant, evolving life of jazz. Soloists effortlessly transitioned from melodies to improvisation, floating into a musical realm beyond notes and rules, where emotional connection reigns supreme.

A highlight of the set was one of Ellington's most well-known pieces, "Caravan." The song featured an array of improved solos, from piano to flute, expanding the historic song into a unique rendition never heard before and never to be heard again.

In this way, the song melded jazz's history with the potential of the future in a fleeting, present moment. With the nod of a head or the locking of eyes, musicians in the set communicated beneath the music, deciding when to improvise and when to play the melody.

This unspoken communication displays the linguistic qualities of jazz, a medium to speak back and forth, to challenge and build upon each other, dialoguing like a flock of singing birds.

The set's rendition of "Caravan" also highlighted the strength of the ensemble's rhythm section. Comprising Kenny Sager, an applied jazz drum set instructor in GU's music department, on drums and Eugene Jablonski on bass, the rhythm section created the heartbeat of the set, anchoring improv solos to the pulsing melody.

The concert's second act, "Music from The Sacred Concerts," built upon the first act, adding grandeur and power with a full ensemble and choir. A highlight of the

second act was vocal soloist Audrey Stevenson, a senior at GU. Stevenson gave a technically perfect performance infused with power and deep emotion.

The second act was conducted by GU alum William Drury, the associate conductor of wind ensembles at the New England Conservatory. Drury skillfully balanced the complex pieces, guiding the ensemble through crescendos of strength and poignant acapella solos.

A standout song of Music from the Sacred Concerts was "Almighty God," which highlighted the strength and range of Stevenson's voice, the unity of the choir and the versatility of the instrumental ensemble. "Almighty God" encapsulated the harmony between the styles of swing and gospel to create music reflective of the divine.

In a profoundly powerful performance, packed full of vibrant improvisation, up-tempo jazz melodies and powerful vocal ballads, "Duke Ellington: From Swing to Sacred" gave homage to the timeless impact of Ellington as one of America's most influential composers. Combining disciplines, rewriting the traditional and drawing on themes of hardships and perseverance, Ellington illustrates music's transcendent ability to unite and provide strength.

Clarinne Kirk is a news editor.

# Refresh your winter skincare routine with these tips

COMMENTARY  
By KAEALYN NEW

If you're anything like me, Spokane winters practically make your skin scream for help. If you need help clearing the zits, blemishes and dry spots, it's time to ditch the high-end 20-step skincare routine and focus on the essentials.

Before we get into the details, I feel obligated to acknowledge that we live in a late-stage capitalist society where you can unlock your phone and see countless ads from different companies pushing products that will likely do little for you except hurt your pockets. Thus, the biggest piece of skincare advice I have is this: less is more.

In the past, I have also fallen victim to advertising and YouTube skincare routines wherein beauty gurus slather their face with tons of products that could fund my rent. The simple truth is that your skin is delicate, and the more chemicals, exfoliants and creams that you layer on, the more likely you are to have a breakout.

Let's begin with the basics. Everyone's skin is different; take note of this. If you notice that your skin is oily and prone to breakouts on your forehead and nose but is drier and flaky on your cheeks and chin, this probably means that you have combo skin with an oilier T-zone. Other people may suffer from dryness all over their face (especially in the winter) or oilier skin, which is more prone to cystic acne.

If you wear makeup, the first step in your nighttime routine is to remove it. Micellar water has been a staple in my routine for years, but I have also had friends and family recommend Pond's cold cream as a more nourishing makeup

remover. I would advise you to ditch makeup wipes as they are often more abrasive and less effective than other means of makeup removal.

As a second step, use a gentle cleanser every night with cold water to clear off any debris, excess makeup and buildup on your face before bed. I recommend the CeraVe cleansers; I have been using them since middle school, and they have different cleansers for different levels of oil buildup so you can personalize your routine. Use cold water, as it prevents acne flare-ups and reduces inflammation. I wouldn't recommend using an exfoliant scrub with physical exfoliation beads, as they can cause microscopic tears in the skin and often aren't biodegradable.

The last step in my routine is moisturizer. However, it isn't necessary every night. When I find that my skin is breaking out more, I skip this step altogether. In the winter, when my skin gets very dry, I use First Aid Beauty's Ultra Repair Cream. I have found that this is the perfect product for my dry skin, as it feels lightweight but has lasting hydration; it can also be used on other areas of the body experiencing dry, flaky skin.

Some moisturizers are better suited for oily skin and others are best for dry skin, so make observations about your skin type and go from there.

