

The Gonzaga Bulletin

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A new chapter

Elected president and vice president prepare to take over GSBA and the GU community

By THEA SKOKAN

After only two years at Gonzaga, sophomore Braden Bell knew he was ready to serve the community as Gonzaga Student Body Association (GSBA) president and he couldn't think of anyone better to do it alongside than co-worker and friend, junior Charlotte Low.

Following in the footsteps of last year's election, campaigning and voting was done online with students able to view photos of candidates on Instagram and submit ballots through Zagtivities.

Now, as they've been officially elected, Bell and Low are excited to see their ideas come to life next year.

"Braden and I sat down before we ran to build our campaign to see what we valued and what we wanted our guiding words through next year to be," Low said. "Those words turned out to be advocacy, community and hope."

Low said she hopes to build back some of the traditions that underclassmen may not have even experienced yet.

"Community was a big part of our platform," Bell said. "Before I even ran for president we had such a strong community on GSBA and I realized, wow, I want this for the people around me, for the GU community."

He said believes to get back to those traditions and a place of some normalcy, GU will have to work hard next semester to move things from hybrid to in-person and address some of the larger issues facing the school.

"The pandemic has revealed a lot," Low said. "There are a lot of things we need to wrestle with and reckon with that existed before the pandemic, but were highlighted within Gonzaga as an institution especially."

She said it wasn't just a single moment and for that reason GU needs to continue the conversation while recognizing that it isn't necessarily their voices that need uplifting but the rest of the voices on campus.

As GU enters into the rebuilding phase, Bell said he agrees and hopes to hold the GU administration more accountable.

"In regards to race, sex and those identifying factors, those issues were always there, but COVID exposed them," he said. "This is a great time to address those issues and change GU's culture and set a precedent for the future for how to handle these situations in a timely and respectable way."

With more ambitious tasks and goals on the table, Bell often thinks back on the smaller wins that kept him going. Bell was on the academic committee and wrote the bill that proposed the spring break resolution. While they originally pushed for two extra weeks off for students, the few reading days they were awarded still



CODY BUCKLEY IG: codypb

SEE GSBA PAGE 3 Braden Bell and Charlotte Low pose as the newly elected GSBA president and vice president.

Calling all Swifties: Taylor's version of Fearless

By THEA SKOKAN

"I found time can heal most anything, and you just might find who you're supposed to be," Taylor Swift sings in the second track of her rerecorded second album, "Fearless." The line rings as true now for Swift as it did in 2008, and maybe even more so for her now adult fans who were barely 10 years old the first time they ever heard the Swift described "whimsical, effervescent, chaotic" album.

Swift's venture into rerecording her early albums came not even two years ago after a heartbreaking contract dispute for Swift and her fans in which she lost the rights to everything she recorded with

her previous label Big Machine Records. The dispute sparked a movement among fans who coined #IStandWithTaylor, demonstrating the kind of aggressive loyalty that can only be achieved by people who grew up alongside the 31-year-old singer.

It wouldn't be hard to see this as a purely calculated revenge move against Scooter Braun and CEO of Big Machine Record Scott Borchetta. The same fierce loyalty that created a Twitter movement could and probably will, translate to a dramatic drop in listeners for the version of "Fearless" not owned by Swift. For her, however, this reproduction has become

not only a labor of love, but a way for her to fully appreciate the Grammy-winning album that produced hits like "You Belong With Me" that have and will continue to transcend generations of fans.

The album is almost a carbon copy of its 2008 version, Swift masterfully copied each note and pronunciation. Nevertheless, over 10 years later her voice has improved noticeably. Swift's tone is deeper and richer and the twang of a 16-year-old in Nashville, Tennessee, just can't quite be replicated.

"Fifteen" hits just as hard as it did in 2008. There is something so heartbreaking about the candidness of knowing absolutely

nothing and trying to be someone in spite of that. "In your life you'll do things greater than dating the boy on the football team," Swift sings in a way that's painful even well into your 20s, as it's easy to underestimate yourself at any age.

There's something that feels deeply personal when listening to "Fearless (Taylor's Version)." For the past four years Swift has been in a long-term relationship with boyfriend Joe Alwyn and the result has been beautiful, melodic love songs and break-up songs written about fictional characters.

SEE SWIFT PAGE 6



PHOTO COURTESY OF CATHOLIC CHARITIES OF EASTERN WASHINGTON FACEBOOK PAGE

Gonzaga University and Gonzaga Prep partner with Catholic Charities of Eastern Washington to build a housing development for families experiencing homelessness.

Creating a safe haven

By SYDNEY FLUKER

Catholic Charities of Eastern Washington, Gonzaga University and Gonzaga Prep have joined together to create the Gonzaga Family Haven. The Gonzaga Family Haven is a 73-unit permanent supportive housing development on the corner of North Foothills Drive and Hamilton/Nevada Street, located in the Logan Neighborhood.

Gonzaga Family Haven will be for families experiencing homelessness and will feature wraparound services. These services include on-site social workers, peer support relationships, case management, personal health and wellness classes,

health and substance abuse counseling and treatment, access to health care, among other programs.

Gonzaga Family Haven also features many amenities to benefit the wellness of the families. Indoor recreation space, a bike and pedestrian trail, community garden, dog park, reflection space, childcare facilities and more will help foster the community this partnership is striving to create.

Sarah Yerden, director of marketing and communications at Catholic Charities, is one of the staff members handling the public relations aspect of the project.

SEE CHARITIES PAGE 2

GU COVID-19 cases rise

Off-campus COVID-19 cases rise after Final Four celebrations, marking the highest they have been

By DEVAN IYOMASA
AND LILLIAN PIEL

COVID-19 cases at GU are the highest they have been this school year. The positivity rate for COVID-19 cases in the GU community has been sitting at an overall rate of 1.36%, although this past week the positivity rate has jumped to 8.2%, with 87 cases.

On Tuesday, students received an email containing a letter from the Spokane Regional Health District (SRHD) saying the number of positive cases at GU have more than tripled following Washington's move to Phase 3.

"We attribute these increases to several factors: increased patronage in bars, restaurants and other social venues; the warmer spring weather leading to loosened restrictions on social gatherings; COVID-19 fatigue that has resulted in reduced mask wearing and social distancing; and COVID-19 variants that appear more easily transmitted between people," the letter said.

The SRHD urged students to "take a pause" on social gatherings outside the household for the next week in order to lower case levels and avoid the re-implementation of Phase 2 guidelines.

The letter also announced that as of April 15, all adults over the age of 16 will be eligible to receive the COVID-19 vaccine and GU students and employees will have the opportunity to get vaccinated in the Martin Centre Field House on April 19-20.

GSBA President Fese Elango and Vice President Taylor Sipila released an email March 31 condemning the actions of those who attended the mass gathering in response to the GU men's basketball win against UCLA.

"COVID is not over because we decide that we are over it, and the pandemic

doesn't take a break to celebrate basketball victories," the email said.

The email pointed out the effects the events had on the health and safety of the greater Spokane community, especially those who are a part of more vulnerable populations.

"Gonzaga is a high socio-economic status, predominantly white university situated within a lower income, elderly, BIPOC community and the privilege associated with being a Zag was made loud and clear after yesterday's events," the email said.

Elango and Sipila's email concluded by urging those who were in attendance March 30 to quarantine and get tested for COVID-19.

Students have taken to social media to express their disappointment with fellow Zags who attended the party.

Sophomore Ashley Rubio posted a TikTok that included screenshots from students' public Instagram accounts to bring the incident to the university's attention.

"In order for [GU] to do any action they need a lot of feedback or people speaking up, so I was like alright TikTok is very popular amongst everyone right now, so I'll just make one showing all the photos that students have posted of them being at the couch burning and rallying in the Logan Neighborhoods," Rubio said.

After posting the TikTok, Rubio said she received a mixture of positive and negative feedback, including her post being briefly taken down by TikTok for allegedly violating community guidelines.

"It's just not fair, especially with all the recent things happening with police brutality within the U.S., and we have GU students willingly taking photos with

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Spokane PD,” Rubio said. “It was just very frustrating to me and I just didn’t feel good staying silent about it, so I knew making a TikTok would get more people’s attention.”

