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CRES chair set to resign

By NATALIE KELLER

Since the beginning of the spring 2024 semester, Bernadette Calafell has been the sole professor in Gonzaga University's critical race & ethnic studies department. After CRES's other two faculty members left the department, Calafell said she has been working on securing CRES's future before her own departure at the end of the academic year.

"I don't want to fail my students," Calafell said. "I've always loved CRES at Gonzaga, and my hope going forward is that it can continue to maintain its integrity as a critical race & ethnic studies department."

Calafell has been involved in GU's CRES department since its genesis in fall 2019, when she came to the university to be a professor in the new department and serve as its chair.

"I really was excited by the job call," Calafell said. "I was told that I could create the department of my dreams."

Prior to teaching at GU, Calafell taught communication studies at Syracuse University and the University of Denver.

"I love communication studies, but race isn't necessarily always part of the conversation," Calafell said. "And in my own life, as a Chicana, race is always part of the conversation. And I think that's what was attractive to me, is that race is always part of the conversation in critical race & ethnic studies."

Calafell said she, too, plans to leave GU at the end of the school year and teach at the University of Oregon.

"I don't feel valued here," Calafell said. "I feel valued by my students, but outside of that, I don't feel like I have a lot of value here. And I don't feel like I can lead the department the way I want to lead."

Since the CRES department was in its infancy, Calafell said she and her colleagues were tasked with shaping its infrastructure by adding classes, creating a plan for faculty tenured promotion and writing the department's bylaws. Currently, the CRES department only offers a minor.

Calafell said the CRES department's goal is to stimulate students' critical thinking abilities and equip them with a greater understanding of the world around them.

"Critical race & ethnic studies teaches us how to understand power intersectionally, how power functions through constructs around race, class, gender, sexuality, ability and such," Calafell said. "We teach students to think critically about race, whether it's in pop culture, whether it's in social movements or interpersonal interaction."

To do this, Calafell said she tries to make her classes as interactive as possible by incorporating interdisciplinary elements into her teaching and engaging students in

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Students march down Bulldog Alley during a rally organized by Fossil Free Gonzaga.

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Students demand GU divest from fossil fuels

By ABBY SCHREUDER

Student club Fossil Free Gonzaga organized a Divestment Demonstration at noon Friday in front of the John J. Hemmingson Center. The demonstration called for Gonzaga University administration to cease its investment into the fossil fuel industry.

To begin the demonstration, event organizers led the crowd in a series of chants, including, "Make my degree fossil free" and "Coal, gas, oil, leave it in the soil." Student organizers continued their chanting as they led a march around campus, toting signs with slogans including

"There is no Planet B." There were also multiple speeches given by organizers of the demonstration from Fossil Free. Students then returned to Foley Lawn to place orange flags in the grass, each inscribed with something that has been lost to climate change.

"I think it's super powerful and moving for us all to come together from different places around the campus for one cause," said GU sophomore and attendee Georgia LaPlante.

During her address to attendees, first-year student and Vice President of Fossil Free Leah Gulick said that

SEE DIVEST PAGE 2

Spokane groups preserve regional environment



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A Lands Council volunteer carries saplings during a tree planting event.

350 Spokane empowers community to fight for climate advocacy

By HOLLY FIJOLEK

As Spokane learns to withstand a warming climate, 350 Spokane, a local nonprofit, works to connect people with their government and city agencies to fight the climate crisis and create a fossil-free economy.

Fawna Slavik, co-chair of 350 Spokane, said the volunteer-based grassroots organization was started in 2017 and has been working to draw attention to the impacts of climate change on residents of Spokane. For Slavik, this means focusing on activism surrounding local and state-level climate policies.

"We started our organization to be an amplifier for local voices, people in the community," Slavik said.

According to Slavik, 350 Spokane's work is a way to bridge the disconnect that exists between community members and elected officials that impedes mitigation efforts toward climate change.

Giving people the opportunity and resources to contribute to making a change and connecting with policymakers is another large goal of the group, said Trenton Miller, chair of 350 Spokane.

"We want to encourage people to feel comfortable advocating to the Legislature ... It's not something that people do every day," Miller said. "By trying to make it simple and approachable, providing some information for [people] to then

go and take that step to email [their] representative, I think it makes a big difference in the long run."

350 Spokane hosts local community events, organizes rallies for climate change and appears at other organizations' events.

Free documentary screenings and discussions are one of the events that draw many attendees, according to Slavik.

"Every year we try to host between two to four documentary movie screenings," said Slavik. "We usually try to do it at the Magic Lantern Theatre downtown. And if we can, we like to get a discussion panel. It's a popular event for us."

Miller said one of the most successful rallies was in 2019, which was a global event that was coordinated by many groups but headed by 350 Spokane.

"We started at Riverfront Park, and we marched downtown with a big group of people and then we ended up at the tribal gathering center near City Hall," Miller said. "Gov. Inslee was there and spoke at that event."

350 Spokane has also been involved in the local shift away from fossil fuels and toward renewable energy sources.

"In 2018, we were the main group that led a campaign to get the city to commit to 100% clean electricity by 2030," Slavik said.

The campaign was successful and has

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CRES

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group discussions.

"The way she teaches, it's like she's learning with us," said Saleayah Wheeler, a first-year student at GU who is pursuing a CRES minor. "I like that we can talk about our personal experiences. As a student of color here at Gonzaga, she makes me feel comfortable in that environment."

This sort of comfort is the atmosphere Calafell said she tries to foster in her classes and the CRES department as a whole. Calafell said when she was in college, she struggled to find places where she felt welcomed as a student of color. She said she hopes CRES can serve that purpose for GU's students.

"One of the biggest needs that we fulfill is we create a home, an academic home, as well as a space where students of color feel supported," Calafell said. "My goal has always been to be a mentor to students and to create spaces in which they feel that they can express themselves."

In addition to her teaching role, Calafell has also published research papers and written or contributed to books on topics

related to her field of study.

"I hope [readers] take away that I actually care and that I'm trying to make the world a better place; I'm not just trying to complain," Calafell said. "I hope people take away that I'm very actively engaged in the struggle. I'm an activist. I care about social justice."

Calafell said that for the past three summers, she has been working with the National Communication Association to advocate for the diversification of people who are involved in editorial boards and journal editorships and receive the organization's Distinguished Scholar Award. She has been recognized for her work with two Presidential Citations from the organization.

In addition to her work with the NCA, Calafell has also been working with the Washington State Department of Licensing to expand its diversity, equity and inclusion efforts.

However, Calafell said the highlight of her time at GU has been her students.

"The students are the best students I've taught at any university," Calafell said. "I just love how smart they are and how much they care. And they want to make change in the world."

As much as Calafell has enjoyed working with GU's students, her time at the university has also been marked by the departure of her two CRES colleagues, who were faculty of color.

"I think that there are things the university could have done to support the department in terms of retaining faculty of color in the department," Calafell said. "There's something there that's really important to consider, like, why aren't the department and the people in it, why aren't they still here?"

Calafell's plans for departure has given students who work with her feeling both happy for Calafell and sad for the loss the department will face next year when Calafell leaves.

Angela Gill, a GU junior who has known Calafell for three years and is minoring in CRES, said she had mixed emotions when she learned Calafell was going to leave.

"On a personal level, for her, [I am] happy — as you're happy for someone that you want to see do well, but frustrated that they let another good one go," Gill said. "Faculty retention rates and student retention rates from minoritized backgrounds, people of color, however you

want to frame that, are really low."

Wheeler also said she was disappointed about Calafell's upcoming departure.

"I'm kind of sad about it because I wish I'd had more time with her as a teacher," Wheeler said. "I'd probably have a lot more to learn from her."

As Calafell prepares to leave GU, she said she is working to tie up some loose ends in the CRES department. Specifically, Calafell has been working to find affiliate professors from other departments who can teach CRES courses next year until new faculty are hired. To help students fulfill the requirements for their CRES minors, she will also teach two classes at GU over the summer.

As she teaches some of her final classes at the university, Calafell said she has words of advice for her CRES students.

"The fight continues for you, in terms of your activism in everyday life," Calafell said. "Don't be discouraged — we always have to adapt to changes, and we have to decide what fights are important to us."

Natalie Keller is an arts & entertainment editor.

DIVEST

Continued from Page 1

GU invests around 5%, or \$24 million of its \$436 million endowment, in fossil fuels per year.

"This [investment] is supporting a trajectory that no human alive wants to see," Gulick said. "It's setting up a future that does anything but embody the justice, dignity and sustainability that the Jesuits advocate for."

To address a concern about the demonstration, Gulick also said that an existing misconception is that divestment from fossil fuel will lead to a tuition increase for students. She said that the investment of funds solely affects the direction of the university's endowment to things like the stock market and not its energy usage, so this action would not have any impact on tuition rates.

Following the group's march across campus, GU sophomore and Fossil Free President Clarinne Kirk spoke about the importance of shifting the blame for climate change from individuals to institutions. Kirk said that as long as GU continues to invest in fossil fuels, its claim of being one of the most sustainable universities in the country is an illusion.

