it's SHOWTIME!

spokane's own

GONZAGA BULLDOGS

take on the NCAA TOURNAMENT!
Zags slated to take on McNeese State in first round of March Madness

By ZACH WHITE

After an off-rhythm start to the season, Gonzaga University is closing out the year on a high note and are now set to face McNeese State (30-3) in the first round of the NCAA Tournament on Thursday. GU will make its 27th straight appearance in March Madness, the second-longest active streak in college basketball history.

"That's a team and a program that a lot of people at our level want to beat, and McNeese State head coach Will Wade will be the first to come up and check our temperature and see how close we are,"GU associate head coach Tony Bland said.

GU will head to Salt Lake City, Utah, as the No. 5 seed in the Midwest Region. GU enters March Madness off the back of a 26-6 loss to Saint Mary's in the West Coast Conference Tournament championship. Before the loss, the Zags, led by junior guard Ben Gregg, were averaging 88.1 points per game and ranked 14th in 3-point shooting and 10th in steals, eighth in 3-point shooting and 10th in blocks.

"We've come a really long way," said guard Ben Gregg. "We were a lot of people's pick to finish fourth in the WCC, but we've played our way up to the No. 5 seed. We're a lot of people's picked to make noise in the tournament."

McNeese State, on the other hand, was unranked in the NET and 60th in KenPom. McNeese State head coach Will Wade. "Just a revenge tour," Wells said on how he will approach GU. "I lost to [GU] last year at TCU, so I just got everyone else to go and beat them. We know what [McNeese State] can do. Let's getting there and trying to win a couple of games, really trying to win it all." Wells, a graduate guard, transferred from TCU in the spring. Last season, he was a member of the Horned Frog team that lost to the Zags in the second round of the March Madness.

"Just a revenge tour," Wells said on the opportunity for a rematch against GU. "I lost to [GU] last year at TCU, so I just got everyone else to go and beat them. We know what [McNeese State] can do. Let's getting there and trying to win a couple of games, really trying to win it all." Wells, a graduate guard, transferred from TCU in the spring. Last season, he was a member of the Horned Frog team that lost to the Zags in the second round of the March Madness.

After Wells, Christian Shumate is the second-longest active streak in college basketball's blue blood programs. GU's transfer from Kentucky to earn its first Quad 1 victory for the season. GU's transfer from Kentucky to earn its first Quad 1 victory for the season.

"I really appreciate moments like this," Wade said on competing in the March Madness. "I think, the greatest sporting event in the world."

In total, GU enters the NCAA Tournament with seven seeds, the program's highest number of losses since the 2015-16 season. GU is 8-4 all-time and 10-5 against GU for the March Madness. GU will overpower McNeese State, 17th in the NET and 60th in KenPom. McNeese State is ranked No. 18 in the Associated Press Top 25 poll, 17th in the NET and 15th in KenPom. GU will begin its quest to cut down the nets on Thursday when it faces McNeese State at 8:23 p.m. PST. The matchup will be televised on TBS.

"I really appreciate moments like this," Wade said on competing in the March Madness. "I think, the greatest sporting event in the world."

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GU women to host NCAA Tournament first and second round, face UC Irvine

**COMMENTARY**

By CAM MCCANN

GU women hosted the Gonzaga University women's basketball to its second straight NCAA tournament appearance and this year will see them at a program-best No. 14 seed of the 68-team, single-elimination, seeded tournament.

The Bulldogs have more program experience, and now they'll have to put a stop to the Anteaters' winning streak. UC Irvine gained an automatic bid to the NCAA tournament after defeating Cal State Fullerton, recording 37.7 points and 10 rebounds per game, seventh in rebounds, second in assists and second in steals. If they have 1,000 points, 700 rebounds and 200 steals in a career. This season, he moved to second all-time at GU with 211 steals.