Rubio said she is concerned about returning to in-person instruction for the fall semester due to her observed lack of accountability on behalf of the administration.

“I don’t know how much GU can enforce that or what consequences they can give because obviously it doesn’t seem like they give any consequences to anything that happens on campus whether it’s related to COVID-19 or the racist acts on campus, it just doesn’t seem like they do anything,” Rubio said.

In response to the couch burning incident during the mass gathering of students after the men’s basketball win against UCLA, Kent Porterfield, vice provost of student affairs, said students identified as being involved in the incident will be under investigation for code of conduct violations.

Taylor Jordan, the Clery compliance and behavioral intervention team coordinator, said that COVID-19 cases are increasing largely because of more students going to local bars and restaurants, as well as multihousehold indoor gatherings.

In Spokane County, the two-week case rate is at 167.7 per 100,000 people, according to the SRHD website.

Porterfield said he worries about students being fatigued and numb to messages from the university about COVID-19 safety, and encourages students to get through the final stretch.

“There really is something special about the culture, there really is a ‘Zags help Zags’ kind of culture here and I think sometimes we have to pause for a moment and put it into that context,” Porterfield said. “Is our behavior helping other Zags?”

When cases start to reach 200 new cases per day, Porterfield said, that is the point where we would have to move back to Phase 2, which would impact end of the year activities, such as commencement. Currently, the rate of new cases is 145 to 160 new cases per day in Spokane County.

“I don’t have a particular thing that I think is going to turn this around but I can tell you that no intervention is likely to mean that we are going to continue to see an uptick,” Porterfield said.



BULLETIN FILE PHOTO

The reopening of bars and restaurants following Spokane County's entry into Phase 3 of the Washington Recovery Plan has been credited with the rise in COVID-19 cases at GU.

Porterfield suggested that students limit gatherings, gather outside, wear masks and social distance as much as possible when gathering in addition to taking a week or two break from visiting local drinking establishments in order to slow the spread of COVID-19 and decrease the number of cases.

Jordan said students should pay attention to their symptoms, even if they don’t suspect they have COVID-19, utilize the testing resources that the university provides and participate in surveillance testing.

Even if students have received their second dose of either the Moderna or Pfizer COVID-19 vaccine, they will still be required to quarantine unless it has been a full two

weeks after the second dose, Jordan said.

For more information regarding GU’s COVID-19 response, visit <https://www.gonzaga.edu/zagon>.

Devan Iyomasa is a news editor. Follow her on Twitter: @devaniyomasa. Lillian Piel is a staff writer. Follow her on Twitter: @lillianpiel.

CHARITIES

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“Our goal is to create a community with supportive services embedded onsite to ensure that families have a path to move toward stabilizing their lives,” Yerden said. “This unique partnership between Gonzaga University and Gonzaga Preparatory School is truly amazing, and having students onsite will be incredibly impactful on the children and families living at Gonzaga Family Haven.”

Gonzaga Family Haven is Catholic Charities’ 17th tax credit property, meaning the project is done through leveraging tax credits and no private donations were taken. They were awarded \$3 million from the Housing Trust Fund and \$5 million from the Jeff Bezos Family Fund to create this program.

Gonzaga Family Haven is open to families served by various Spokane nonprofits who will go through the homeless family coordinated assessment to be placed, or families who have graduated from the Rising Strong Program, a program that serves families who are struggling with substance use disorder. Rent depends on each family and their situation, with on-site social workers available to work with families if rent ever becomes an issue. Yerden emphasized that Catholic Charities is working with families instead of for them to find the best ways to remove the barriers they are facing in having a stable home or employment.

Bailley Wootton, director of strategic partnerships for the Center for Community Engagement, is one of the main GU staff members involved in the project.

“When the idea of this came up, we were obviously very excited and on board, especially to have something in our neighborhood that also addresses a very important need right now,” Wootton said.

The conversation surrounding Gonzaga Family Haven has been going on for close to two years now. On GU’s side, the concern for more affordable housing was brought up in listening projects through Opportunity Northeast.



PHOTO COURTESY OF CATHOLIC CHARITIES OF EASTERN WASHINGTON FACEBOOK PAGE

The Gonzaga Family Haven is the product of a two-year long initiative brought forth by Opportunity Northeast participants and the increase in need for affordable housing.

Peggy Haun-McEwen, dean of students at Gonzaga Prep, will be moving to be dean of campus at the Gonzaga Family Haven when it opens, tentatively in the fall. The opening date will allow children to begin at their new schools, taking away the stress of starting at a new school later in the year.

As dean of campus, Haun-McEwen will help coordinate with stakeholders and service providers and work as a liaison between Catholic Charities, GU, Gonzaga Prep, the local public schools and the Logan Neighborhood. While she won’t live on campus, her work is centered around the betterment of the campus and the families’ lives.

Ultimately, Gonzaga Family Haven will be influenced by and centered around the families living there. As of right now, most

of the residents have not been identified, so having those specific conversations is hard. Wootton said they have been using focus groups and learning what they can from potential families and families living in other Catholic Charities’ family housing complexes to gather information on how they can best serve their needs. From educational classes to fun ones like art and fitness, the partnership wants to support the overall health and wellness of the families as best as they can.

“In the first year, we’re going to work on creating a foundation and having a warm and welcoming environment for kids where they can get to know one another and build relationships,” Wootton said. “Relationships are key. We really want to get to know families first so that

the programs we develop are informed by residents.”

The goal is to have many opportunities for GU students to get involved, both long- and short-term. Partnerships with the Haven are being explored across campus. The hope is to involve GU students through a variety of curricular and co-curricular opportunities.


“That’s where the partnership with GU and Gonzaga Prep is so hope-filled, is that the students will walk the journey with the families and not just do a one-and-done volunteer shift,” Haun-McEwen said.

As educational opportunity is one of the three pillars of focus for GU’s Opportunity Northeast, Wootton believes that will be a focus with the Gonzaga Family Haven programming as well. Through after school programs, they hope to teach kids about all types of higher education and to encourage them to find what will work best for them. Whether that be a four year university, technical school, graduate school or a different type altogether, the Haven wants kids to feel confident to pursue the education that best suits them. Gonzaga Family Haven is also working with schools to break down barriers to make education more attainable, regardless of what barriers there might be.


For more information or to see live construction updates, visit cceaesternwa.org/gfh. Their website features a brochure and detailed descriptions of the services, amenities, project information and the impact.

“We believe we have to build our way out of homelessness and we’re going to continue to build housing until every family, every child, every person in need has a place to call home,” Yerden said.

Sydney Fluker is a staff writer. Follow her on Twitter: @sydneymluker.



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Accreditation helps decide school-hood

The self-study process ensures students are prepared for success beyond their time at GU

By KAYLA FRIEDRICH

Gonzaga’s reputation as a university that provides a well-rounded, top-tier education doesn’t appear out of thin air. There are a lot of hoops to jump through that make GU the qualified institution that it is today.

The accreditation process is a self-study process that occurs every seven years to verify the integrity of an institution’s education and its mission statement that allows it to keep operating in the way that it does.

The overall goal of the accreditation is to make sure GU is preparing students to be successful beyond their time at this institution.

Ron Large, associate provost and professor of religious studies at GU, is one of the main leaders making this process happen and said it is important in maintaining GU’s reputation as it stands now.

Large said normally, Northwest Commission for Colleges and Universities (NWCCU) would review an initial report put together by people such as himself and from there, members of the NWCCU commission would send a team of evaluators to visit the campus.

“It’s not just assessing where we are right now but it can also be aspirational in terms of your vision, faculty research and achievement, scholarships and all of that is part of the process,” Large said. “They run the whole gamut of who they will talk to.”

All of this is done to gain further insight on how effectively these institutions operate, the NWCCU uses the same assessments and standards for all states and regions that seek accreditation.

Like most everything, the accreditation is going to look a little different this year as it takes on a virtual form but the voices of students, faculty and staff are going to be

heard just the same.

Without this process, GU wouldn’t be able to give out the amount of financial aid that it does do right now.

Beyond the idea that this process is one piece of criteria that allows GU to stand out as an academic institution, Large said this is also one of the largest factors to determine how much financial aid is given out to students each year.