Kirk also said that by investing in fossil fuels, university administration is not honoring the commitments that they have made to the climate, citing the fact that GU was the first university in the United States to support Laudato si', Pope Francis' recent encyclical about action-based environmentalism.

Additionally, Gulick said she is grateful that the club has been able to have open and healthy communication with people such as Chief Financial Officer Joe Smith.

"However, the only commitments we're getting are to have conversations around divestment, and because climate change is such a pressing issue, we need to take action," Gulick said.

Similar to previous sentiments regarding administrative decisions, sophomore attendee Hannah Gangwish said that she wants people with power in the university to be more open and transparent about what they're doing in terms of investing and divesting in fossil fuels.

"We're a university with a lot of great resources and a lot of students who care, and I feel like a university should do a good job of representing their students and working to support their values," Gangwish said.

Clarinne Kirk is currently employed by The Gonzaga Bulletin.

Abby Schreuder is a staff writer.



MYERS GORRELL IG: @myersgphoto

This was the second rally that student group Fossil Free Gonzaga organized this academic year.



MYERS GORRELL IG: @myersgphoto

The Lands Council will celebrate Earth Day this year with an Earth Fest, which will feature various outdoor activities.

LANDS

Continued from Page 1

They have taken part in planning events for Earth Day for several years now, according to Kat Hall, the Lands Council's restoration program director.

This will be the second year the Lands Council is collaborating with Turnbull National Wildlife Refuge to put on Earth Fest. Attendees can expect activities aimed at fostering a deeper connection with nature by participating in nursery potting, a nature hike, planting native trees and learning more about pollinators.

"When everybody contributes and does something good, they leave feeling hopeful and energized, which is what Earth Day is all about," Hall said.

Last year, Earth Fest had a turnout of more than 100 participants. This year, the Lands Council and Turnbull staff are hoping for an even higher turnout.

"The more the merrier, it's that kind of event," Hall said.

This year's celebration will follow a similar model to last year's and will be held on a Saturday to draw in more participants.

Several organizations will also be represented for outreach tabling at this year's celebration. These organizations include the National Park Service, the Washington Department of Fish & Wildlife, the U.S. Forest Service, Colville National Forest and the local chapter of the National Audubon Society.

Justyce Brant, the Land Council's restoration and SpoCanopy coordinator, said by offering an array of activities, their celebration can be inclusive for all.

"It allows people of all different backgrounds, ages and experiences to feel more connected to the environment around them and to celebrate Earth Day in a way that works best for them," Brant said.

Last year, Brant ran the potting station and is excited to host participants for another year of fun activities.

"I love working with kids and the potting station is so fun because we have a giant pile of dirt and I get to see all these kids getting so excited about planting trees and carrying pots that are half their size," Brant said.

All members of the community are encouraged to participate in the celebration, regardless of having prior knowledge. Each activity will be overseen by a Lands Council or Turnbull representative, ensuring participants receive guidance on the activities. Whether it's tree planting, nursery potting or another activity, this supervision aims to provide a comprehensive understanding of each activity.

"This is a chance for people in the community to do something good for the environment and be a part of the process," Hall said.

For more information about how to sign up for Earth Fest and future events hosted by the Lands Council, visit the organization's website.

Jackie Maness is a contributor.

“

We want to encourage people to feel comfortable advocating to the Legislature . . . It's not something that people do every day.

Trenton Miller, chair of 350 Spokane

350

Continued from Page 1 since been adopted into the city's clean energy goals, which was exciting, Slavik said.

350 Spokane has had shortages of volunteers that have prevented them from hosting an Earth Day rally this year. Instead, they are focusing their efforts on spreading awareness about proposed legislation changes in the upcoming fall election, according to Miller.

The I-2117 proposes to reverse the Climate Act if passed in Washington. This could demolish a cap-and-invest system for carbon emissions that caused many large emitters to restructure their pollution to avoid emission penalties.

"[It] is very detrimental to a lot of the work that we've done," Miller said.

In the face of an issue as pressing and tumultuous as climate change, Slavik said that 350 Spokane continues its efforts to make Spokane a united front that is actively combatting the fossil fuel industry.

"Our goal is to be a climate group for the people," Slavik said. "We're really trying to get everyone to create a fossil-free future."

Holly Fijolek is a staff writer.

Spokane Tribe triumphs over toxins

By BEN VANDEHEY

The asphalt ribbons ahead unfurl into the landscape as the power lines outside my passenger window cast sharp, undulating shadows onto the pale fields. A deer grazes in the distance, the blades of grass bowing beneath its touch. Beyond each rise and fall of the road, the distant Selkirk mountains come into view, their peaks softened by a subtle haze.

A long building appears ahead. Its cream brick walls absorb a warm glow. At the entrance, several pillars stand sentinel and among them, a steady stream of students with backpacks slung over shoulders flow through the front doors. Adjacent to the lonesome structure, a dirt baseball field disrupts the monotony of the surrounding green and yellow grass.

A sign along the fence reads "Home of the Indians."

Continuing my drive — now 40 miles from downtown Spokane — I pull over into a wide turnout and wait for Ricky Sherwood, a member of the Spokane Tribe of Indians.

Sherwood has lived on the reservation his entire life and has no plans of leaving. His black hair falls to his shoulders and a well-maintained mustache frames his weathered face. There's a quiet strength in his presence. A Columbia puffer contours to his form, while underneath, a beaded necklace decorates his neck with vibrant hues and intricate patterns.

After a synchronized nod and brief introductory remarks, I return to my car to follow Sherwood's silver 2003 Toyota Tacoma to the mine site.

The road tightens. Now a slender corridor, it's dwarfed by pine trees that press closely against its edges. The forest gradually thins and my car jolts as the tires now crunch against gravel. Sherwood later tells me that the roads around the mine site are partially paved with radioactive gravel. For years after the mine closed, locals would haul off truckloads of the waste material to grade their construction projects or to pave their driveways, he said. Traces have persisted.

We climb several miles until a terraced, denuded terrain is revealed. The land has been scraped bare and looks uniformly tan, with a turquoise jewel (the mine pit filled with water) in the middle. Heavy machinery stands frozen in action. Thirty-foot piles of waste rock ascend into the vast blue sky as silt fences follow the contour of the land below. An 8-foot-tall fence keeps people away from the site. The federal government recommends spending no more than an hour a day here without proper protection to limit exposure to radiation and radon gas. Attached to the fence, bright yellow signs warn of radioactivity.

The beginning

The uranium deposit was discovered by twin brothers Jim and John LaBret on the evening of April 4, 1954. The two were among hundreds of hopefuls in the 1950s pursuing a \$10,000 bounty. The Atomic Energy Commission would award the prize to any party who discovered major deposits of the radioactive ore.

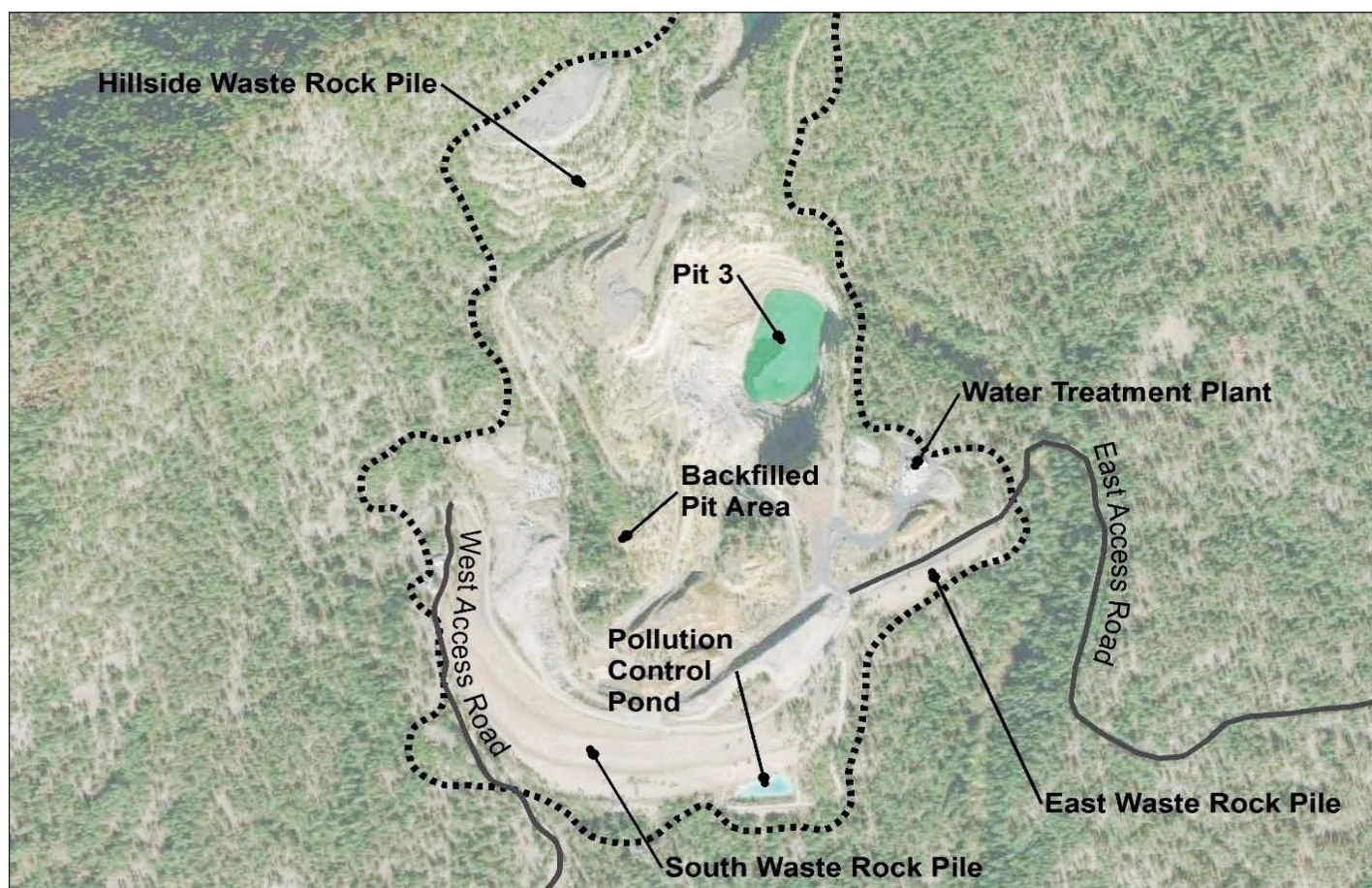
That night forever stamped itself onto the mind of the late Jim LaBret. According to a 1998 interview he did with High Country News, the brothers found themselves tracing a rugged path once frequented by wild horses. Two hours later, they arrived at a rocky outcrop near Lookout Mountain, deep within the expanse of the Spokane Reservation.