For those with dry skin or chapped lips, I must suggest my holy grail: Aquaphor. I carry a little tube with me everywhere I go. It is great for healing cracked skin and flaky lips. On the driest days, I apply a pea-sized amount to my face underneath my makeup. In my opinion, it is far less greasy than its competitor, Vaseline.

Lastly, if you have stubborn blemishes,



RACHEL TRUSSELL IG: @racheltrussellphotography

From clearing acne to keeping your skin hydrated during the winter, skin care is important.

acne that won't go away or scarring on your face, I recommend reaching out to a dermatologist and seeing if a tretinoin prescription is right for you. Tretinoin is a retinoid that targets acne and cleans the pores by "purging" them over a roughly six-week period. If you don't have access to a dermatologist, you can try lower-grade retinols or retinoids like A313.

You can have a perfected skincare routine and still struggle with acne, blemishes and dryness if your lifestyle isn't reflective of the products you are using. It is important to stay hydrated throughout the day, eat whole foods and largely abstain from drinking and

smoking if you are looking for that flawless finish.

At the end of the day, though, it is just skin. We are all multi-faceted beings with so much more to offer than smooth skin. But if you are willing to give skincare a try, cater your routine to your skin type and remember that less is more.

Kaelyn New is a copy editor.

# Sculpt skills and create community at Spokane Potters' Guild

By RUBY GROSS

At the Spokane Potters' Guild, one can sculpt a new skill set, score a versatile workspace or fire up connections.

Founded in 1977, the Spokane Potters' Guild is a nonprofit pottery studio run entirely by volunteers. The guild offers pottery classes, open studio hours and hosts fundraisers.

The pottery classes span eight weeks and are available to adults ages 18 and up. The guild offers both wheel classes and hand building classes. Julia Wentz is a teacher at the guild and said there are differences between each process.

"In a wheel class, you do pretty much everything on the wheel," Wentz said. "And if you make something on a wheel, it's generally going to be round. Hand building is more sculpture based; you make things like boxes and faces."

However, Wentz said artists often use a combination of the two to create a single piece.

The guild seeks to support members' personal goals, whether that be sculpting as a hobby or selling their art, according to Wentz.

"We try to connect people with all aspects of pottery," Wentz said. "Part of class is how to apply glazes, then you can move on to how to make glazes. We train people on how to use a kiln and we have a lot of people who do pugging [to recycle your clay]."

Wentz said many guild members go on to open their own pottery studios after beginning as students.

"The idea is that you can either continue here, or you can learn the skills needed to get your own equipment at home," Wentz said.

Classes are not listed as beginner-specific or advanced. Instead, each class is inclusive of all skill levels, and in a single session, teachers will break off students of different levels to deliver instruction catered to their needs. According to Wentz,



The Spokane Potters' Guild offers a range of classes, developing skills from wheel working to hand building.

wheel classes tend to be more popular with beginners. But this does not mean working on the wheel is easier or better to start out with.

"I want [students] to take whichever class interests them," Wentz said. "If you're an artist, and you want to make your vision, it doesn't always work on the wheel, it works better to make it yourself ... And when you hand build and do sculpture, you can do it at your own pace."

Wentz said part of the guild's service is providing the tools needed to throw, sculpt and fire. The guild has multiple types of kilns available to potters. Wentz said that while the guild's electric kilns hold in oxygen while firing, its reduction kiln does not and releases fire at the top.

The guild also makes its own glazes for artists to use with volunteers available to recommend glazes to potters who want a specific effect to their piece.

As a member of the glaze team, Executive Vice President



The classes offered by the guild are inclusive to those at all skill levels.

Sarah Albert researches recipes for glazes.

Albert has been working with the guild for four years. She began as one of Wentz's students in a wheel-tossing class. Then, after learning more about hand building and glaze, she was elected to her position this summer.

"I teach at a school, and they wanted me to get more knowledge," Albert said. "So I came here, and I loved it so much that I decided to stay. Eventually, I want to start my own studio."

According to Albert, people should consider donating to the guild because of the positive effect they have on the community.

"I think we enrich people's lives," Albert said. "I've heard this space described as people's happy place. We also help people with their livelihood if they want to become a professional potter or sell their pottery."

One man who said he has felt the power of the Spokane Potters' Guild community is Brandon Whitmarsh. Whitmarsh took a class at the guild a year ago and said he finally found what he enjoys doing. Even with nothing to work on, Whitmarsh said he'll come in to be with the community he's found in the guild.