Assistant Dean for Student Involvement and Leadership, Colleen Vandenboom manages assessments of student affairs and involvement and is able to provide that data to the self study that first gets written.

“Any work that we’re doing, we always want to know: Are we accomplishing what we’re setting out to accomplish?” Vandenboom said. “Throughout the year, we do surveys, look at learning outcomes and test things to see if we’re accomplishing everything that we need to be.”

Research and assessments from departments directly dealing with student life are important to Large and the rest of the division.

Vandenboom said there are four main areas that the university will get assessed on, one of which is constructed around the idea of how much of an institutional effectiveness GU is creating.

On Monday a student and faculty forum will be open via Zoom that provides students the opportunity to talk about GU on a broad scale and give their 2 cents about certain aspects of the university that pertain to the categories of the evaluation.

Following these, the staff forum will take place on April 20. Be on the lookout for emails with the Zoom links and further information regarding the overall effectiveness of GU’.

Kayla Friedrich is a staff writer. Follow her on Twitter: @friedrich_kayla.



LILY KANESHIGE IG: @aka.lilyy

The process works to incorporate student voices to create the best GU possible.

“

Any work that we're doing, we always want to know: Are we accomplishing what we're setting out to accomplish?

Colleen Vandenboom, assistant dean for student involvement and leadership



CODY BUCKLEY IG: codypb

Bell spearheaded the bill to add reading days to the spring semester after the cancellation of spring break.



CODY BUCKLEY IG: codypb

Low believes strongly in addressing the housing disparity in the Logan Neighborhood.

“

The pandemic has revealed a lot. There are a lot of things we need to wrestle with and reckon with that existed before the pandemic that were highlighted within Gonzaga as an institution especially.

Charlotte Low, 2021-2022 GSBA vice president

GSBA

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felt like a win, he said.

“That was a super rewarding experience,” Bell said. “We made something in our student group and we were able to advocate for it enough that administration listened to it and recognized students needed an extra day.”


With elections for president and vice president now over, Bell and Low have begun the hiring process for the rest of the executives that will serve on GSBA with them. Applications for these executive positions close this Friday night and are available through Morning Mail and Zagtivities.

They both hope to follow in the footsteps of some of the work done by the current president and vice president Fese Elango and Taylor Sipila, and above all are excited for

the future and grateful for the opportunity.

“I can’t even put it into words, what it means for me to be elected,” Bell said.

Thea Skokan is a news editor.



APRIL 20TH | 6:00PM-7:30PM

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Growth in a year of suspension

When everyone was sent home from college and work at the start of the COVID-19 pandemic, it seemed as though people's lives were about to be very boring.

Stuck at home with no end in sight, it was natural to assume people would watch a lot more Netflix, spend a lot more time on social media and take a lot more walks to escape the indoors. And while these small changes did occur, so did beautiful acts of creativity and humanity.

People took on new art projects and home renovations. Communities came together to support small businesses and those in need. People walked, ran, biked and hiked to explore the outdoors and face new challenges. Online courses were taken and new recipes were tried. New businesses sprouted as people had the free time to foster their dreams.

While it may have felt like the pandemic put everything on pause, it was really a tremendous time for growth.

Looking back, I am grateful for 2020 as it inspired so much growth in my life, however, that was not easy to realize in the moment.

Everyone went through a lot during the last year, it felt as though the world was falling apart before our eyes. From a global pandemic to killer hornets, 2020 seemed to be throwing people every curveball it could devise.

It was hard to find things to be grateful for, every incident that occurred felt like someone was throwing one more log onto the fire.

I was at home for the extended spring break last March when I got the email that I would not be returning to Gonzaga that semester. It genuinely felt like the worst



By CADE HAJOVSKY

I had to finish my freshman year from my childhood bedroom, I was no longer bitter as I knew this was the action that was necessary.

Throughout this last year, I learned to be extremely grateful for what I have in my life. 2020 taught me to cherish the little moments and every accomplishment, big or small.

From sitting on the couch watching movies with my family last April to the feeling of stepping back onto campus in August, I am grateful for the good moments in the last year.

Of course, I cannot try and say that 2020 was the best year of my life. It was taxing and boring, but good things did come out of the stress and never-ending free time.

thing that could happen to me at that moment.

The first thing that 2020 brought me was perspective.

While getting sent home from school felt like the worst thing that could happen to me, two weeks later my mother got COVID-19 and it was as if a new light was shone on the situation. I realized that this new virus was very real and was impacting people's lives. While it was extremely disappointing that

Everyone tried new things during this last year. Being stuck at home sparked creativity for everyone.

I tried painting, and although I cannot say I am good, it is a great form of self-expression. I baked and cooked and tried many new recipes and am thankful my family trusted me enough to try them all.

If this last year has taught me anything, it is to not let fear run your life. I noticed there were so many little things in my life that I never did simply because I was afraid of failing.

Fear is something that became very real for everyone in the last year. A simple trip to the grocery store was something that was seen as extremely dangerous.

This is the way I see my growth in 2020 shining through the most. In the last year, I have tried many things that I never would have done last year, or would have done very hesitantly. I went skiing for the first time since the sixth grade as well as rock climbing, despite my fear of falling.

These challenges, while they may seem minuscule and insignificant on the surface, have helped me conquer fears and pushed me to live my best life, despite being in a global pandemic.

So while I may not look back on the last year with the fondest of memories, I will look back knowing that I have grown tremendously and that I will hold the lessons I have learned with me.

Cade Hajovsky is a staff writer.

Letter to the editor: Inclusivity in the College of Arts and Sciences

"The bus is leaving the station and either you're on it or you're not," said Dr. Frank Gilliam, Chancellor, UNC-Greensboro

These words resonate with us as we see more and more members of the Gonzaga community getting on the equity and inclusion bus. As representatives from the College of Arts and Sciences, we are heartened by President Thayne McCulloh's recent appointments and reorganization to strengthen diversity, equity and inclusion (DEI) efforts at GU.

Now seems to be a great time to share the efforts that we have undertaken in the College to support sustainable actions that are aligned with our mission to empower students to be people for others.

In September 2020, the new dean of the College of Arts and Sciences (Caño) invited faculty, staff and students to join a new council charged with identifying obstacles and opportunities to create a more inclusive community in the College.

One of us (Monlux), along with more than 40 other College faculty, staff and students across disciplines, ranks and identities have come together with the purpose of achieving this goal. We named ourselves Inclusion, Diversity and Equity in the Arts and Sciences (IDEAS) in Action. The "action" part of our name shows that we value action and accountability—ideas are not sufficient to advance inclusion.

Shortly after convening, the members of IDEAS in Action collectively crafted a mission and values statement that



By ANNMARIE CAÑO

describes our anti-racist approach as well as our appreciation and welcoming of people with diverse identities and lived experiences.

In addition, each member identified the area of work that most energized them. Members with shared interests formed working groups focused on the following work in the College: curriculum and course design, faculty-staff-student interactions, diversity in STEM undergraduate programs and faculty/staff hiring and retention.

We collaborate with other units on campus that address DEI including the Office for Diversity and Inclusion, and are fortunate that the new Chief Diversity Officer, Robin Kelley, serves as an ex-officio member of our group.

Since its inception, IDEAS in Action has been busy identifying short- and long-term goals in each of these domains. We



By MELINA MAY MONLUX

meet monthly as a large group to share ideas and problem-solve and each of the working groups also meet monthly to identify goals and share the results of their data gathering.

We expect noticeable changes in the coming academic year as a result of these efforts. But we understand that, in the meantime, our behind-the-scenes work may give the impression that we are not doing anything. Out of a desire to encourage and reassure those frustrated in our campus community, we are experimenting with ways to share our work with others in the College and across the university.

We held our first town hall in January, which began with Caño sharing her experiences of marginalization as a Latina, first-generation college student at a private liberal arts college followed by mini-presentations by representatives from each

of the working groups, who outlined their work so far.

We also launched a website on April 1 that will be updated with our progress quarterly.

While we want to get the word out, we are not interested in just one-way communication. We want to hear from you too! If you have questions, ideas or feedback after reviewing our goals and projects, please feel free to email gucas@gonzaga.edu.