"The rocks were glowing green," recalled Jim in the interview. "John had the Geiger counter — we called it a super sniffer — and background [radiation] on the super sniffer was about 15 clicks a minute. But around them rocks there was no way you could count the clicks. It was going crazy. We knew we had uranium."

The LaBrets must have spent the next few hours documenting the location and collecting samples for laboratory analysis. They would call the site Midnite Mine, a tribute to the hour when they completed their preliminary work. The following year, site preparation began for mining operations.

Jim said he never claimed the AEC's \$10,000 but was not shy in his assessment of Midnite Mine's installation when he spoke to High Country News.

"Uranium has put lots of people to



The federal government advises against spending more than an hour a day at Midnite Mine without proper protection.

work at the mine," he crowed. "I think it's the greatest thing that's ever happened to the reservation."

The aftermath

Mining operations from 1955 to 1981 generated 33 million tons of waste rock and 2.4 million tons of unprocessed or low-grade ore (also known as protore). Upon the mine's closure, the tribe's primary environmental concern was the runoff of water from this radioactive material into the surrounding area. Among the six excavated pits on the mine site, two remained open for four years and accumulated this runoff (the others were backfilled with waste rock). As a result, the pit water exhibited contamination with numerous heavy metals and radionuclides, according to findings from the U.S. Bureau of Mines and the U.S. Geological Survey in 1995.

Sherwood and I stood at the edge of one of the pits, its expanse sprawling before us like a scar on the landscape. I shifted my weight. The ground beneath us felt coarse and uneven. My ears picked up the distant murmur of water trickling somewhere nearby. Slowly, Sherwood lifted his arm, gesturing toward the chasm.

"There were no gates around these pits," he tells me. "We had wildlife that drank from those waters and vegetation that could have been impacted as well. These are plants and animals that we harvest."

In 1998, the EPA discovered several groundwater seeps to be contaminated as well, some of which were sources of drinking water for tribe members, Sherwood said.

As a sparrow skims across a pile of waste rock on cue, I ask Sherwood if there have been any studies to examine the impact of the mine's contamination on tribe members' health and the surrounding environment.

His response is measured and somber: "Our region naturally contains high levels of radioactive material. Unfortunately, no studies specifically address the mine."

Despite this, there has been considerable speculation. A public health assessment conducted by the EPA in 2010 shows that people using the mine-affected area for traditional and subsistence activities experience long-term exposure to contaminants that could have harmful effects. Those activities include drinking water from drainages and seeps, ingesting sediments and eating plants, roots and fish.

Yet, tribal members can still only hint at elevated health concerns.

Sherwood's eyes soften with nostalgia as he remembers the late Deb Abrahamson, an environmental activist who left a lasting impact on the tribal community.

"We're all tree huggers but Deb was totally granola and she really fought for our members," he said.

Abrahamson was the founder of the Sovereignty, Health, Air, Water and Land (SHAWL) Society, a grassroots advocacy

group dedicated to community education and developing strategies to address the impacts of radiation exposure. In a conversation with The Fig Tree in 2019, Abrahamson expressed concerns about ongoing fatalities among workers and family members, attributing them to Midnite Mine's contamination. She also highlighted a pronounced prevalence of health issues within the Tribe, including higher rates of cancers, kidney disease, heart disease and neurological disorders.

"Deaths happen weekly — young mothers and two elders last week," said Abrahamson, who died from uterine cancer in 2021. "It's important to address our health needs. Byproducts of radiation continue for years."

Early efforts

Ten years after the mine's closure, the federal government raised concerns about water overtopping one of the pits and ordered Dawn Mining Co., the former operator, to establish and run a water treatment plant to avert overflow. The plant, still in function, channels the treated water to a nearby surface drainage that leads to Blue Creek, coursing through the heart of the reservation. While this effort to capture and treat the water has reduced the amount of contamination leaving the site in surface water, some contaminated groundwater still emerges in the lower drainages which flow into the same creek.

Moreover, for years, the water treatment plant was the only regulation at the site. In 1998, Dawn submitted a mine reclamation plan to the Bureau of Land Management. However, there was no plan to bury the two open pits.

"They were doing good as far as a minimum for cleanup, but not enough was being done for our liking," said David Wynecoop Jr., a tribal council member at the time.

During that period, the tribe had very limited resources, Wynecoop said. Consequently, with the help of tribal attorney Sharon Work, the tribal council formed a team of experts, including hydrologists and geologists, recruiting individuals from the Department of the Interior.

"There were a lot of players," he said.

At the outset, the team focused on acquiring funding to conduct studies aimed at understanding the nature and scope of the mine's contamination. Furthermore, they strived to establish connections with Dawn, but their attempts were unsuccessful. According to Wynecoop, the tribal leadership engaged in talks with four successive presidents of the Dawn organization.

"They all say, 'Let's work together and clean things up,' but they stonewalled us on everything," he said.

Corporate ties

The team of experts and greater tribal community were particularly disturbed by the unavailability of Dawn's majority shareholder, Newmont, Inc., a Denver-based multinational corporation with a significant presence in the gold industry. At the time, Newmont held the title of the largest gold producer in North America and the second-largest globally.

The close ties between Newmont and Dawn extended beyond mere business connections — they shared office space, engaged in mutual service contracts and Newmont held a seat on Dawn's board. Additionally, Newmont provided loan guarantees for Dawn, and Dawn itself had characterized its relationship with Newmont as that of a subsidiary.

Despite the intricate interconnection of these companies, officials from Dawn asserted that Newmont bore neither a moral nor legal responsibility to assist in the cleanup of Midnite Mine. This stance found some support in legal circles within the state of Washington, casting doubt on the feasibility of legally requiring Newmont to contribute.

The situation echoed a familiar refrain for mining activists at the time, such as Will Patric, a Montana-based organizer for the Mineral Policy Center in Washington, D.C. In a 1999 interview with High Country News, Patric remarked on the common strategy employed by mining companies, accusing them of leveraging their influence to coerce regulatory agencies.

"They basically strong-arm agencies into getting their way. Dawn and Newmont have been jerking around the state of Washington and its people for more than a decade," Patric said. "They've made a mockery of state environmental law."

In addressing Newmont's argument of corporate separation from Dawn, Patric dismissed such assertions as baseless. From his perspective, the issue at hand was one of accountability and environmental justice.

Sherwood guides me along the outskirts of the mine site, our footsteps muffled by the crunch of rocks underfoot. The landscape was a patchwork of blanketed tarp and tilled earth. Scrubby vegetation clung tenaciously to the edges of the disturbed soil.

"There's always somebody responsible for cleaning up an old mess," Sherwood said.

However, oftentimes, it's difficult to determine who. A mine's ownership might be divided among companies that faced bankruptcy, those absorbed through mergers and individuals both local and distant.

Following the paper trail can be exhausting.

Ben Vandehey is the online editor. The full story can be found online at www.gonzagabulletin.com.

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Sustainability starts with students

With the recent spike in the weather signaling an early spring, we should be asking what caused a drastic change in the forecast?

According to The Spokesman-Review, last year's high on March 17 was 51 degrees with a low of 20 degrees. The current weather typically comes around April not mid-March.

As you read this, the cause of the increasing temperature is occurring, which is global warming.

While there are other factors at play, the global warming issue is something that desperately needs more attention.

Knowing that people are cynical, including me, we often think one individual being sustainable does not impact the climate. However, it does.