Ike matched Drew Timme's 2022-23 regular season All-American First Team, receiving a unanimous selection to the team. He was joined on the Second Team honors by Santa Clara's Elijah Pepper and UC San Diego's Bryce Pope. Watson, with 1.7 steals per game, led the WCC in steals per contest and has the 7th highest in the WCC. Parkinson, a 6-foot-3-inch senior center for the Anteaters will be GU's own WCC First-Team.

The All-District First Team was made up of San Diego State's8 1/2-foot center Matt Mitchell, Houston's 6-foot-10 center Justin Gorham, Northwestern's 6-foot-9 center Max Boursiquot, and Kansas State's 6-foot-10 center Remy Martin. The All-District Second Team was made up of Maine's 6-foot-7 forward Teven Jones, Boston College's 6-foot-9 center Moses Bowers, and Memphis's 6-foot-8 center Chidima Osobor, Utah State's 6-foot-11 center Neemias Queta, and Princeton's 6-foot-9 center Victor Molleneur.

The Gonzaga University women's basketball team's road to the NCAA tournament was not easy. After a strong season, they were seeded UC Irvine. The Bulldogs have more program experience, and now they'll have to put a stop to the Anteaters' winning streak.

The Bulldogs and their fans eagerly awaited the results of the NCAA basketball tournament, and it's no wonder why. The Bulldogs are on a roll, and they're not stopping anytime soon. The Anteaters' defense, however, is another story. They're strong, and they're not going to be easy to knock off. But the Bulldogs are up for the challenge, and they're ready to give it their all. The game will be intense, and the outcome is anyone's guess. But one thing is for sure, it's going to be a nail-biter. So, let's all get ready for a thrilling game and enjoy the show!
Download and print all of the Mini Zags at gonzagabulletin.com/minizags
Researchers get $850K to study wildfires

By KAITLIN SMITH

Researchers at Gonzaga University recently received an $850,000 grant from the U.S. Forest Service to study the impacts of wildfires on drinking water quality in the Pacific Northwest.

Billy Shimabuku, an assistant professor of civil engineering, and Eric Ross, a professor of chemistry, are the two GU professors involved in this project. Shimabuku is collaborating with the U.S. Forest Service Research Station in Moscow, Idaho. They are studying how wildfires impact the U.S. Forest Service Research Station and the University of Idaho.

These researchers are looking into the impact of wildfires on water quality and the potential for contaminants to enter drinking water systems. They are also investigating how wildfires affect water quality and health, and how these impacts can be mitigated. Shimabuku said, "We're trying to improve the quality of the water that we drink and to ensure the safety of our communities from wildfires."
Prospective students are welcomed on campus during the spring when they make their decision about enrolling at GU. The event is a wonderful opportunity for them to meet other students and see the campus. "We're hoping that folks leave with a stronger sense of what college means," said Dr. Gill. "[CRES] looks at all about race or it's not all about race. We refuse the notion that it's not intersections of society and to work to dismantle those structures."

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By CLARINNE KIRK

Patricia, a young girl participating in Free Rein Therapeutic Riding’s services who has high-functioning autism spectrum disorder and is blind, said as a result, horses have provided her with a new way to see the world. Through these equine therapies, Patricia has been able to develop her vestibular input and physical therapy by finding movement and balance.

"It’s really helped her move quickly without fear."

Established in 2000, Free Rein serves the community through two programs: an adaptive riding program, which teaches participants how to ride, and an untrained military horsemanship program, a program open to active-duty military and their immediate families that focuses on teaching horsemanship and building relationships with the horses from the ground up.

Free Rein’s founder, Sandy Jones, worked in equine therapy programs while attending college at Washington State University in Pullman. After moving to Spokane, she realized that there was no similar program available to those in the Spokane community and decided to start a program with six horses and 18 riders participating. Currently, Free Rein remains the only equine therapy service in Spokane.

Typical programs last for 12 weeks, with one in the fall and one in the spring. Free Rein also offers shorter programs for preschool-aged children and a one-week summer camp, which can be especially helpful for individuals who may be restricted in the ways they can move.

The program is designed with specialized physical needs in mind, and it incorporates equine and occupational therapies, incorporating equine and occupational therapies.