Or join Dean Caño at one of her coffee hours for students to share your thoughts about what we're doing or not doing (email Tara McAloon for more info). For those who are able to commit more time and energy to this work, we welcome additional student members who are College majors or minors to join IDEAS in Action in the fall.

As we continue this work in the College, it is important to us that we hear from as many voices as possible. After all, building inclusive community means that we seek out and welcome diverse opinions. We want everyone on the bus as we leave the station.

Annmari Caño is the dean of the College of Arts and Sciences. Melina May Monlux is a senior biology student.

The Gonzaga Bulletin

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Blessing of sports during COVID-19

Sports are an integral part of the Gonzaga culture. From March Madness and games in the Kennel to pickup Spikeball on Mulligan Field, the students of our university find comfort in the escape of athletics. In a year that has been plagued by countless ills, both social and viral, how can we lean on our favorite calorie-burning activities to soothe our ails?

The most obvious answer is through the television, laptop, or the John J. Hemmingson Center big screen. The camaraderie that being a member of GU during March Madness brings is unparalleled. The fact that a small school in Eastern Washington can make national waves due to the talent of individuals that share our spirit should make anyone proud to be a Zag.

The roar of a stadium or countless people spread across the world cheering after Jalen Suggs' buzzer beater against UCLA underscores the power that sports have. In that moment, no one watching was thinking about the pandemic or the struggles of the year; the whole focus was on that beautiful shot.

Alumni, students and family are all united by a common love of competition and loyalty to the team. That unity serves as a reminder that we are not alone, no matter what we are going through. It seems small and of little consequence, but a run, a 3 pointer or a goal are all chances to stand with the family that GU has created.

The world has been in a tailspin, and it has not been easy to keep a hold on every facet of life. Spirits have dipped and smiles have been



By DAWSON NEELY

hidden, and it is exactly this reason why it is important to grasp each and every chance at a laugh, a cheer or a triumph.

It may be sore, but even losses have the power to keep us going through rough times. It is in the wake of the most contested defeats that pride and solidarity are strongest, when reminiscing on all that was accomplished.

So, no matter how we access sports, they will be there to lift us up. By uniting us to one another, watching sports strike at the isolation and loneliness that COVID-19 has imposed upon us, and the anxieties and strife of the social climate. In a game or match there's no room for outside pressures and worries, only the competition and the talent.

Of course, there's also the opportunity to play the sports ourselves and escape to the exercise, teamwork and fun. Getting outside to engage in pickup pickleball, basketball or any other sport has been a healthy trend throughout the pandemic.

When it began, we were confined to our houses, without much in-person contact for weeks. Then we were allowed to gather outside, and that's when sports became a true savior.

By spending time playing

sports with friends, one benefits in so many ways.

First of all, there is the obvious aspect of escapism. Trying to win a game in a friendly competition centralizes your focus on something fun and away from all the daily stressors that life has consisted of lately.

Secondly, the physical exercise is proven to release endorphins and make you feel relaxed and happy. Additionally, when you're locked in, it's easy to let health go, but getting outside in the sunshine and exerting yourself is a great way to stay healthy, mentally and physically.

Finally, sports can take away the feelings of helpless loneliness by creating an outlet for seeing friends in a safe capacity. Social distance guidelines can be met when outside, which has the added benefit of reassuring cautions about COVID-19.

This last year has not been easy, relaxing or easily understood, but sports have truly served as the perfect release from the surprisingly stressful monotony of pandemic life. As we progress through this next phase of vaccines and doubling down on regulations to stomp out the virus, we should remember the players, and games who made this year bearable, and keep the spirit of sport alive.

Dawson Neely is a staff writer. Follow him on Twitter: @DawsonNeely.

Zoomed out: A Zag's guide to motivation in online classes

Commentary by ELISE JAWED

Hitting snooze is easy when you have nowhere to be, at least when you have nowhere to be in person.

Finding the motivation to get out of bed can feel impossible when you look forward to a full day of staring at your computer screen, jumping from one online class to another. After nearly one year of pushing through hours of Zoom calls, students are struggling to stay motivated in their virtual classes.

Bryce Thomas, the associate director of learning strategies for Gonzaga University, said that this lack of motivation in online classes stems from a less interactive learning environment.

Most students are used to learning in person, experiencing both verbal and nonverbal communication inside the classroom. Sophomore Emily Anderson spent her fall semester learning from her home in Olympia, Washington.

"I didn't feel as connected to my classes, my professors and my classmates," Anderson said. "It is hard to fully be engaged when there's that disconnect."

Zoom does not allow for the same level of engagement as a classroom setting. Nonetheless, Thomas suggests following a few key steps to stay motivated and organized.

- Set goals: what do you want to get out of this?**

Thomas recommends setting goals for yourself prior to beginning your online class. He says that having a goal allows you to have a good sense of direction.

Before attending a class for the first time, ask yourself what you want to get out of the class overall. While getting an outstanding grade is a good objective to have, make sure your academic goals relate to your personal goals as well.

After establishing goals for the semester ahead, set

- daily goals for each class. Think about one thing you would like to achieve before the class ends and work toward accomplishing the task.

Goal setting should be used outside of virtual classes and during study time. Setting goals such as "I will finish my French assignments" or "I will get through a textbook chapter" enables you to focus on a few tasks each time you sit down to study, allowing you to make better use of your time.
- Be intentional with your time**

Alongside goal setting, Thomas said that proper time management keeps students motivated.

"Spend time to organize your time," said Thomas.

Sitting down with your planner or calendar and organizing how you will use your time creates an outline to complete your work promptly. Remember to keep your scheduling practices realistic and consistent in order to create healthy habits.

"It's a lot of times easy to fall into the trap of having high hopes," Thomas said.

Avoid overambitious scheduling by prioritizing assignments based on due dates, and working at a steady pace.

Incorporating free time into your schedule is crucial to avoid feeling overloaded with work. Often people forget to take breaks, so setting aside time for yourself should be a priority. Balance plays a key role in staying motivated because it prevents you from getting caught in a cycle of constant work.
- Consistency**

Hold yourself accountable to following the schedules you create. By maintaining good study routines you create habits for yourself. Thomas said that consistency is crucial to staying motivated through online classes.

- Check in and reflect on your habits**

If something is not working for you, change it. Continuously reevaluate what methods of study help you learn and which ones do not. Remember also to check in with yourself emotionally. Ask yourself if you are pushing your mind too hard.

Anderson said reflecting on her habits and modifying them to better serve her played a crucial step in being a successful student.

"Initially, I was taking classes from my bed," Anderson said. "I set up a desk in my room halfway through the semester with a dedicated space for schoolwork after I realized I needed to adjust how I was studying."

Stepping back and checking on your emotions plays an essential role in staying focused. After checking in on your habits, take action and change the ones which harm your ability to stay motivated.

- Celebrate**

Schedule little celebrations into your study time to motivate you. Whether you reward yourself with a small walk around your neighborhood, a piece of candy or an episode of your favorite TV show, you should celebrate your progress.

Thomas said that an important part of staying motivated is to praise yourself for a job well done.

After you complete a project or take a big test, reward yourself with something meaningful for the effort you put into your education.

Online learning is hard to do. Educators and students alike have had to adapt to a virtual world of education. Thomas said to remember to give yourself grace in your journey through virtual learning.

Elise Jawed is a contributor.

Bulletin Cook Book week 5: Fresh pizza pie

Commentary by VINNY SAGLIMBENI

There is never a bad time to make some homemade pizza with you and your friends.

The thing that makes homemade pizza so much better than store bought or frozen pizza is the freshness that comes with it. Putting all the recently bought ingredients together to make a beautiful pizza pie tends to bring more satisfaction at gatherings, even if the result may not be your original intention.

The joy of cooking with and for your friends is unmatched, so I will be taking you through the steps of making the best homemade pizza for your squad on any given day and time of the week. The example I will be using today is a traditional combo pizza, but like any kind of pizza making, the ingredients can vary from pizza to pizza.