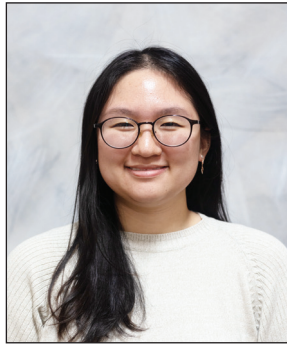
While changing to use renewable energy or composting may not always be an option, there are very simple things that you can follow to change habits to become sustainable and reduce your carbon footprint. I am going to introduce three minor but impactful ideas expecting that anyone who reads this would be able to hop on the sustainable journey.

First, really think before purchasing. In 2023, statistics from Statista say that 23% of women and 19% of men buy clothes that they do not wear.

About 7% of global waste is textiles and only 1% gets recycled when thrown away, according to TheRoundup.

Manufacturing ethical issues are a separate discussion, but spending money on something that might end up in the back of your closet is pointless. Why not just leave it in the H&M or American Eagle store?

You will either keep it, forgetting its existence, or throw it away where it will rot in landfills and produce methane. Because of these outcomes, consider if the



By ESTELLE HAN

clothing product is really necessary before buying.

I am not trying to force anyone to become a minimalist because I also am not. However, when purchasing, use the product to its fullest extent. Imagine every penny that went into that and the gas emissions that would result if you just threw it away.

Not everyone is a DIY specialist like 5-Minute Crafts on YouTube, but there is always an option to donate to places if you can't think of ways to reuse it.

If you do have clothes that you are planning on replacing, next time, donate old ones to thrifting stores where the clothes can meet a new owner instead of tossing them in the garbage bag.

Also, when going on a next errand, consider swinging by the Spokane Refillery. Spokane Refillery is a place where you bring your empty containers to fill either with soap, laundry detergent, or shampoo to reduce plastic.

Not only do they offer nonplastic methods to refill your daily essentials, but they also offer toothpaste,

feminine products and more.

Speaking of throwing stuff away, practice ethical recycling. People often feel obligated to recycle, which is a good thing; however, they don't recycle correctly.

Although cleaning the recyclable product may seem tedious, if you don't do this, you contaminate other items and it all ends up in the landfill.

Any bottles, jars and tubs without lids could be recycled, and papers that are not shredded like magazines and newspapers could also be recycled. Certain products like makeup or glasses are accepted either in Sephora or eyecares in Walmart.

Lastly, with carbon footprint being a big issue, being able to use less of everything is always a good start.

There are many reputable websites where you can check your carbon footprint as well as water usage. These sites provide you with accurate and specific information to your individual life and how you can improve your own habits.

These tips are a direct line to creating more sustainable lifestyles.

A variety of methods could be taken to reduce energy usage, such as taking fewer car trips and using Spokane Transit instead, using less laundry and using less power once you've finished your daily tasks.

I will admit that changing these small habits is tedious and dreary to change, but those changes others made are what make Earth still livable. Every person has room for improvement, so this should be your next signal and a goal to make Earth more green and sustainable.

Estelle Han is a staff writer.

And just like that, "Sex and the City" hits Netflix

In a city as cynical as New York, is it still possible to find true love?

Immortalizing the life and times of single women in their 30s, and romanticizing life in Manhattan, "Sex and the City" convinced me that heels in the Big Apple were practical.

Now that it's on Netflix, the show is sure to go through a period of revival in the coming months.

Between the iconic outfits and scandalous storylines, the show was incredibly progressive for the '90s, depicting sex as a normal part of adult life while simultaneously empowering women to own their sexualities.

The show follows Carrie Bradshaw, a journalist who writes the column "Sex and the City," which is basically the '90s TV version of a blog. She describes her and her friends' turbulent romantic lives all while donning the most fabulous fits in television history.

Other than its take on relationships and female friendships, the show is known for its iconic fashion looks. Carrie's obsession with Manolo Blahnik heels and the way the dialogue lists off designers helped make many fashion houses become household names.

The episode where Samantha Jones tries to buy a Birkin helped make that bag what we know it as today. While



By EMILY NEIMANN

there are definitely some fashion flops, particularly the season in which the costume designers decided to put giant faux flowers on every other outfit Carrie wears, the show boasts an impressive fashion forward resume.

Costume Designer Patricia Field is known for the looks she created and has been nominated for multiple Academy Awards for costume design. There is no way to watch "Sex and the City" without awing every few minutes at the superb clothing choices.

Each of the four main women, Carrie, Samantha, Miranda and Charlotte, have distinct personalities that are reflected in their fashion choices. Unlike many other

"feminist" TV shows, "Sex and the City" doesn't force women into one box or try to make them "have it all."

Charlotte is focused on having a family and wanting a husband, while Samantha prefers her life to be free and single. Yet, the writing doesn't shame Charlotte or Samantha for wanting different things or for being on the extreme ends of the spectrum.

Instead, they're treated as equals, each necessary for making the show what it is and important for telling the story. I've always really appreciated that as a viewer.

Some of the dialogue and particular phrases are a little outdated, but honestly, for a show that discussed the subject matter it did that began airing in 1998, it holds up phenomenally well for a 2024 audience.

As a word of caution, just know that the 2021 reboot does not have Samantha due to some drama within the cast, and ultimately suffers because of it.

Trending on TikTok are videos where users discuss Carrie Bradshaw's worst moments. Without spoiling the show for any new viewers, she definitely makes a questionable decision or two every few episodes. Her entire relationship with Mr. Big was a little frustrating, but even then, I always felt like I understood Carrie.

As I watched Carrie make another

questionable choice, I couldn't help but wonder — would I really do something different?

Across town, Samantha, Charlotte and Miranda all battle their own demons and fail as friends. However, that's the whole point of the show; to give a realistic understanding of what navigating the concrete jungle as fabulous ladies really means.

The strength of their friendship throughout the show is a love letter to female friendships everywhere. Although they have their fights, and their differences, their relationship as friends is more important than any romantic one.

If you're looking for perfect characters, "Sex and the City" is not the show for you, but if you're into "real" people that feel like more than characters in a TV show, I would give it a go. Honestly, it might make you feel better about the status of your dating life.

Spokane is no Manhattan, but it could surely inspire you to start your own girl group with fabulous outfits, and take the destinies of your Saturday nights into your own hands.

Emily Neimann is a staff writer.

The Gonzaga Bulletin

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The battle against burnout doesn't result in an easy victory

Funny story. This article was actually supposed to be written last week, but as I stared at my to-do list, I couldn't find it in me to muster the motivation to start. So, here it is a week late.

Another week of classes has passed and once again another piece of busy work was assigned to take time out of the weekend. As a student, one can expect readings, papers and quizzes to fill their time, but the thing that always sneaks up on us is the discussion posts that barely connect to the class material and the worksheets that take way longer than they should.

It seems that as the semester goes on, no matter how much time we put into making a dent in the pile of work we have, we can never tackle the mountain of assignments while also being healthy, staying involved on campus and having a social life. This leads to feeling swamped, overwhelmed, exhausted and unproductive. It leads to burnout.

Burnout, according to WebMD, is "a form of exhaustion caused by constantly feeling swamped." It is more than stress as it makes you feel more depleted and exhausted than stress does. Usually, burnout comes about from too much emotional, physical and mental fatigue manifesting over a long period of time.

The problem is that I have yet to meet a person who has the key to escaping burnout. I'm sure if you were to ask around, no one would be able to tell you how they do it because it is something that everyone struggles with at least at some point in their lives.

When you search how to



By KAYA CRAWFORD

escape burnout on Google, a few options pop up. It starts with prioritizing self care.

It is suggested that you take a break from what is stressing you out and focus on something that fills your cup. Go for a hike, journal, engage in a hobby you enjoy or do anything that makes you feel happy. Eat healthy, sleep and take care of your mind and body.

Another suggestion to get rid of burnout is to seek out people who recharge you. Being around people who know us well helps us because they can offer advice and help us find what has led to being burned out in the first place. We can spend time with the ones we love instead of stressing about the to-do list.

A different way that people have tackled burnout is by changing their perspective on what is causing them to feel burned out in the first place. It comes with being self-aware and changing your attitude toward that which stresses you out. Small changes in mindset allow you to shift from stress to productivity.

Although professors can be intimidating, it is important to communicate your needs if you

have reached a perilous level of stress. Generally, they will be receptive so long as you can formulate a clear and respectful email.

These are just some of the ways people have escaped their burnout, but I think it is important to note that there is no one perfect formula to stop feeling swamped. We all have different experiences and strategies to help us feel more productive, but I doubt there is a person out there who has the perfect strategy to get rid of burnout.

That being said, you shouldn't feel ashamed if you are struggling to muster the motivation to start on your homework. Burnout is something that every single person struggles with. The fact that there is not some magic cure to make you feel motivated again proves how much of an issue burnout has become.

Burnout is not an isolated issue and perhaps we should prioritize our wellbeing over productivity to prevent the phenomena from happening. Overall, it will come down to changes in how we learn and tackle the list of all we have to do. But, for now, know it is alright if you can't find a place to start on your to-do list because burnout is something that a lot of people are feeling right now.