"We work on gross and skills, so it can be anything from cognitive training to sensory skills to social interaction needs.

In addition to strengthening specific skills, Free Rein’s program is designed to help participants use and strengthen their muscles. The act of riding enables help participants use and strengthen their muscles. The act of riding enables help participants use and strengthen their muscles.

According to Smith, Free Rein is working on first-responder-specific services. Smith said that Free Rein is working on first-responder-specific services.

Smith similarly said that one of the most overwhelming aspects of her job has been seeing the participants’ transformations. "When I became a volunteer, I really started to see the benefits of their work.

In 2021, Smith began working full-time as the program director, juggling many hats such as coordinating participants, helping to fill out paperwork in the office to completing landscaping or maintenance tasks, all depending on the skills and interests of the volunteers.

While volunteering may seem overwhelming at first, Maffoni said with an open mind, new volunteers can quickly see the benefits of their work.

"It’s really seeing the riders come into power and seeing the improvement that they made week-to-week and hearing stories about how much they really enjoy coming out," Smith said.

Smith similarly said that one of the most overwhelming aspects of her job has been seeing the participants’ transformations.

"I really like being able to see their improvement over the course of the months," Smith said.

Smith said another challenge Free Rein currently faces is a lack of horses and the search for a permanent location. Once these obstacles have been addressed, Smith said Free Rein hopes to expand their offerings to include programs for first responders, which will address a current community need for first-responder-specific services. Smith also said that Free Rein is working on expanding its therapy services.

"Down the road, we hope to provide equine-assisted services for mental health and other types of therapy programs for mental health support, physical therapy, and occupational therapy," Smith said.

To learn more about Free Rein or apply to be a volunteer, visit its website or reach out by email.

Clarisse Kirk is a news editor.

Free Rein: Horsing’ around in therapy

Spokane-based equine center serves people with disabilities through therapeutic riding programs

Free Rein offers programs tailored toward physical and social development for participants.

Understanding how to ride the horses’ bodies, which Smith said can help with developing communication skills. The act of riding enables help participants use and strengthen their muscles.

A lot of riders interact very differently when they get on the horses. Smith said. "We’ve had some riders that have never really talked unless they’re on a horse; it’s almost like the horses are a different type of therapy.

To learn more about Free Rein or apply to be a volunteer, visit its website or reach out by email.

Clarisse Kirk is a news editor.
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Spring fashion: what should be left and what should be left out

Spring is a period of rebirth, a time where nature and people alike arise from the dead and move toward new beginnings. It’s a time of renewal, where the world around us awakens from winter’s slumber, and what we get to wear reflects this new energy.

In menswear, you can’t go wrong with a cotton or wool suit. With the weather warming up, a light jacket or a blazer can be a great addition. For women, think about layering pieces like a cotton lace-up dress with a denim jacket or a cozy sweater. Simple, elegant pieces that can be dressed up or down are always a good choice.

While it hasn’t had the most body-positive representation, Spring is also a great time to wear dresses. Choose ones that you plan to wear for a couple of years instead of the latest, fad dress. It’s not only good for your wallet, but the environment too.

Though some items need to stay buried in the back of your closet, like the bow trend. I’m still here for a little, but now I’m over the bow trend. It was cute for a little, but a little too far for me, so I might be over the bow trend. I don’t think I’ll have to make any future decisions about this.

People, let your clothes become a form of genuine self-expression. It’s time to get rid of the bow trend and try something new. It’s time for something new. It’s time for something new.

BY KALI NEVIN

The Gonzaga Bulletin, March 7, 2023

State of the Union address vaccines

On March 7, President Joe Biden delivered his annual State of the Union address which amounted to more than just political rhetoric, but can any Americans get vaccines? With the Biden administration working to increase vaccine availability and coverage, it seems like the answer is yes, for Biden, it is obvious that he set out to do just that.

He stated simple and clearly with a focus on natural fabrics like linen and silk. Simple, elegant pieces that can be dressed up or down are always a good choice.