- Ingredients (Trader Joe's and Safeway Prices):
 - Pizza dough (Garlic and herb or regular from Trader Joe's): \$1.20 for 16 ounces (serves two people)
 - Flour: \$3.99 for 5 pound bag
 - Sauce
 - 28 ounces San Marzano Whole Peeled Tomatoes: \$5.99
 - Oregano: \$2.67
 - Salt: \$0.99
 - Pepper: \$2.00
 - Olive oil: Bertolli, \$6.99
 - Condiments
 - Mozzarella cheese: \$8.99 for 32 ounces in bag (ball or block is preferred)
 - Salami: \$5.99
 - Pepperoni: \$5.99
 - Red and green bell pepper: \$0.99 each (weight and price varies)

- Red Onion: \$1.49 (weight and price varies)
- Mushrooms: \$2.99 for 8 ounce container
- Once you have all your ingredients together, the first thing you want to do is prepare the dough. Preheat your oven to 475 degrees, take your Trader Joe's dough out of the bag and lightly flour it on all sides of the dough. Let the dough sit for about 30 minutes.
- Following the dough preparation, you can now begin by making the sauce. Open up the San Marzano Whole Peeled Tomatoes can and pour all of it in a blender. Next, put in your oregano, salt, pepper and olive oil. Typically, you would put a couple of tablespoons of each. Blend it all together until no chunks are left in the sauce. Give it a taste to see how you like it, and add more oregano, salt, pepper and

- olive oil as needed to your liking.
- After 30 minutes have passed, it's time to begin making the pizza. First, roll out your pizza dough until you have a 12 inch diameter in your dough. Next, place your toppings to your leisure, starting with the sauce. Typically, I like to make my pizzas cheesy, so I normally double coat my cheese. How that looks is you go sauce, cheese, condiments and cheese on top.
- With your toppings, make sure they are all spaced out around the pizza so that they can all be evenly cooked. Once all of the toppings are on your pizza, coat the rim of your crust with olive oil. Put it in the oven and cook for 10-15 minutes. Take the pizza out of the oven, let it sit for two minutes, then enjoy.
- Vinny Saglimbeni is a sports editor. Follow him on Twitter: @vimmysaglimbeni.

Universal Crossword

Edited by David Steinberg April 18, 2021

ACROSS

1 Pennie or ziti

6 Hardly flashy

10 Applies carefully

14 What supposedly surrounds Atlantis

15 Texter's "seize the day"

16 Cartman on "South Park"

17 Lamb Chop's puppeteer (see letters 6 to 3 in this answer)

19 "No way" guy?

20 If making a list ...

21 Brunch drinks for short

22 Apply a BBQ rub to, say

24 Yo-Yo Ma's instrument

27 Circulation aid in a room

28 Vacation planner's destination? (9 to 5)

31 Matures, as an orange

32 Title for Ringo Starr

33 With 52-Across, common end for a riddle

36 Like the noble gases

37 Not even so-so

38 Bugged incessantly

40 Gives the go-ahead to

41 Pig such as the 2,552-pound Big Bill

42 "Want me to?"

43 Reaction to cold (6 to 3)

46 Part of some city streets

49 Wee hour

50 Open, as a wine bottle

51 Duke's sports org.

52 See 33-Across

55 Ragout or ratatouille

56 Sign of insufficient sleep, perhaps (8 to 6)

60 Pitchfork part

61 Heche of 1998's "Psycho"

62 Big-city

63 Huskies' haul

64 Train whistle noise

65 49ers tackle Williams

9 More like an older brother, maybe

10 "Been there, done that" feeling

11 Became apparent

12 Beast on old nickels

13 Bloodhound's clue

18 Vegges out

23 Defining period

25 Follower of "happily"

26 Penitent time

27 Unfit for farming

28 "Power" rock group, typically

29 Curling venue

30 Water meter reading

33 "Perhaps, or perhaps not"

34 In tip-top shape

35 Redding who recorded "Respect"

37 Brand of speakers

38 Words of self-pity

39 Cantina bite

41 Signals on the freeway?

42 " _ you asked ..."

43 Looked radiant

44 Skull implement

45 Pool player's target

46 Breaks apart

47 Up to

48 Clip from a movie

51 Part of A.D.

53 Like a junkyard dog

54 "This my day!"

57 Card game with a Batman version

58 Pecan, for one

59 Drop the ball

PREVIOUS PUZZLE ANSWER

LOISE LEAFY PITA

OVUM ALLIED EAR

KEEPIITFIBER AKC

INDICT ASSESSES

REEF HATHA

PAGED BUM MOOSE

ALLS HITANEOWWL

LEI HELIPAD TIA

EXTRAMALLS RENT

OTTER BEE MERGE

REAPS SPUD

HERMIONE ACTUAL

ABA SHORTCHANGE

MET TONGUE PIES

SKI TOOTS EXES

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SAVE THE DATE FOR



Deans' Series:

Dialogues on Democracy

April 22, 2021, 6 pm

Join moderator

Agnieszka McPeak, Associate Dean for Faculty Scholarship & Associate Professor of Law,


Joe Gardner, Associate Professor of Political Science,

Noralis Rodriguez-Coss, Assistant Professor of Women's & Gender Studies,

Kristina Morehouse, Senior Lecturer of Communication Studies

for a dialogue on the state of democracy in the United States leading up to and following the January 6th Capitol insurrection.

This event is supported by the Gonzaga School of Law, Gonzaga School of Leadership Studies, and the College of Arts & Sciences.



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UNIVERSAL Sudoku Puzzle

		2			7	9	3	
		9		6		8	1	
				2			5	7
4					5			
				6	8	9		
			2					6
1	4			9				
	2	5		7		4		
	8	7	4			2		

DIFFICULTY RATING: ★★★★★

Complete the grid so every row, column and 3 x 3 box contains every digit from 1 to 9 inclusively.

Today's puzzle solution

1	6	2	9	5	4	7	8	3
3	9	4	8	7	1	5	2	6
8	7	5	2	6	3	9	4	1
9	8	7	1	4	2	3	6	5
5	4	3	6	8	9	1	7	2
6	2	1	5	3	7	8	9	4
7	5	9	3	2	6	4	1	8
2	1	8	4	9	5	6	3	7
4	3	6	7	1	8	2	5	9

A brave new MCU: ‘The Falcon and The Winter Soldier’ review

By RILEY UTLEY

The Captain America based corner of the Marvel Cinematic Universe has always been fascinating to me because it parallels the issues going on in our world the most. Disney+ has released the newest addition into this part of the universe with the highly anticipated “The Falcon and the Winter Soldier” and it dives into some of the most prevalent issues the United States is facing today.

This show follows Captain America’s best friends Sam Wilson, the Falcon (Anthony Mackie), and Bucky Barnes, the Winter Soldier (Sebastian Stan), as they try to figure out how they fit into their new roles as superheroes without Cap.

The overall show deals primarily with figuring out who has the right to carry the shield and legacy that Steve Rogers left behind. In the first four episodes it has taken on questions about race, supremacy and social justice, all questions that are very prominent in this country right now.

I think one of the best aspects of the show is it has a Black superhero at the center of it, something we have only seen one other time with “Black Panther.” Sam’s journey to figure out his place in the Avengers has been complex and really interesting to unpack. Even though he was given the Cap’s shield he felt like it wasn’t his and I think examining this idea is something that needed to happen.

With Bucky we’re watching a 106-year-old soldier, who spent a long time as a brainwashed assassin for Hydra figure out how to deal with his trauma and fix issues he instigated. Considering it seemed like he had about 20 cumulative words throughout the past four Marvel movies he’s appeared in it’s nice to see some long-awaited character development.

This show has been a slow burn, the development is slow and there are a lot of unanswered questions, but I don’t think that’s necessarily a bad thing. This show was released on the heels of “WandaVision,” and that show was so unexpected and such a shock to watch that seeing something that is very on par for Marvel content may seem bland.



“Falcon and The Winter Soldier” started streaming on Disney + on March 19

However, I don’t think it is bland at all. What needs to be understood is these are two different shows with different tones, and I think that is a good thing.

“WandaVision” is an off-kilter sitcom turned drama we’ve never seen before while “The Falcon and the Winter Solder” is a political action drama meant to fit in with the other three Captain America movies.