Kaya Crawford is a sports editor.

Restaurant cooks up good Karma

By HOLLY FIJOLEK

The small nook on Boone Avenue that once was home to Tasty Bun, a popular restaurant among students, has recently been filled again with customers flowing in and out of the doors since the opening of Karma Express Indian Cuisine.

The restaurant's reputation has carried with it some loyal customers who frequent the owners' other six Spokane locations. Deepika Dhawan, head chef, and her husband, Manoj Kumar, own these restaurants together, with Kumar's first location opening in 2010 and Dhawan joining the partnership later on.

As a fan of Tasty Bun herself, when Dhawan saw the restaurant sitting empty, she knew that it would be a great investment.

"One day I came over and I was like, 'Oh wow, this shut down?' But then I knew," Dhawan said. "We always wanted to have a location around the campus near students."

For Dhawan and Kumar, this location was meant to be something special and unique from the other locations they own. Free Wi-Fi and printing have been added as a way to make students at home, Dhawan said.

"We want to feed [students] and let them be happy and healthy in their food choices," Dhawan said. "In here, you can see that the naan is included in the tray, compared to other restaurants with [higher] prices. It's because this is all for the students."

The pricing of the menu continues to reflect these more affordable options, as Dhawan said she wants to bring Gonzaga University students food made from the heart while still accommodating their budgets.

"I want to feed students with reasonable prices, so they feel as if they are at home," Dhawan said.

Bulldog Bucks are on the horizon for the restaurant as a payment option for students on dining plans at GU. Kumar said as soon as he and Dhawan heard of the opportunity to be involved in the Bulldog Bucks program, they made it happen.

"We have already signed up," Kumar said. "We are hoping to have them working in the next week, but on our part, the paperwork is all ready."

As a mother with teenage daughters, Dhawan said she wants to be a presence that provides campus the same comfort of food as what fills her home throughout the week.

While teaching her daughters to cook traditional food, Dhawan spreads her knowledge of spices.

"Don't think that all spices added make yummy food, that is the wrong idea," Dhawan said she tells her daughters.



RACHEL TRUSSELL IG: @racheltrussellphotography

Karma Express serves comfort cuisine at an affordable price, with naan included with many dishes.

"Instead, you have to play with spices." Dhawan said her passion for cooking and wealth of knowledge was gifted to her by her father growing up.

"That's my passion," Dhawan said. "I love to play with the things my dad taught me when I was 12 years old. My dad is the one who teaches me cooking. He is my inspiration."

Dhawan went through cooking challenges with her father, where she was encouraged to make a meal out of the simplest ingredients.

"He always told me, 'OK, open up the fridge, take two ingredients and make something,'" Dhawan said. "That's how I started my journey. So, for me, it's the challenge. I love it."

With her experience cooking with challenging and sometimes not ideal ingredients, Dhawan said she is able to offer a range of menu items customized to the needs of any customer with accommodations.

Dhawan said this has been put to the test at other Karma restaurants, where she has been asked to accommodate a large allergy list. On one occasion, Dhawan cooked for a family whose dietary restrictions included yogurt, chicken and peppers. However, after receiving the list of restrictions, Dhawan said she committed herself to making food that everyone could eat.

"So many family members of the party

became our regulars now," Dhawan said. "They remember that I did special food for them, and I love it."

Dhawan said she makes herself available for employees and customers and is only a phone call away when there is a request for a food item.

"You can ask at the front counter, and if they don't get it, they can call me and I will be available to make it," Dhawan said.

Dhawan has expanded her menus to offer gluten-free and vegan options, and plans to add more allergy-friendly and popular items as they are requested. The menu should be customized by students and for students, Dhawan said.

This location already features a special wrap, that is a part of the to-go options that put the "express" in the restaurant name. The wrap is customizable to include whatever fillings a customer desires, Dhawan said.

Despite all of Dhawan and Kumar's menu flexibility and restaurant expansion, Dhawan said there are some core values of service and quality that remain their principle. Authenticity, quality and health of customers are the priorities of Karma Express service.

"I have success, but still I take my time and I look at the quality and quantity," Dhawan said, pointing to her heart. "The quality for me, it's right there."

Luca Morones-Calcagno, a second year student at GU, said he was eager to try the

new cuisine. The large menu of pastries and naan bread were what stole the show, Morones-Calcagno said.

"I think my favorite thing was the naan bread," Morones-Calcagno said. "I really liked that it came included with the tikka masala."

Morones-Calcagno said that he thinks the new restaurant also offers a new variety to campus dining options.

"I definitely think it'll add a new experience for people to expand their options and try different things," Morones-Calcagno said. "People can start to figure out what kinds of foods they like, and also explore the different spice levels with their dishes."

For students, the restaurant is a great option to grab a quick bite despite it being slightly expensive for bigger meals, Morones-Calcagno said.

"They stay true to their name, Karma Express, because it was very fast," Morones-Calcagno said. "It'd be beneficial if students want to grab and go with food. It's a quick and easy way to get into Indian cuisine without having to break the bank too much."

Karma Express is open from 11 a.m. to 9 p.m. on Tuesday-Sunday at 829 E. Boone Ave.

Holly Fijolek is a staff writer.

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

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Solution to Last Week's puzzle 3/31/24

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

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Los Angeles Times

Sunday Crossword Puzzle

Edited by Patti Varol

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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TO THE CONTRARY

By Dennis Nullet

<p>ACROSS</p> <p>1 Letters and such</p> <p>5 S. Korean gaming spot</p> <p>11 Boxing ___</p> <p>15 Manager</p> <p>19 Patron saint of sailors</p> <p>20 Responsible (for)</p> <p>21 Pay (up)</p> <p>22 Doozy</p> <p>23 Toys that may improve dexterity</p> <p>24 Zombie armadas?</p> <p>27 Make grooves in</p> <p>29 Baby's noise</p> <p>30 Winged figure in Christian art</p> <p>31 Bad press?</p> <p>38 Marsh plant</p> <p>40 Salvation stimuli</p> <p>41 Book after Joel</p> <p>42 Rhubarb dessert</p> <p>43 Object of veneration</p> <p>44 New York Dolls genre</p> <p>45 Dog's bane</p> <p>49 Scary place?</p> <p>55 Ultradevoted fans</p> <p>57 Feish</p> <p>58 Like a fashionable arrival</p> <p>60 Shred</p> <p>61 Grandmother, affectionately</p> <p>62 Elk</p> <p>65 Get in the way of</p> <p>66 Mandible</p> <p>69 Square dance halls?</p> <p>72 Lounging spot</p>	<p>DOWN</p> <p>3 Squad whose colors match the New York City flag</p> <p>2 Scads</p> <p>3 Like jumping without looking</p> <p>4 On the wrong end of the score</p> <p>5 Subject of a 2006 demolition</p> <p>6 Movie theater</p> <p>7 "Totally gnarly!"</p> <p>8 Honor for David and Victoria</p> <p>Beckham: Abbr.</p> <p>9 Iberian "Hello"</p> <p>10 Rx order</p> <p>11 Monopolized a conversation</p> <p>12 With everything counted</p> <p>13 Higher power?</p> <p>14 "Golly!"</p> <p>15 Mel who voiced Bugs Bunny</p> <p>16 Intake opposite</p> <p>17 Idle computer state</p> <p>18 Belligerent</p> <p>25 Finishes with buttercream, perhaps</p> <p>26 ___ and means</p> <p>28 Tres plus cuatro</p> <p>109 Irish actor Stephen</p> <p>110 Color of corroded iron</p> <p>113 Wash gardening clothes?</p> <p>120 Capital of Fiji</p> <p>121 "Bridgerton" actor ___Jean Page</p> <p>122 Like a class presentation</p> <p>123 Evening affair</p> <p>124 Place to tie up</p> <p>125 C in C</p> <p>126 Yard border, perhaps</p> <p>127 Hit on the green</p> <p>128 Sister of King Charles III</p>	<p>48 Colorado town near</p> <p>Snowmass</p> <p>50 Bald eagle, e.g.</p> <p>51 Coastal inlet</p> <p>52 Happening place?</p> <p>53 Actor Peters of the "X-Men" franchise</p> <p>54 "Silas Marner" author</p> <p>56 Humerus locale</p> <p>59 Malleable metal</p> <p>62 Wright brother</p> <p>63 Like many drones</p> <p>64 Sleeper duds, for short</p> <p>65 British ___</p> <p>66 Sour from experience</p> <p>67 Big 52-Down</p> <p>68 Strauss piece</p> <p>70 Actor Holbrook</p> <p>71 Got ready to drive</p> <p>74 Minimal</p> <p>75 Strong alkaline solution</p> <p>78 Job for many an action hero</p> <p>79 Situp muscles</p> <p>81 In the least</p> <p>82 Elements in live edge wood slabs</p> <p>83 Complete devastation</p> <p>84 Soothsayer</p> <p>85 Village People song covered by the Minions</p> <p>87 Wild and crazy</p> <p>89 First name in the freezer aisle</p> <p>90 Perform first</p> <p>91 Not new</p> <p>94 "Straight Outta Lynwood" singer</p> <p>97 Ballad penner</p> <p>98 Gym closet contents</p> <p>99 "Yes ___"</p> <p>100 Gives the go-ahead</p> <p>101 Poodle pampering place</p> <p>102 Grab power</p> <p>103 NFLer supported by Sourdough Sam</p> <p>104 Yard border, perhaps</p> <p>105 Natives of the Central Plains</p> <p>106 Sam of "Jurassic Park"</p> <p>107 Microwaved</p> <p>111 "I can't ___"</p> <p>112 Show gumption</p> <p>114 "Please explain"</p> <p>115 Time often named for a leader</p> <p>116 Baking soda amt.</p> <p>117 "___ do ___"</p> <p>118 Bon mot deliverer</p> <p>119 Morsel</p>
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Local farm plants seeds of hope

By KAITLIN SMITH

For Phillip Moore and Shaneese Dunigan, farming didn't have to include acres of land and huge equipment. The couple started Courage to Grow Farms LLC with 10,000 sprouts of microgreens in their living room and a vision.