"Everyone is excited about the art that they're making, so it's really nice to be able to experience that together," Whitmarsh said. "Having a group of supportive people helps both personally, and from an art standpoint."

According to Whitmarsh, the other members of the Spokane Potters' Guild also help him see the beauty in his work that he might have overlooked.

"They've helped me recognize, from the art side of things, that even if something doesn't turn out as you intend, it doesn't mean it's not good," Whitmarsh said. "And that has been beneficial to translate to life as well."

Whitmarsh said he often struggles with his confidence and encourages people who are nervous about trying something new to take the leap — they might just find something they love.

"I can't imagine this not being a part of my life," Whitmarsh said.

Information about classes, policies and events can be found on the Spokane Potters' Guild website. People looking to take classes or learn more about memberships can send a message through its site, call the guild or speak with employees in-person.

Ruby Gross is a staff writer.

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# Wil Smith 'walks the talk' as GU's leading cross country runner

By HANNAH BROWN

Wil Smith developed a love of running early in his career that contributed to his success as a leader for the Gonzaga University men's cross country and track and field programs.

According to head coach Pat Tyson, Smith has all the qualities that make a running champion.

Smith, a redshirt junior at GU, began his running career in the second grade through a cross country program at his elementary school. He said that while his parents weren't big runners, he was taken with the sport despite its strenuous nature.

"I think it's a lot more brutal than people realize at times," Smith said. "When you're in that moment where you hurt really bad, you're second-guessing your fitness and yourself, when you do overcome that it's super special. I feel like I chase that feeling of overcoming everything in your body that's telling you things aren't going well, taking control and competing."

The next step in Smith's career was to join a competitive track club. According to Smith, it was at the club level where he learned more about the sport and began to commit himself to training and competition.

Smith then began competing for Lewis and Clark High School in Spokane, where he contributed to a 4A WIAA State Cross Country title his sophomore year. He won the state championship individually in his senior year and competed at the national level.

Smith credits his early success to his mentors and teammates who supported him in his early career.

"I have been really blessed to have great coaches around me," Smith said. "Some really great teammates helped mentor me. They made it really easy because I love the sport, they just had to point me in the right direction."

As a Spokane native, Smith was familiar with the GU men's cross country and track programs. While Smith had a multitude of college offers, GU stood out due to the role that head coach Tyson had in his recruitment.

"I felt like he believed in me more than other coaches that recruited me," Smith said. "The team just kind of felt like home."

Similarly, Tyson said he recognized what Smith stood for as an athlete and the attributes he would contribute to the team.

"Wil has all the features," Tyson said. "He's talented, but not so gifted that it comes easy. He still has to work at it. What I love about Wil is he totally believes in the system, he believes in what I give him."

Together, Smith and Tyson have created



COURTESY OF GU ATHLETICS

Wil Smith (center) finished first at the Clash of the Inland Northwest on Sept. 1, 2023.

an athletic partnership that has seen Smith lead the program to the national stage while entering his name into school record books in the process.

At last year's WSU Open, Smith became the first runner in GU program history to run a sub four-minute mile, finishing the indoor event in a time of 3:59.36. He also holds the school record in the indoor 3000-meter race (7:53:57).

Smith is ranked second all-time at GU in the outdoor 1500-meter (3:43.82), 5000-meter (13:40.40) and 10,000-meter (28:24.03).

On a team level, Smith captained the team to its first West Coast Conference Cross Country title in 2023, earning All-WCC and All-West Regional honors for his efforts.

Other awards include WCC Freshman of the Year and All-Academic U.S. Track & Field and Cross Country Coaches Association honors.

Given Smith's experience in competition and love for the sport, he has been an outstanding leader on the team, according to Tyson.

"[Smith] is passionate and cares almost more about the team than he cares about himself," Tyson said. "He walks the talk as

a leader. He doesn't expect anything that he wouldn't expect of himself."

Smith said that a part of his leadership role involves forging strong connections with teammates and being a role model as they progress through the sport.

"I try my best to start with building good relationships with guys on the team," Smith said. "Building off of that is just making sure I'm setting a good example from a routine standpoint."

According to Smith, mental fortitude remains an overarching ideal he shares with the GU program. Smith's strength to compete at a high level cannot be taught, but is developed through testing boundaries and establishing confidence, Tyson said.

"Hat[ing] to lose and just hang[ing] on longer because you hate to lose, that's a God-given trait," Tyson said. "Some people just have it, and Wil does."

For Smith, realizing this attribute has been a key part of his development as an athlete, student and individual. Though Smith has a competitor's mindset, he said he is also able to find humor within the grind of running.