Throughout these past four episodes the show has been slowly building up the plot and giving us the time to really get to know Sam and Bucky along with a group of interesting side characters, all of whom might or might not be villains, it’s unclear.

There are three different characters who aren’t quite clear cut good guys or bad guys and I love that. These characters are John Walker (Wyatt Russell), the new Captain America, who is pretty much everything the doctor who created Cap didn’t want, Karli Morgenthau (Erin Kellyman), the leader of the revolutionary group the Flag Smashers and Baron Zemo (Daniel Bruhl), the villain on “Captain America: Civil War” is back but is working with Bucky and Sam.

For all three they have all done absolutely terrible things but then say something or do something that shows there is some good in them. Marvel has been doing this for a while now with its villains, where they have well-intentioned motives, but their execution of those motives is what makes them villains — examples would include Erik Killmonger in “Black Panther” and the Vulture in “Spider-Man: Homecoming.”

Overall, I think this show is super intriguing, especially if what you want is something that resembles a traditional Marvel movie. I think things are really going to ramp up in these last two episodes so buckle up and tune in on Disney+ for the next two Fridays.

Riley Utley is a copy editor. Follow her on Twitter: @rileyutley.

A year like no other in cinema history: Academy Award preview

By ELISE JAWED

We’ve relied heavily on movies and entertainment to carry us through the COVID-19 pandemic, and this upcoming awards season has a lot to show for it. The Academy Awards will determine the best in film entertainment for 2020, and will be hosted April 25. With a more diverse nominee list, and films from a variety of genres, the Oscars prove to be an exciting event to close off awards season.

This year Netflix is entering the Oscars with 35 nominations. Netflix’s “Mank” — a 1930s biographical drama — set the record for most nominated film this awards season with 10 nominations.

The competition among films nominated for best picture appears to be a close race with the most prominently featured nominations being “Nomadland,” “Minari,” “Mank” and “Judas and the Black Messiah.”

The nominees for best director include Chloé Zhao. Zhao is the first Asian woman to be nominated for best director. She is also the most nominated woman in a single year in Academy history with nominations for writing, producing and editing.

“As an Asian American, Chloé Zhao’s nomination for Best Director is really inspiring,” said sophomore Kaitlyn Palacio. “It’s awesome to see representation especially from the Oscars. I think she’s also nominated for multiple awards and that just goes to show how impactful the entertainment industry can be.”

Chadwick Boseman has a posthumous nomination under the category of best actor in a leading role for his work in “Ma Rainey’s Black Bottom.”

“Chadwick Boseman is an incredible actor and has the ability to win the award even after his death,” said Leah



PHOTO COURTESY OF OSCAR'S FACEBOOK PAGE

The Academy Awards will take place on April 25.

Quidachay, a sophomore. “I also hope that the Academy considers all the nominees fairly.”

The other nominees for best actor in a leading role include Riz Ahmed, Anthony Hopkins, Gary Oldman and Steven Yeun.



PHOTO COURTESY OF OSCAR'S FACEBOOK PAGE

Netflix movies will be considered for 35 Oscar awards.

Viola Davis received yet another nomination this year for her leading role in “Ma Rainey’s Black Bottom” alongside Boseman. This is Davis’ fourth Oscar nomination. Carey Mulligan is also nominated for best actress in a leading role for her performance in the

“Chadwick Boseman is an incredible actor and has the ability to win the award even after his death.”

Leah Quidachay, sophomore

controversial film “Promising Young Woman.” The other contenders for the award include Andra Day, Vanessa Kirby and Frances McDormand.

The category of best original song has some heavy competition. The song “Fight for You” by H.E.R. from “Judas and the Black Messiah” proves to be a front runner and highly supported nomination. A more surprising nomination within the category comes from the Netflix comedy “Eurovision Song Contest: The Story of Fire Saga” for their original song “Husavik.”

“Ma Rainey’s Black Bottom” has another nomination in the category of best costume design alongside “Emma,” “Mank,” “Mulan” and “Pinochio.”

This year’s Oscars will be a demonstration of the entertainment industry’s influence during the pandemic and will highlight the best of film from our time spent in quarantine.

Elise Jawed is a contributor.

SWIFT

Continued from Page 1

Take “Exile” on Swift’s second most recent album “Folklore,” a haunting duet between Swift and Bon Iver that details the pain of looking in on a relationship that’s ended like you’re watching the end of a bad movie. “I think I’ve seen this film before, and I didn’t like the ending.” This kind of knowingness is what’s missing from early songs like “White Horse,” the kind of naivete you only find in youthful heartbreak that somehow hurts even worse. “Stupid girl, I should’ve known, I should’ve known.” Fans can’t help but feel a deeper connection to Swift as they listen in on some of the most intimate moments of her life.

In addition to her full Fearless deluxe album, Swift included half a dozen songs “from the vault,” that didn’t make the cut the first time around but are now reworked with the incredible musical stylings of Aaron Dessner and Jack Antonoff. “Mr. Perfectly Fine” is the perfect early Swiftian track. It’s reminiscent of “Tell Me Why,” in which the song is so upbeat you don’t even realize you’re listening to a break-up song until the lyrics cut right to bone. “And I never got past what you put me through, but it’s wonderful to see that it never faded you.”

Perhaps the most fulfilling part of getting to experience these songs all over again is seeing how far Swift has come since. “Mr. Perfectly Fine” is suspected to be about Joe Jonas whom Swift was dating at the time. In her song “Invisible String” on recent album “Folklore,” Swift



PHOTO COURTESY OF TAYLOR SWIFT'S FACEBOOK PAGE

“Fearless (Taylor’s Version)” released on streaming platforms on April 9.

addresses her past singing, “Cold was the steel of my axe to grind for the boys who broke my heart, now I send their babies presents.” This is referencing Jonas and actress Sophie Turner who are married and just had a baby. Swift sent them a hand sewn blanket and a handwritten note. Turner, in turn, posted “Mr. Perfectly Fine” on Instagram

captioning it, “It’s not NOT a bop.”

For a whole generation of “Swifties” navigating adulthood, “Fearless (Taylor’s Version)” means something more than ever. For a whole new generation of 10-year-olds, they’ve just found the soundtrack to the rest of their adolescence.

Favorite songs:

“Mr. Perfectly Fine”

“The Other Side Of The Door”

“The Way I Loved You”

Rating: 10/10

Thea Skokan is a news editor.

GU vs. WSU: The Fawley Cup

The annual race in women's rowing was canceled last year for the first time since its inception, so both teams brought everything they had to win the title this season

By TOMMY CONNOLLY

Testing yourself against the best is how teams separate themselves from one another, this is no different for the Gonzaga women's rowing team, which is why for the last 20-plus-years they traveled south to compete in the Fawley Cup against Washington State University.

The Fawley Cup is a yearly competition that takes place between WSU and GU. The race began in 1991, and takes place at Wawawai Landing on the Snake River just outside Pullman, Washington.

"It's a real tradition race since it has been going on since 1991, and it is an honor to get to do it," Grace Nickas, a junior and member of the first varsity 8 for GU, said. "We are the only two rowing teams on the eastern side of the state, and with them being only 90 miles away it makes it really easy to compete."

GU's showing at the Cup was admirable, with their first varsity 8 clocking in a time in of 7:16.61. GU finished 7.19 seconds behind WSU's varsity 8. The team's one and only victory on the day came in the 3v8 where GU defeated WSU by almost 17 seconds.

Conditions on the day were very challenging, with wind gusts slowing down both teams. "Across the board it wasn't ours or WSU's fastest teams, but it was a good learning experience," Nickas said.

The Fawley cup holds special importance for the GU women's rowing team, especially as last year was the first year since its inception in 1991 that it has been canceled.

"A lot of us know one another from rowing in high school or being from the area," Zoe Calambokidis, a senior on the team, said. "It is always friendly competition against people we know and against a team that is as good as WSU."

A special moment about the Fawley Cup for student-athletes is during the trophy presentation. When the trophy is being presented, each student from both varsity teams goes to the podium and says their name, year and major concentration.

This has been a long-standing tradition at the Fawley Cup and is part of what makes the race feel so special. "It is always really fun to see everyone go up and say their year and major, it's something that is unique to this race," Calambokidis said.