Courage to Grow was formed in 2018 when Hillyard natives Moore and Dunigan were inspired by social media and the book "The Urban Farmer" by Curtis Stone.

"Around 2017, small-scale farming started popping up on my YouTube feeds and whatnot," Moore said. "I started watching a couple videos and it piqued my interest. I talked to Shaneese about it, and she and the kids bought me Curtis Stone's book."

Moore said that he and Dunigan were attracted to the lifestyle of small-scale farming, and started off by growing microgreens in the kitchen of their duplex. After reaching out to local chefs and farmers markets, their operation gained popularity. This prompted the couple to expand their practice to outdoor spaces, and to look into creating small-scale farms in other areas.

In 2018, Moore and Dunigan began farming on four plots of land around Spokane, all of which were borrowed from their owners to be farmed for the season.

"The point is that you can find little plots of land all over," Dunigan said. "And I think as this idea has grown, more people are interested ... The idea is being more supported as it's being proven."

As the cause picked up more traction in the local community, Courage to Grow began operating more of these small-scale farms to produce a wide variety of vegetables. Eventually, the brand began to operate under a business model known as Community Supported Agriculture.

"It means just what it says, that our community supports



Courage to Grow was started by Philip Moore and Shaneese Dunigan in 2018.

us by allowing funds upfront," Dunigan said. "And then in turn we offer vegetables. The idea is that if you help us by supporting us in the time of need ... we deliver veggies as a service and generally at a lower price than you would find at your local market."

This type of community support for farmers and agriculture is the capstone of Courage to Grow. Dunigan said she and Moore aim to inspire people to support local farmers, and also gain the courage to take on the small-scale farming model.

"Our mission is quite literally to have the courage to grow farms and farmers," Dunigan said. "We knew when we started that we needed more farmers and more farms."

Currently, Courage to Grow has eight different small-scale farms in operation, as well as a homestead farm that the couple purchased in fall 2022.

"It's been really nice to finally own our own land and be

farming the actual land that we live on," Dunigan said. "The idea is to share the experience in the future."

The farms they operate under Courage to Grow have a large focus on sustainability. The farming practices they use are aimed at reducing waste and respecting the land they work on, according to Dunigan.

"Our ultimate goal is to create all the inputs we need and use all of what would be considered waste, and turn it into an input somehow," Moore said.

Some of the practices Courage to Grow employs are using water retention to cut down on the amount of water the farms use, as well as no-till practices.

According to Dunigan, there is one thing that seems to be missing from their farm: a tractor. Courage to Grow does not use tractors in any of their farming practices, including harvesting. The harvester that the farm relies on is run by a drill.

In addition to practicing this environmentally conscious form

of farming, Dunigan said she and Moore are involved with Spokane area school districts to educate children about the benefits of small-scale farming.

"We've taught classes on small-scale farming and microgreens," Dunigan said. "Generally, microgreens are 40 times the nutrient density of their mature counterparts."

Dunigan said the agriculture industry can be daunting for smaller farmers, especially when these smaller farms are focused on sustainability. She said Courage to Grow navigates the agriculture world by maintaining respect for their big-ag counterparts, and relying on their community for support.

"Offering direct-to-consumer produce is huge for a small farm," Dunigan said. "To survive, it's really important for farms to have community supported agriculture where we are able to work directly with our customers. At the same time, we really acknowledge that large agriculture is just doing what

they know, and we respect our fellow farmers that are in Big-Ag."

Offering their services throughout five counties in Spokane and North Idaho, Moore said that he and Dunigan see their greatest impact on the community as the accessibility to farmers and farming that Courage to Grow provides. Working to make the agriculture community more tangible for the everyday consumer allows for a greater appreciation and support for small farmers, according to Moore.

"Everyday we go around and we tell people what we do, and they're like, 'The farmer will deliver to my door? I didn't know that was something that could be done,'" Moore said. "Creating that personal relationship with the consumer is really important."

Through Courage to Grow, Dunigan said she advocates for this type of small-scale farming to be implemented in many different facets, from homeowners' associations to schools. Dunigan places an emphasis on how easy it is to get started, and the good that small farms and farmers can do for the community and the planet.

"Inspiring people that we can start a farm in 30 days and have food growing in 60," Dunigan said. "We believe that can be done all over the United States, and every HOA should employ this idea to have a farm ... Every school should have one of these if there's enough land on the school. One acre can feed 300-500 people."

From sprouts in a living room to a full-scale agricultural project, Moore and Dunigan focus on the impact that their farming practices have on everything from the environment to the people next door, hoping to grow a happier, healthier community one vegetable at a time.

Kaitlin Smith is a staff writer.

Self-care tips to sustain yourself and the planet

COMMENTARY

By EMMA OKUNIEWICZ

Every now and then, everyone needs a self-care day — an "everything shower," thorough skincare and a face mask to end a busy week. If you're anything like me, though, you neglect to think about what's actually in the products you buy and how they affect both you and the environment.

Environmentally and eco-friendly products can be easy to find (or make) as long as you know where to look and what to look for.

It's nearly impossible to walk into the Target beauty section and not run into an array of pastel-packaged face masks. If you've yet to find one you love or want to look into more sustainable options, you could opt for (and hear me out on this) DIY face masks. Of course, just like any face mask you buy at Target, there's the possibility that a homemade one won't have the best ingredients for your skin specifically. However, I think it's worth trying.

One recipe I saw frequently during my research was an oatmeal and baking soda mask. It seems easy enough: 2 teaspoons oatmeal and 1 teaspoon baking soda in a bowl, plus a few drops of water to make it a paste consistency. Oatmeal and baking soda both have exfoliating properties that could be beneficial if you want to treat clogged pores and dead skin.

Another recipe that is said to help with exfoliation and dry skin is a brown sugar scrub mask. You simply mix 2 tablespoons brown sugar with 2 tablespoons of coconut oil.

I chose these two since they seemed

easy and included items most people have sitting in their cabinets. However, there's an abundance of homemade face masks and skincare online which is worth looking into.

If you're striving to be more conscientious about products that are environmentally friendly (plus actually good for you, without harmful chemicals, additives, etc.), it can seem really daunting and difficult. Checking ingredient lists on products is a pain and takes up way more time than you probably want to spend in store aisles.

One super easy way to determine if the products you're purchasing are safe and healthy, is to purchase an app that does it for you.

There are lots of apps with the purpose of checking ingredient lists on products and analyzing them. One that has high ratings is the app Yuka. Users can scan the barcodes of both food and cosmetic products, and the app will give an analysis of the ingredients within the product, highlighting the negatives and positives. From there, the app will also recommend healthier alternatives.

This product could be especially useful for hair products and avoiding products with parabens, synthetics and sulfates, which are definitely something to look out for and avoid, even if you don't have an app such as Yuka.

Sulfates, for example, are most commonly found in shampoos. Sulfates are not only harmful to your hair since they strip away moisture and make your hair frizzy, but they also have negative environmental impacts. Sulfate products



RACHEL TRUSSELL IG: @racheltrussellphotography

Check for harmful ingredients in self-care products with apps like Yuka.

often result in particulate matter in the air (small polluting particles) and contribute to the acidification of water and soil, which is damaging to ecosystems.

Parabens have also been found frequently in hair and skincare, which have adverse health effects, including drying out your hair and disrupting hormones.

With summer right around the corner, it's also worth bringing up sunscreens and purchasing ones that are good for both you and the environment.

For one, make sure to avoid sunscreen containing oxybenzone. Generally, this shouldn't be too difficult as most companies have stopped using the chemical. However, it is still permitted in the U.S., so it's worth remembering.

Another recommendation is to avoid

spray sunscreens. For one, they can make it more difficult to cover oneself fully, but more importantly, they can contain dangerous inhalants. These can include benzene, titanium dioxide and zinc oxide, which have been previously linked to cancer since the lungs struggle to clear the nanoparticles.

Trying to find products that are both healthy for you and the environment can seem overwhelming, but hopefully some of these tips can make the process a little less daunting.

Emma Okuniewicz is a staff writer.