"I had a joke with one of my older teammates," Smith said. "When have you ever been in a really hard race and not, at

## GU SPORTS

Thursday, Feb. 29

- Baseball at Brigham Young, Provo, Utah, 2 p.m. (Three-game series)
- Men's basketball at San Francisco, San Francisco, California, 8 p.m.

Friday, March 1

- Women's tennis vs. Washington State, 3 p.m.

Saturday March 2

- Men's basketball at Saint Mary's, Moraga, California, 7 p.m.

Sunday, March 3

- Women's tennis vs. Fresno State, 11 a.m.

Monday, March 4

- Baseball at Utah Valley, Orem, Utah, 1 p.m.

**\*Home games in bold\***

least for a second, thought about dropping out? It doesn't mean it's going to happen, but knowing that that's coming helps you kind of handle those thoughts without spiraling."

For Smith, blocking out discouraging thoughts has been pivotal in managing the pressure that comes with competing at a high level.

"I think a lot of what's helped me is [having] honest conversations with myself," Smith said. "From a running standpoint, that's mostly [identifying] what I can do to get better in moments that I failed. Really taking a look at things and what needs to change. I feel that beyond running, that's been a helpful skill to build because that applies to being a student or even a person."

Hannah Brown is a staff writer.

# N



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# Zag alum navigates ESPN while mentoring future generation of journalists

By KAYA CRAWFORD

Note: This is the second installment of the longform literary style content The Gonzaga Bulletin is introducing this semester.

If there is one thing that Kendra Andrews knows about, it is how to tell a story about the shots that were made and the shots that didn't fall in a crowded arena where people are cheering and the tension is so thick a knife could cut through.

From covering the Gonzaga University men's basketball team in its first Final Four run for *The Gonzaga Bulletin* to breaking news about the Golden State Warriors for ESPN, Andrews has navigated the sports industry and found her voice as a storyteller and reporter.

When Andrews was younger, after the homework and work for the day was finished and her family had enjoyed dinner together, she would sit with her family watching whatever game was on, and they would bond over a love for sports.

One night in her junior year of high school when she was considering all the questions that one considers as a junior, like what she wanted to study and where she wanted to apply for college, Andrews sat watching a Warriors game with her dad.

With these questions plaguing her mind, she couldn't help but notice the people she watched on her TV screen who got to talk about sports for a living. It was then that she knew what she wanted for her future.

"So I turned to my dad and I said, 'Dad, I think that's what I want to do. Let's talk about sports for a living,'" Andrews said. "He's like, 'OK, that's cool.'"

Andrews, who was a part of the class of 2019, would go on to do just that.

Her first week on GU's campus, she walked down Bulldog Alley at the student organization fair surrounded by the buzz of students finding ways to become involved and club tables covered in colorful decor hoping to draw in new members. It was there that she joined *The Gonzaga Bulletin*, where over the next four years she would grow to become a sports editor, managing editor and editor-in-chief.

In her first year, she found herself covering the men's basketball team when it was "still a bit of a Cinderella story." When national outlets couldn't make their way to The Kennel, Andrews was in the midst of it all, with access to the team that allowed her to gain exposure beyond the GU community.

Andrews valued the opportunities and access she had in covering the Zags while at GU, as it helped her develop skills that she continues to use in her professional life.

"You know, I was 18 years old covering the WCC Tournament, and I was 19 years old covering the NCAA Tournament and a national title run," Andrews said. "There are professionals who have been in this industry for a long time who haven't covered a team that has made it to any type of championship game, whether that's professional leagues or collegiate. So I think covering that team initially through *The Bulletin* really helped me because it just helped me learn ... I think it gave me the basic tools of journalism and it gave me the first experience of actually covering a beat."

In her time at GU, Andrews gathered



COURTESY OF KENDRA ANDREWS

Kendra Andrews is now the Golden State Warriors team reporter for ESPN.

experience across the field of journalism, gaining exposure through *The Bulletin* and interning on the sports desk of The Washington Post. She also covered the Zags for The Athletic, which helped her get her first job out of college covering the Denver Nuggets for The Athletic.

Now, Andrews is the ESPN team reporter for the Golden State Warriors, where "no day looks the same" and a game day for the team is a game day for her. Some days, she doesn't even know when the time to eat is, and others times she sits and works on a story that people are waiting to get their hands on, even if it isn't the story they expect.

Although the Chase Center is a much larger arena than The Kennel, Andrews noted that the energy of covering the Zags during their 2017 West Coast Conference championship run was similar to covering the Warriors becoming the 2022 NBA champions.