The outcome of the race for the GU women's rowing team may not have been the result they were looking for but winning the race has not always been the goal for GU.

With WSU having international recruits, a bigger



BULLETIN FILE PHOTO

The Zags haven't been able to secure the cup in recent years, but have won plenty of individual races.

team, better facilities and better athletes, a win is often hard to come by. However, winning is only one piece of the puzzle.

"For our team, we always go down the race with the mindset that we have nothing to lose," Calambokidis said. "We expect WSU to have the advantage, and we're the smaller gritty girls who try to keep it as close as we can."

With a team comprised of a mixture of newcomers and high school rowers combined with the inability to row outside for five months during the year, GU rowers have their work cut out for them. This grit and toughness that GU possesses is one of, if not their greatest strength as a team.

"We are a really tough team and we're kind of scrappy," Nickas said. "We are a lot smaller, size-wise, than other

teams but we are still able to post times close to theirs."

With the regular season winding down, GU looked to build on their performance at the Fawley Cup by putting in a solid time at their only home meet of the year, which is exactly what they did.

On Sunday, GU raced against the University of Portland, and put down some of their best times of the season. With conference championships coming up in the first week of May, GU has their oars in the water and their sights set on a strong end to the season.

Tommy Connolly is a staff writer.

Women's golf wins Bobcat Desert Classic

With three golfers finishing in the tournament's top-10, the Zags get a big win heading into WCCs

By ASHER ALI

Gonzaga women's golf captured its first team title of the season at the Bobcat Desert Invitational in Goodyear, Arizona, on Tuesday. The Zags put together a 572 (-4) performance over the two-day invitational at the Golf Club of Estrella, which is the second lowest 36-hole total in program history behind GU's 567 at the 2013 Challenge at Onion Creek.

The Zags' first team title since a 2014 win at The Gold Rush in California was spearheaded by junior Quynn Duong's second place individual performance. She finished up in Goodyear five-under (139) after shooting four-under par on Monday, but was beat out for the competition's top spot by Seattle University's Samantha Bruce. Bruce started out day two a stroke behind Duong before adding another three-under (69) performance to finish out the tournament on top of the leaderboard.

However, Seattle as a team finished in second — 11 strokes behind GU — because the Zags were able to put together a formidable team performance over the two-day tournament. Three GU golfers finished in the tournament's top-10, and sophomore Cassie Kim ended up in the top-20 after she tied for 19th place at four-over (148).

Freshman Mary Scott Wolfe shot two-over on day one, but hit the links with a vengeance on Tuesday and shot a day two low of 68 (-4). She jumped up 15 spots on the leaderboard as a result and finished in a tie for fourth at two-under (142).



PHOTO COURTESY OF GU ATHLETICS

As a team, the Zags shot four-under-par after 36 rounds of golf.

Senior Jessica Mangrobang also stepped up in the tournament's second day to claim a top-ten spot in the final standings. She finished Monday one-over-par and then balanced it out with a one-under-par performance on Tuesday that included an eagle on the Par-5 eighth hole, the only eagle in the entire tournament. Mangrobang broke even with an overall score of 144, and her place on the leaderboard advanced five

spots as she finished in a tie for sixth.

A 150 (+6) performance from junior Frederica Torre rounded out the Zags' lineup in Goodyear. Torre went for par on 13 of the 18 holes played Tuesday, contributing to the 130 pars that GU scored as a team at the invitational, the most by any team in the tournament.

The Zags were also the only team out of the 11 participating to shoot under-par for the course. Both GU and

California Baptist University were tied at one-under-par (287) at the end of Monday's action, but GU pulled away from the field on Tuesday by going three-under as a team (285).

Tuesday's team showing was the lowest team round of the entire tournament, while also matching GU's second-lowest team total in program history from the 2017 Thunderbird Invitational.

The next best performance on day-two came from Weber State University, which shot 293 (+5) to finish in fourth overall. CBU faltered down the stretch following their competitive day-one showing by shooting 297 (+9) on Tuesday, resulting in a third place finish.

Two other GU golfers, sophomore Alyssa Nguyen and junior Kaysa Panke, took part in the Bobcat Desert Invitational as individuals. Nguyen finished in 44th place after shooting nine-over (153), and Panke was 14-over (158) after the two days to land her in 57th place overall.

The standout win at the Bobcat Desert Invitational for GU Tuesday comes right before West Coast Conference Championships. Next week, the Zags will travel to Henderson Nevada from April 22-24 to take on the WCC's best, with hopes of claiming the program's first WCC championship in over 20 years.

Asher Ali is a sports editor. Follow him on Twitter: @asher_ali3.

Join us on Earth Day 2021 for the launch of Gonzaga's new Climate Center!

April 22, 2021
Live Streaming
3:30 pm



Featured panelists:
Jay Inslee
Washington State Governor
Bill McKibben
Founder, global climate action group 350.org
Keya Chatterjee
Executive Director, US Climate Action Network

In response to the threat of global warming — and as an expression of our Catholic, Jesuit, humanistic mission — Gonzaga University is launching the Gonzaga Center for Climate, Society, and the Environment. This new interdisciplinary academic center will serve Gonzaga students and our region by advancing innovative, interdisciplinary scholarship, teaching, consulting, and capacity-building.

Register at:
gonzaga.edu/ClimateCenter



Corey Kispert: Forever a Zag

No. 24 for GU men's basketball will be remembered by the Spokane community for the rest of time

Commentary by
VINCENT SAGLIMBENI

Four years ago, a 6-foot-7, 220-pound forward from Edmonds, Washington, entered the Gonzaga men's basketball team with the hopes of contributing to a then very successful team that just came off a national championship appearance.

Four years later, that player who lived 30 minutes away from Seattle developed into the best small forward in the country, wearing No. 24 for the red, white and blue of GU. That player would turn out to be star forward Corey Kispert, and even he acknowledges the road of development that he took allowed him to become the player that he was for the Zags.

"The other day I was watching games from my freshman year, and I didn't recognize myself out there," Kispert said. "I didn't look very confident, I didn't move my feet very well and I was kind of a liability on the defensive end, to be honest. Four years have come and gone and I'm a completely different player and person now then I was then."

After covering Kispert's journey over the past three years, that was the one thing I noticed most about Kispert over his development. The confidence he was able to instill in himself reflected on the court, as his progression to starting as a fourth or fifth option offensively behind the likes of Rui Hachimura, Brandon Clarke and Zach Norvell Jr. to becoming the leader of the No. 1 team in the country should not go unnoticed.

That progression was shown on both sides of the floor. Kispert's confidence on the defensive side of the ball was quite noticeable, as he became more aggressive with his steals, improving from 0.3 steals his freshman year to 0.9 by the end of his GU career. According to sportsreference.com, Kispert's defensive win shares (a number of wins contributed by a player due to his defense) didn't get below 1.7 after his freshman season, and his defensive rebound percentage went all the way up to 13.9%, his highest during his Zag tenure.

Along with his progression on the defensive side of the ball, it would be simply ignorant to not talk about what he was on the offensive side. Kispert's average points per game increased each year with the Zags, climaxing with an average of 18.6 points per game in his senior year. He finished his senior year with a 25.3 player efficiency rating, a true shooting percentage of 67.4% and a plus minus of 11.4, all of which were big contributions to the Zags' historic 2021 season.

Kispert finished the season with 6.4 win shares, meaning the contributions he



CHIANA MCINELLY IG: picbychiana

Gonzaga basketball player Corey Kispert smiles after a win against USD last year.

had on the team resulted in 6.4 wins this season. Not only was the team winning when he was on the court, but the team was winning off the court due to the guidance provided by Kispert as the leader of the team.

"One thing I really admired about [Corey] is how even-keeled he always is," GU star freshman guard Jalen Suggs said. "He never gets too high or too low. He is always someone that, especially me being my own biggest critic, he's someone I can go to and I know he's always going to keep my mind right and keep me motivated."

The calm and composed competitor in Kispert was one of the main reasons GU had one of its most successful seasons in school history. Finishing a season 31-1 is not easy to do, nevertheless being the person leading that team to those successes. However, like Kispert has done throughout his career, he ascended and exceeded expectations, seeing success individually by being named the Julius Erving Small Forward of the Year, and as a team by becoming the No. 1 overall seed in the NCAA tournament.