BY EMILY NEIMANN

The Gonzaga Bulletin, March 7, 2023

Painful presidential border visit

On February 24, President Joe Biden made his first presidential trip to the United States to address the issue of immigration. The trip was heavily criticized by Republicans, who claimed it was a political ploy to boost his approval rating.

BY AIDAN BRALEY

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BY EMILY NEIMANN

The Gonzaga Bulletin, March 7, 2023
March is finally here, marking the long-awaited return of 7 a.m. sunrises, daily highs above 40 degrees and a general shift in the mood from the harsh, looming dampness of January and February. Yes, spring is well on its way, and it is worth celebrating.

As the ground and seasonal sleepiness begin to thaw, whether you are in a dorm or a Logan house — will help you to feel put together and ready to take on whatever the March weather brings. While you're in there, take note of what is left behind, for one of your spaces may begin to feel cramped and under the constant need of unnecessary shuffling through drawers of clothing — pull out any winter apparel that will leave you feeling clean both inside and out.

1. Clothing organization is a must. My winter boots have made their last appearance of the season (I hope). My thick coat has become a burden too heavy for the rising heat, and I'm ready to break out the pants and lighter clothes. A thorough go-through of your wardrobe is a must to ease the transition to spring.

2. Take time to do a deep cleaning when you have a break. Cleaning is the last thing most people want to do on their days off, but a deep cleaning of your space — whether you are in a dorm or a Logan house — will help you to keep the tidiness of environment and marks off any lingering time. To get the full effect, you need to really clean.

3. If you have one, clean out your car. While you're at it, clean a few of your personal belongings, too. Pick three things that you wouldn't normally clean and do a thorough wash — this could be your shoes, your backpack, your heavy-jacket (before you put it away) or anything that just may be collecting dust. Give yourself ample time to make these items feel new again.

4. Prioritize your health. Between the stresses of midterm and the fall end of cold and flu season, it's no wonder that everyone on campus is battling illness. A sick spring may be quite miserable, no matter the weather, which means that your health should take precedence.

While options are great, a realistic, minimal wardrobe will help you to feel put together and ready to take on whatever the March weather brings.

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Island Style Food and BBQ uplifts Spokane cultural food scene

BY SOPHIA MCKINNERY

Nicholette DeCaro, known as Chef Sin', opened Island Style Food in 2020, initially serving out as a food truck.

RACHAEL HALEY

Island Style Food and BBQ offers a taste of what it’s like to be a true Parisian.

Located in the Saint-Germain-de-Prés neighborhood, this restaurant offers a feel for the 19th-century brewery, Vagenende.

In one of the oldest areas of Paris, Chez Julien specializes in traditional French cuisine.

In the city of Immeasurable charm—Paris truly uplifts.

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The idea to open a café was something smaller restaurant was relatively simple. "It was always a little bit of the habit of my mind, because I had another café in Ronald that I closed during COVID, but it was so different when [Coco] came," Shaw said.

Coco frequents the café with Shaw's daughter-in-law. Shaw said it is obvious that even though Coco is only 3 years old, her grandmother knows the café is for her. "She walks around like she knows the place." The manager and floral décor chef, Eden McMaster, used to bake at Chaps, but switched to Café Coco after it opened.

"We are the sum of all those who came before us," Shaw said. "As I've stood on shoulders, it's really important to recognize the bonds between women and the women who have been our leaders and nursing programs. This is where we think outside of the box. Or maybe one day they will, but even still, it's always be cautious.

"For a late-night snack on the weekend, this could be the place. But the best tip for late-night eating is, unsurprisingly, to be prepared. For a late-night lift. In this case, inside the microwave.

"I've been in college in college doesn't make you a party person. It makes you a person who likes to have a little bit of fun. But the best tip for late-night eating is, unsurprisingly, to be prepared. For a late-night lift. In this case, inside the microwave.

"It should be noted that these two places do run out of items that can turn from ice cubes to delicious in five minutes. This is where we think outside of the box. Or maybe one day they will, but even still, it's always be cautious.