"I think that to be in this industry you have to thrive in chaos and be a little bit of an adrenaline junkie through certain avenues," Andrews said. "I will never jump out of a plane or anything like that, but that type of adrenaline is so much fun. And I think that was definitely the experience of covering that year's team, was like, 'This is it, this is so fun.' And it's interesting because then however many years later, when I covered the Warriors winning the national championship, it was that same environment, a little bit different, of course, but it's the same adrenaline, it's the same chaos."

Beyond covering ESPN's second largest market in the NBA, Andrews makes time to serve as a mentor and offer advice to other "adrenaline junkies" who once also developed an affinity for sports and want to spend their days surrounded in the chaos that Andrews thrives on. In classic "Zags help Zags" fashion, Andrews uses her position to support the next generation of

storytellers who will one day stand court-side to moments that people dream of witnessing.

"I haven't met many people from GU in the professional setting," Andrews said. "So it's kind of just my way of giving back and making sure that our industry is in good hands because I think that's also a really important thing that journalism in general is kind of continued to be carried through the next people coming up."

Andrews, sipping a Diet Coke after a long day of work, Zoomed into GU's Public Relations Student Society of America meeting on Feb. 13 where students of various majors sat in a classroom similar to one she had sat in just years before, excited to ask her questions about her time at GU, her career and for her advice.

"I think Kendra is an incredible example for a lot of different reasons," said Courtney Pedersen, co-president of PRSSA, of why she asked Andrews to speak at the meeting. "Not only because she's a woman in sports, a Gonzaga alum, but also because she's somebody who breaks barriers and she just shows that you can put your dreams into action if you really work hard, and I think that she's someone to really admire because of her dedication to her work, and also just her poise. I feel very fortunate to have the opportunity to bring her into the club and to communicate with her."

In her talk with the club, Andrews discussed navigating the sports industry as a woman. Andrews was candid in how she is still finding her way in a fast-paced industry in which burnout can become overwhelming.

"I think that it's challenging to be a woman in sports, and getting to hear her perspective and just her positivity is really refreshing," Pedersen said. "I also think something that resonated is burnout. I think everybody gets burnt out, so just to hear her admit that and say that she doesn't have a

strategy to overcome that, but she's working on it, I think that's refreshing."

Andrews finds value in speaking to students because she valued the mentors who helped her break into the sports industry. In a field where it is important to have good people to go to bat for you in your corner, Andrews has found that her mentors have supported her and now wants to do the same for the next generation of journalists.

"I think for me, I have been so lucky to have so many mentors who have carried me up with them, behind them or after them, and when I was in college, that's when I met most of my mentors today, when I was either in high school or college," Andrews said. "And it's just so valuable, those types of things. So I always feel very lucky when people ask me to like, share my perspective or my advice, and it's funny because sometimes I'm like 'I don't know how much advice I have to give, like, I'm still a kid myself. I feel sometimes, but at the same time, I know that I wouldn't be where I am without people giving me their time.'"

Beyond speaking to students, Andrews had the opportunity to speak on a panel at the 2023 National Association of Black Journalists Convention and Career Fair. She had attended this event when she was a Zag and felt privileged to speak on a panel and provide advice for other young Black journalists.

"I went to NABJ as a student for a couple of years ... so it's kind of a full-circle moment to be asked to speak on one," Andrews said of the opportunity. "They looked at my resume, they vouched for me in their newsrooms, so if I can help any young Black journalists prepare themselves or get in a room, I absolutely want to take that opportunity and just try again to pass it forward."

As a Black woman in the sports industry, Andrews has found ways to navigate a space where she is in the public eye while remaining true to herself.

"Because I think it's so easy to be critiqued as a woman and as a Black woman, and people are always going to have something to say, I've always tried to not give them the opportunity to say something that they don't know about," Andrews said. "But I say, it's just kind of being comfortable in your own skin. And I think that that's something that I've grown with since I was a kid, just being comfortable with who I am as a woman of color. And now in this professional setting, I think it's just more about me being who I am. But again, I've always kept who I was, my personality, a little bit on the quieter end of things."

Andrews, at the age of 26, works a job that she dreamed about when she was younger watching the Warriors play on the TV after dinner with her family. Still, she hopes that there is more to come, even if she doesn't yet know what that looks like.

"The good thing is the landscape of this industry changes so much that in two years from now, whole other opportunities that I didn't know were possible could be there for me, but we'll see," Andrews said. "For now this is a dream job and I do hope that there is still a good amount of up to do."

Kaya Crawford is a sports editor.

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