Kispert will go down as an all-time GU legend. Not only was he one of the more memorable student-athletes to wear the Zag jersey, but the work he has done off the court will also leave an imprint in the GU community's minds. Kispert's advocating for the end of toxic masculinity along

with his weekly conversations on his faith with Janeen Steer during the Advent and Lent seasons show the well-roundedness of Kispert and the overall person he has become as a student-athlete at GU, and that will always be remembered by the GU community.

No. 24 for the Bulldogs may not be put in the rafters at the McCarthy Athletic Center right away, but the memories Kispert has created and the impact he leaves on GU's campus will last an extremely long time.

"I just want people to remember how much I cared, how much I cared about the red and blue," Kispert said. "You know, being a Zag is much more than just the 40 minutes you put into the time you spent on the floor. It means being a great person off the floor. It means being a great son, a brother, a great friend. And I want people to remember me for being able to do all those things as good or better than I've played on the floor. And I'm hoping that little kids out there look at our team and look at me and realize they can kind of make it and do it the right way, too."

Vincent Saglimbeni is a news sports editor. Follow him on Twitter: @vinnysaglimbeni.

GU SPORTS CALENDAR

Friday, April 16

- ➔ **Men's tennis vs. Loyola Marymount University, 2 p.m.**
- ➔ Baseball at Pepperdine, Malibu, CA, 3 p.m.

Saturday, April 17

- ➔ **Track at Sam Adams Classic, Spokane, WA.**
- ➔ **Men's rowing vs. Oregon State, 9 a.m.**
- ➔ **Women's tennis at Pepperdine, Malibu, CA, noon.**
- ➔ Baseball at Pepperdine, Malibu, CA, 1 p.m.
- ➔ **Women's soccer vs. Pepperdine, 1 p.m.**

Sunday, April 18

- ➔ **Men's tennis vs. Pepperdine, 11 a.m.**
- ➔ Baseball at Pepperdine, Malibu, CA, 1 p.m.

Tuesday, April 20

- ➔ **Baseball vs. University of Washington, 3 p.m.**

All home games in bold

Middle distance runners for Gonzaga women's track keep hopes high for its 2021 campaign

By KATE SULLIVAN

The women's track and field program is now in full swing following great showings at the Whitworth Invitational and Northwest Distance Jamboree in Eugene, Oregon. High hopes for the season come in the form of the middle runners for the Zags.

This spring, the athletes are grateful to be able to attend races this spring, unlike its cross country season that was canceled in the fall due to COVID-19.

"Our biggest focus right now is using track season as a stepping stone to making nationals in cross country," said Liz Hogan, a junior long-distance runner.

The goals for the track and cross country teams overlap, as almost all of the women participate in both, with indoor training between the two seasons. Both the cross country and track teams have gained notoriety in recent years.

"There's been a lot of growth the following year after [hiring new women's head coach] Jake Stewart," said Suzanne Van De Grift, graduate assistant coach of women's cross country and track and field.

"Workouts during XC have been really incredible — the team has transformed," Van De Grift said.

One event that is often overlooked, however, is middle-distance running, which ranges from 800 to 3,000 meters.

Senior Claire Gillett said succeeding at middle-distance running is no walk in the park.

"You have to be really gritty and willing to take risks and put yourself out there," Gillett said. "It's just a different type of competition."

Hogan said middle-distance focuses a lot more on speed, causing those fast twitch muscles to fire.

"Once you get in your zone and hit a specific pace, it's all about strategic positioning," Hogan said. "Your start is really important, and it goes quick so you can't let a mistake ruin your entire race."

Not having the opportunity to race in the fall went better than Gillett thought it would. In her opinion, not having the interruption of races allowed for a lot of quality work in training that otherwise might not have been as measurable.



COURTESY OF GONZAGA ATHLETICS

GU women's track middle distance runner Alyssa Bienfang runs in a track meet.

Gillett will graduate from the nursing program in May and hopes to keep on running after her time at GU.

Alyssa Bienfang, a sophomore, is experiencing her first full track season due to COVID-19. Coming off an injury, the start to her first season has not been without challenges, but she notes that the team has done extremely well.

"A lot of people are making big strides, especially at Eugene. Kristen Garcia set 5k records, Paxton Depoe and Ally Legard had really great times in the mile, and Morgan Greene completely crushed the 800," Bienfang said.

The track and field season is when the athletes get to showcase their skills as individuals and use races as valuable feedback. Middle-distance is a way for the runners to develop speed and mental concentration.

Bienfang explained that middle-distance events require runners to stay extremely engaged. In an 800 meter run,

it is nearly impossible to make up lost distance.

"You can't get back in if you disengage," Bienfang said.

Staying engaged is as much physical as it is mental. Van De Grift, who was a middle-distance runner, describes the thought process of what it looks like to stay engaged during a race.

"You have to put yourself in the race and have to kind of 'stick onto' who you're racing," Van De Grift said. "[It's important to] speed change and move when that group moves. If you don't, you'll get left hanging. Don't detach."

The team currently has many talented middle-distance runners and new names on the top 10 list, which is a school record list of each event.

"The goal is to change the perception of fast for our team; the times they think are fast will be something they can hit," Van De Grift said.

In addition to obvious improvements

in race outcomes and school records, the team acknowledges many behind-the-scenes improvements which have made success possible.

"After the coaching change my sophomore year, there was better recruiting off the bat, more like-mindedness, better team goals and a better understanding of what teams are our competition," said senior Ally Legard.

These changes opened the door for concrete growth on the top 10 list over the past years. COVID-19 has challenged the team, but the momentum and growth cultivated over the past three years does not pose a large threat to the team.

"COVID-19 hasn't impacted track as badly as a sport like basketball. We have not had the same racing opportunities, but we can run from anywhere," Legard said.

The team is already a highly adaptable group, as GU does not have a track. Bienfang said the absence of a track has "pushed us to be creative."

During winter training, the team travels long distances together to practice in indoor facilities.

"In some ways it's been kind of nice. When we do get out to tracks, it's a new experience and the drive is good for bonding," Bienfang said.

The change of scenery can also be a leg up, as runners get to know a variety of tracks and facilities.

Looking ahead, the track and field program is keeping equity at the forefront of the conversation.

"Diversity and inclusion this past year is a huge focus," Bienfang said. "Following the Black Lives Matter protests over the summer, the team is actively looking at how to best move forward and be not only stronger athletes, but also stronger allies."

Saturday, April 17, the team will be participating in the Sam Adams Classic at Whitworth. Results of the meet can be found at gozags.com.

"Honestly [COVID-19] helped a lot of our girls because we were able to come together in a really different way than we ever have. Our team culture grew a lot," Hogan said.

Kate Sullivan is a staff writer.

Gonzaga University

EARTH WEEK

April 19 - April 24

MONDAY

Mostly Meatless Monday @COG lunchtime

"The Eagle and the Condor" @6-7:30 in Wolff Auditorium

TUESDAY

Bee Seed Distribution @11-1pm outside COG

Building a Regenerative Future @12:15-1:30 on Zoom*

Office of Sustainability Tours @3:30*

WEDNESDAY

Thrift Pop-up @11-1pm outside of Hem

Waste Audit @11-1pm outside of Hem

Waste Education Event @11-1pm outside of COG

Earth Week Liturgy @12-1pm Peace Pole

"Cook with Us!" @5pm Zoom *

THURSDAY

Bee Campus Event @9-12pm Hem Rotunda

Local Food Event @lunchtime in the COG

"Lettuce Compost" @12:30-5pm Joan Jundt Lounge

Climate Center Launch @3:30-4:30pm Zoom*

"Colonization, Violence and Climate Justice" @ 6:30-8pm Zoom*

FRIDAY

Raffle for a Solar Phone Charger @11-2pm outside of Hem

Rock the Planet @3-6pm Jundt Amphitheater

Create Awards @4-5 Jundt Amphitheater

SATURDAY

Litter Cleanup @2pm-3:30pm



Learn about events on campus!

* see caption to register



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EARTH DAY APRIL 22, 2021