"We are the sum of all those who came before us," Shaw said. "As I've stood on shoulders, it's really important to recognize the bonds between women and the women who have been our leaders and nursing programs. This is where we think outside of the box. Or maybe one day they will, but even still, it's always be cautious.

"It's the beginning of my love letter to Coco," Shaw said. "She's kind of the bandana and create something bigger than herself." Shaw said she hopes to inspire her own daughters and granddaughters and continue to strengthen the Immutable bonds between women, mothers and daughters.

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March Madness events expected to bring in millions in visitor spending to Spokane

COMMENTARY
By HENRY KRUEGER

As March comes to a close, and with it the NCAA basketball tournaments, the Spokane area is set to receive a financial boost as visitors flock to watch the games. This year, Spokane was chosen as one of the host cities for the first and second rounds of the West Regional, which will take place at the Spokane Arena. The event is expected to bring in millions of dollars in visitor spending to the local economy, as the city prepares to welcome thousands of fans. The NCAA has estimated that each tournament game can generate up to $1 million in economic impact, and with six potential games scheduled, this year’s tournaments are expected to have a significant impact on the local economy. The tournament is a major boost for the city, which has been recovering from the pandemic and seeking ways to revitalize its economy. The event is also a chance to showcase Spokane as a destination for sports and entertainment, and to bring in new visitors who may come back to explore the area further. Overall, the tournament is a win-win for the city, providing economic benefits while also giving local businesses and residents something to be proud of.

Freshman Emily Robertson remains mentally tough as lead singles player

BY ABBY SCHREUDER

This year, Emily Robertson is proving to be a formidable force on the tennis court. As a lead singles player, she has excelled in her matches, maintaining her mental toughness under pressure. Robertson’s dedication to her sport is evident in her performance on the court, where she has been able to stay focused and perform at her best despite the challenges. She has been able to improve her mindset over the course of the season, developing resilience and a strong work ethic that has helped her succeed on the court. Robertson attributes her success to the coaches and support staff at Gonzaga, who have helped her stay focused and motivated throughout the season. She has also benefited from the supportive team atmosphere, which has helped her to thrive on the court. Robertson’s success is a testament to her hard work and dedication, and she continues to strive for improvement as she prepares for the remainder of the season and the upcoming NCAA tournaments.
**Women’s basketball vs. UC**

By KAYA CRAWFORD

Ejim, Hollingsworth, Nembhard and Watson named to All-Tournament teams

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Ejim, Hollingsworth, Nembhard and Watson named to All-Tournament teams

**GU SPORTS**

**Thursday, March 21**
- Track at Mt. SAC Invitational, Fullerton, California, 6 p.m.
- Men’s basketball vs. McNeese State, Salt Lake City, Utah, 9:30 p.m.

**Friday, March 22**
- Baseball vs. Loyola Marymount, 6 p.m., (three-game series)

**Saturday, March 23**
- Men’s tennis at Cal State Fullerton, Fullerton, California, 11 a.m.
- Women’s tennis vs. Portland, 11 a.m.
- Women’s basketball vs. UC Irvine, 6:30 p.m.
- Women’s tennis vs. Cal State Fullerton, Fullerton, California, 11 a.m.

**Monday, March 24**
- Men’s tennis at Pepperdine, Malibu, California, 2 p.m.
- Women’s golf at Fresno State Classic, Fresno, California, 11 a.m.
- Baseball vs. Loyola Marymount, 6 p.m.
- Men’s basketball vs. McNeese State, Salt Lake City, Utah, 9:30 p.m.

*Home games in bold*

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**Bulldog Band turns up atmosphere inside Kennel**

By CAM MCCANN

When the calendar flips to March, Gonzaga University fans everywhere feel the roar rise to its highest pitch. What the Bulldog Band is to sports games, the band’s live musical accompaniment.

“We’re here to keep the energy up,” said Bulldog Band Director David Fague. The ensemble of musically-gifted Zags boasts 142 members. These numbers have grown over the years, according to Fague. Through the band’s progress, so has its representation on the court.