Experience the great outdoors at these local spots

COMMENTARY

By CLARINNE KIRK

Pro or novice, water-lover or hiking enthusiast, adrenaline junky or meditator, no matter how you prefer to connect with the outdoors, Spokane has an option for you. With lakes, rivers, mountains and forests, there are endless options for recreating outside this spring.

Hiking can be a great and affordable way to connect with the outdoors and get some endorphins in the process. For hikes closer to campus, Dishman Hills Natural Area and Riverside State Park are two great options with miles of forested trails, interesting rock faces and elevation gain. Dishman Hills Natural Area is near a bus stop, making it an accessible option for those without a car. Riverside State Park is only a 20-minute drive or 35-minute bike ride from campus, yet offers stunning views of the Spokane River, tucked between jagged, tree-lined cliffs. Riverside State Park provides a variety of recreational activities, including hiking, trail running, kayaking, picnicking or even camping, with campsites available from \$25 a night.

Liberty Lake Regional Park also offers a variety of outdoor activities and is only about 30 minutes away

from campus. For more avid hikers, the Liberty Lake Loop Trail is a great option at 8.4 miles and 1,500 feet of elevation gain. This hike passes across creeks, through dense forests, next to a breathtaking waterfall and onto ridge lines with stunning vistas of the lake and forest below. You may even catch a glimpse of deer, moose or black bears during your expedition. Liberty Lake also has a range of short hikes, mountain biking trails and equestrian trails. For those more interested in spending time in the water, Liberty Lake features swimming and boating access for the hotter Spokane days.

For those interested in exploring beyond Spokane, the Panhandle National Forest, which spans across Idaho's panhandle and into Eastern Washington and Western Montana, has over 2.5 million acres of preserved forest to explore. One popular option is Beehive Lakes, a pair of alpine lakes nestled into Idaho's Selkirk Mountains. The hike around the lake is a 6.5-mile out and back that features 2,000 feet in elevation gain. A 3.5-hour drive from campus, Beehive Lakes is a great place for backpacking or camping to split the drive between a few days while enjoying a night under an untainted starry sky.

If you'd rather connect with the outdoors in the air

than on the ground, Minnehaha Park, a quick 10-minute drive or 20-minute bike ride from campus, offers over 70 routes on granite, including options to boulder or top rope. A 25-minute drive from campus, Rocks of Sharon provides over 60 routes of sport, trad and mixed climbs with stunning views of the valley below.

Flow Adventures hosts many opportunities to get on the water for those of any experience level or adventurousness. Individuals interested in kayaking can rent gear for \$55 a day, sporting any kayak adventure they may choose. For the adrenaline junkies, Flow Adventures also guides participants through the Spokane River's rapids on white water rafting trips for \$75 per person. Pangea River Rafting offers rafting on the Spokane River or, for those interested in larger rapids at a more remote location, they also guide participants down the Clark Fork River near Missoula, Montana.

Clarinne Kirk is a news editor.

Zags host Portland as WCC's top two teams face off in weekend series

By CAM MCCANN

After a series sweep over San Francisco, the Gonzaga University baseball team (14-19, 10-2 WCC) finds itself inching closer to first place in the West Coast Conference.

The Zags are set for an all-important weekend series against the Portland Pilots (22-12, 8-1) for first place in the conference standings.

The series will be played at GU's Coach Steve Hertz Field, where the Zags have lost one game all season. GU's most recent home game ended with a dominant 22-7 win over Washington State University.

On the other side of the matchup, Portland is 12-7 on the road this season and are 5-3 in three-game road series on the year. The Pilots' most recent series win came against San Diego, two games to one.

GU's form in conference play has seen it outperform expectations, as the Zags were originally picked to finish sixth in the conference by the preseason coaches poll.

The Zags boast an abundance of new faces, which has made ripples in the conference. GU is able to surprise teams with stellar pitching, to go along with explosive hitting from players like Payton Knowles, Donovan Ratfield and Vincent Temesvary.

Knowles, a freshman infielder, has been a crucial addition to the team, batting .333 in 63 plate appearances. His role on the team has expanded over the course of the season as he continues to stay hot at the plate.

Knowles slowed down a bit in GU's most recent series against San Francisco, but held a multi-game hit streak in four games leading up to the series, going a combined 11-for-16 in that span.

In addition to Knowles, both Hudson Shupe and Max Coupe have given GU valuable at-bats against San Francisco and Santa Clara. Coupe and Shupe are both batting over .300 on the season and have a .891 and .836 OPS, respectively.

Another new face is two-way player Jordan Hamberg, who has quickly become a player to watch on GU, contributing 11 runs on the season while batting .255. Hamberg has also made six appearances on the mound, where he owns a record of 1-1.

In his most recent outing against Washington State, Hamberg hit a towering



The Zags celebrated after defeating Washington State 22-7 in a nonconference game at home.

three-run home run, while also pitching two scoreless innings against the Cougs.

Against Portland, GU will likely go with its usual weekend pitching rotation of Liam Paddack, Miles Gosztola and Justin Feld. Feld's most recent outing against USF saw him go six shutout innings, while allowing just three hits. His ERA of 3.22 is GU's best.

Gosztola and Paddack also gave up three hits and no runs through the first six innings in their outings against USF. This rotation put together a stellar weekend for GU's pitching staff, but the first-place Pilots will provide a greater test for the Zags.

Portland boasts the best pitching rotation in the conference, highlighted by standouts Sam Stuhr and Nick Brink. The two have made nine starts each, with a combined 12-3 record. Brink has pitched 57 innings throughout the season while Stuhr has made it through nearly 49 innings, and

the two have allowed a combined 58 runs.

Tanner Douglas is another elite pitcher for the Pilots, sporting an impressive 1.77 ERA across 14 appearances, while also racking up six saves on the season. Douglas is 2-0 on the season and has allowed just five runs and 10 hits in 20 innings pitched. Carter Gatson is also a pitcher to look out for, with a 2.32 ERA in 42 innings pitched, good for the second-lowest ERA in the conference.

In the lineup, Portland has a number of hitters that will challenge GU's staff. Portland features six players batting over .300 and recently scored 16 runs against preseason WCC favorite Santa Clara.

Jake Holcroft has been consistent for Portland, starting in all 33 of its games while notching 33 runs on the season. Holcroft is batting a team-best .345, while also bringing in 25 RBI. The fifth-year senior outfielder

scored on four occasions in his last two outings and also brought home four more runners against San Diego.

Ben Patacsil is another key player for Portland, with the senior infielder having just been named WCC Player of the Week. The Pilots have now had a player earn WCC weekly honors in each of the last three weeks.

While Portland's weapons on the pitching and offensive sides of the ball will pose a threat to the Zags, GU will be ready to compete, entering the series on a seven-game win streak. After originally being projected for a sixth-place WCC finish, GU now has a chance to take sole possession of first place with a series win over Portland.

Cam McCann is a staff writer.

Maxwell and Kaylynn Truong drafted to WNBA

By KAYA CRAWFORD

Two Gonzaga University women's basketball players heard their names called in the second round of the 2024 WNBA Draft Monday evening.

Brynna Maxwell was drafted above projections as the first pick in the second round and 13th overall to the Chicago Sky.

Maxwell is the seventh player in GU women's basketball history to be drafted, and the ninth player to sign to a WNBA team.

During her two-year career at GU, Maxwell was named All-WCC First Team both years. She scored a 3-pointer in every game this season and broke the program record for most triples in a single season with 95.

Maxwell spent the first three years of her collegiate career at Utah before transferring to GU for her last two seasons of

eligibility. While at GU, she shot 42.7% from 3-point range and had 377 triples to contribute to her 1,979 points.

The shooting guard finished second in the nation for 3-point accuracy in her first season with the Zags and was second-best on the team in scoring, averaging 14.2 points per game.

In the 2023 season, the Sky finished eighth in the Eastern Conference with a record of 18-22. They will play their first game of the season on May 4 against the Minnesota Lynx.

Kaylynn Truong was drafted ninth in the second round and 21st overall to the Washington Mystics. She became the 10th Zag to sign with a WNBA team and the eighth to be drafted.

During her five years at GU, Truong appeared in 161 games, the most of any Zag in program history.

Truong is second in program history in assists with 623

and 10th in points with 1,508. She averaged 11.4 points and 5.8 assists per game in her GU career.

During the 2022-23 season, Truong was named 2023 WCC Player of the Year and an Associated Press All-American.

The Mystics ended the 2023 season with a record of 19-21 and were seventh in the Eastern Conference. The Mystics open their season on May 4 against the Atlanta Dream.

Maxwell and Truong join former Zags Courtney Vandersloot, Vivian Frieson, Kayla Standish, Katelan Redmon, Haiden Palmer and Jill Barta as players who have been drafted into the WNBA.

Kaya Crawford is a sports editor.

Rodgers' racket causes a stir on the influence of athletes in politics and social movements

COMMENTARY

By CAM MCCANN

With the 2024 election coming up, presidential candidates have begun the process of vetting potential running mates. Some names involved in these discussions include the likes of Ben Carson, Kamala Harris, Elise Stefanik and Aaron Rodgers.