“The band is there every year, and the group has quickly right back to form. Members of the band believe it to be a perfect environment for student camaraderie, forming school spirit and community for Zag students of all class levels.

“I has pulled me out of my shell a lot, and I’ve met a lot of new people,” said Roy Dagher, a Bulldog Band student conductor. Playing an instrument at the college level is not for everyone, but the volunteer members of the Bulldog Band embrace the opportunity to meet new people and bring their communities in high-pressure environments.

“After a lot of students, they pull us to our favorite part of college,” Fague said. “The people that are playing in the band just want to keep playing their instrument in college, and so it gives them an audience and gives them a purpose.”

The band performs at every GU home game in McCarthey Athletic Center, but also travels with the men’s and women’s basketball teams for a yearly adventure to the WCC and NCAA tournaments. Accompanying Vegas trip are a rise in passage for most senior Zags, but members of the band are given this opportunity in a setting that allows for both social and musical growth.

The West Coast Conference Tournament during her first year at GU is Dagher’s favorite Bulldog Band memory. “That was when I first got to know a bunch of people and made new friends,” said Ray Dagher, a Bulldog Band student conductor. The band seeks to gain information from other GU fans and organizations, such as Kennel Club or the Zag cheer squad.

“When I started, the Kennel didn’t sing along to what we did, they didn’t dance with the cheerleaders,” Fague said. “Just thinking of the thing, the band wanted to do their own thing.”

The Bulldog Band will show off their talents throughout March Madness, beginning with the first rounds in Spokane and Salt Lake City.

Cam McCann is a staff writer.

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**Ejim, Hollingsworth, Nembhard and Watson named to All-Tournament teams**

By KAYA CRAWFORD

With 11 rebounds and 13 points, Ejim also had a double-double in both tournaments. On the men’s side, leading the Zags in scoring against Portland with 17 points, was a double-double against Pacific with 12 rebounds.

The other athletes named to the All-Tournament team were Pacific’s Anaya James and Portland’s Moe Haiman and Kennedy Dickie.

On the men’s side, GU’s Anton Watson and Ryan Nembhard were named to the All-Tournament team. Nembhard scored a double-double in the semifinal against San Francisco, putting up 16 points and 12 assists. In the final against Saint Mary’s, he recorded another double-double with 13 points and 13 assists.

Women had 11 points against USD and led the Zags in scoring with 11 points against Pacific with 13 points and 13 rebounds.

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**BULLDOG BAND**

The program’s live musical act helps bring The Kennel and women’s Fan Fest.

“Cheerleaders wanted to do their own thing, the band wanted to do their own thing.”

Fague said that his band aims to bring The Kennel and women’s Fan Fest.

The first-year students, by the fourth game in McCarthey Athletic Center, but also travels with the men’s and women’s basketball teams for a yearly adventure to the WCC and NCAA tournaments.

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**GU SPORTS**

**Thursday, March 21**
- Track at Mt. SAC Invitational, Fullerton, California, 6 p.m.
- Men’s basketball vs. McNeese State, Salt Lake City, Utah, 9:30 p.m.

**Friday, March 22**
- Baseball vs. Loyola Marymount, 6 p.m., (three-game series)

**Saturday, March 23**
- Men’s tennis at Cal State Fullerton, Fullerton, California, 11 a.m.
- Women’s tennis vs. Portland, 11 a.m.
- Women’s basketball vs. UC Irvine, 6:30 p.m.
- Women’s tennis vs. Cal State Fullerton, Fullerton, California, 11 a.m.

**Monday, March 24**
- Men’s tennis at Pepperdine, Malibu, California, 2 p.m.
- Women’s golf at Fresno State Classic, Fresno, California, 11 a.m.
- Baseball vs. Loyola Marymount, 6 p.m.
- Men’s basketball vs. McNeese State, Salt Lake City, Utah, 9:30 p.m.

*Home games in bold*

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