Yes, you heard that right, the 40-year-old veteran quarterback was named one of the potential running mates for Robert Kennedy Jr., according to preliminary reports from numerous leading news outlets.

The former Super Bowl MVP and current New York Jet has seemingly made a second career in appearing on podcasts and talk shows, giving one controversial political opinion after another.

"I don't want the government telling me I can't smoke a cigar, I can't have a drink of alcohol, I can't choose my own medical decisions," Rodgers said in a 2022 interview with commentator Bill Maher. "Don't f—ing tell me what to do. Government should not have a decision that infringes upon my own personal freedoms."

Some consider Rodgers to be a growing problem in athletics, where athletes get to use their platforms to push their own political agendas. Many have criticized current Los Angeles Laker LeBron James in the past for making his political beliefs known.

Fox News commentator Laura Ingraham's infamous "shut up and dribble" comment showcased a right-wing reaction against James' beliefs. Even former Republican President Donald Trump during his presidency commented on the all-time NBA great's political opinions.

"He may be a great basketball player, but he is doing nothing to bring our country together," Trump said of James.



Jets QB Aaron Rodgers was named a potential running mate for Robert Kennedy Jr.

While athletes such as James have had their beliefs refuted and have been told stick to sports, other athletes have actually gone on to have a career in government and politics.

Steve Largent was a Pro Football Hall of Famer and Seattle Seahawks legend who served as a congressman from Oklahoma's District 1 from 1993 to 2002. He was a member of the Republican party and won over 60% of votes each term he ran for.

Largent's presence in government as a former athlete was a welcome one, and his background in football seemed more of an aside rather than an entire identity. After losing the race to be Oklahoma's governor

in 2002, he decided to end his political career.

Largent's political career after his tenure in the NFL shows there is a possibility for athletes in politics, but Largent demonstrated a genuine capability as a government representative. This differs from athletes who merely speak on politics and whose beliefs are not always based in facts, or seek to push their own agenda.

There are multiple athletes who make political statements with more than just words, and any conversation about politics and athletics would be remiss without the inclusion of former San Francisco 49ers quarterback Colin Kaepernick.

Kaepernick is an example of potential issues of athletes in politics. His action to take a knee during the national anthem was, at first, a polarizing yet powerful message regarding America as a country. However, it only resulted in the worsening of tensions between Kaepernick and the American public.

Kaepernick sought to bring people together, but the controversial delivery of his actions resulted in increased division. While his message may have had good intentions, he became too polarizing a figure for an organization to feel comfortable welcoming into their team.

Now, Kaepernick has helped to fund three social justice-based organizations: Know Your Rights Camp, Ra Vision Media and Kaepernick Publishing. Additionally, he has received multiple awards, including GQ's "Citizen of the Year" and the Sports Illustrated Muhammad Ali Legacy Award.

Despite his influence, Kaepernick will likely go down in history as the man who took a knee and got kicked out of the NFL. His story, even with how potentially uplifting it has become, was covered more for its controversy than anything else.

While athletes shouldn't be exempt from political platforms, it is necessary to determine the difference between an athlete with genuine political aspirations from an athlete who merely seeks to push their agenda. While political activism around the sports world is not an inherently problematic idea, it should be understood to be separate from the game being played.

In a perfect world, a game can be allowed to just be a game.

Cam McCann is a staff writer.

Bring back Spike: Return a live canine to The Kennel

COMMENTARY

By ANDERS SVENNINGSEN

At Gonzaga University, we've evidently got that dog in us. Our men's basketball team has won the West Coast Conference Tournament 21 times and been regular season champions more than 20. Our women's basketball team has had 15 NCAA Tournament appearances, including five Sweet 16 finishes since 2010.

The Kennel undoubtedly has that dog in it, too. You'd be hard pressed to find a more spirited student section this side of the Mississippi. GU had the longest home winning streak in college basketball for a reason; at the heart of every student is a triumphant passion for excellence and persistence.

What could possibly be missing from this equation? An actual dog.

Spike is a brilliant mascot, an icon, undeniably capturing GU spirit and reigning supreme over all other mascots; there's simply no question. But whatever happened to the little bulldogs that used to represent GU before the machined fabric and padded felt?

A brief Google search yields the storied history of Spike, chronicling transformation and change over the decades, bringing us where we are today. GU has been represented by dozens of individuals brave enough to suit up in the heavy, sweaty mantle of the ferocious bulldog.

There was even a period in the '80s where it was instead "Captain Zag," a saber-rattling, crowd stirring phenom wielding the bright torch of GU spirit, but he couldn't stay forever.

But before all this, in an era almost lost in GU student lore, there was the age of the live canine.

Google is dry when it comes to this period — it's not ancient history, but it's comparatively ancient — as the time before the '80s is murky at best. Yet, the basic facts remain untarnished by time. GU used to have a real, live bulldog present at basketball games.

It's adorable to picture the squat form, tongue out, panting hard, its characteristic pouting bulldog face and baleful eyes staring skyward while cameras in McCarthy pan to place it on the jumbotron in all its hefty glory.

So just why did this beautiful creature go the way of the dinosaur (in terms of GU's mascot choice)? Legend has it, a bulldog named Salty ran out onto the



JOSHUA GARCIA IG: @famedflicks

Prior to the modern version of Spike, GU had a live bulldog at home basketball games.

court, burying his cute little face in the referee's ankle. And if Salty were still around today, there've been a handful of calls wherein I'm near certain he'd be tearing around the court, out for blood.

Jokes aside, this incident prompted discussion among university administrators, who felt it best to modernize the brand and bring a mascot who could do important things like stand at the top of a cheer pyramid and wield a giant plastic megaphone (though you can't convince me Salty wasn't built like that).

Dogs get especially frightened in crowds, and there are a lot of people, myself included, who want to ensure a mascot isn't living in terror and facing routine retraumatization at the hands of those it represents.

But I think we should bring that dog back to GU. We have our glorious champion of the crowd, a jerseyed crusader for stunts and pranks who ratchets up the energy and dynamism to critical moments — but we're missing the heart and charm of the bulldog spirit.

On a long, cold day in Kennel Campout waiting outside until the game starts, I don't think there's anything I'd enjoy more than a floppy bulldog

sauntering over, greeting students with hearty pants and offering belly-rubs.

It does not necessarily need to attend every home game, but instead might act as an ambassador. In the stressful weeks before finals, it could make an appearance in the John J. Hemmingson Center or Foley Library. It would have so many cute photo opportunities, I know it would have all the care in the world.

Humane considerations are vitally important, and I think GU is in a more than comfortable place to provide a happy life for one dog, especially one uniting a campus. Even if it's too complicated a task for the university alone, there's opportunity for partnership, perhaps with SCRAPS, Spokane County Regional Animal Protection Service, or similar organizations to raise awareness about animal welfare and raise a mascot.

GU has unequivocally had some unparalleled dogs around these past decades, so isn't it time to bring back into the fold the ones we left behind?

Anders Svenningsen is a staff writer.

GU SPORTS CALENDAR

Friday, April 19

- Women's golf at WCC Championships, Bremerton Washington, (three-day tournament)
- **Men's tennis vs. Pacific, 10 a.m.**
- Women's tennis at San Francisco, San Francisco, California, 11 a.m.
- **Baseball vs. Portland, 6 p.m. (three-game series)**

Saturday, April 20

- Women's rowing at Washington State, Pullman, Washington, time TBD
- **Men's rowing vs. Washington State, time TBD**
- Women's tennis at Santa Clara, Santa Clara, California, 12 p.m.
- Women's soccer at Seattle University, Seattle, Washington 2 p.m.

Sunday, April 21

- **Men's tennis vs. Santa Clara, 10 a.m.**

Tuesday, April 23

- Baseball at Washington State, Pullman, Washington, 6 p.m.

Wednesday, April 24

- Track and field at Drake Relays, Des Moines, Iowa, all-day

*Home games in bold



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Jimmy Johns is hiring at the following locations:
-6515 N. Division St. (north Spokane) - Inshop & Drivers needed needed for weekdays & weekends
-2931 E. 29th Ave. (south hill) - Inshop & Drivers needed for weekdays & Sundays
-10829 W. Sunset Hwy. (Airway Heights) - Weekend drivers from 10-2 / Tuesday drivers from 11-2 / Thursday drivers from 11-2

Contact Courtney at SpokaneJimmyJohns@gmail.com to receive an application and to take next steps in the hiring process.

Babysitter Needed


Looking for a babysitter for our grandson, high functioning special needs 3 year old. The hours: 7pm to midnight one or two nights a week. Special needs background is ideal.

Contact: 52roberta9@gmail.com or 509-768-8767

Seeking Legal Representation

Seeking certified Lawyer to assist Chronic Pain Patients. Recently Federal DOJ required Alabama to REMOVE "Sobriety" requirements in order to receive health care. We wish to pursue this matter in Washington State, by requiring them to remove current sobriety requirements placed on Pain Patients and only Pain Patients, just as the DOJ did in Alabama, citing the violation of Civil Rights and Protected Class Laws.


Please Reply to: ThomasBertschcdfsr11@yahoo.com




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