

Welcome



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PHOTO COURTESY OF ALLIE NOLAND

Boulevard Mercantile is a local thrift store popular with GU students.

By ALLIE NOLAND

Listening to local bands, drinking local brews and supporting a sustainable business. This is what participants of "Boulevard Nights" can expect from a night out.

On the first Friday of every month, Boulevard Mercantile has been hosting "Boulevard Nights: A Band and a Brewery" inside its decked-out, vintage thrift shop located at 1012 N. Washington St. from 6 p.m. to 8 p.m. This successful event typically draws an impressive crowd.

Whether visitors are there for the local music, one-of-a-kind thrifted clothing pieces or to grab a free beer with friends, community is at the core of Boulevard Nights.

Co-owner Daniel Webb said that the idea for this event came from wanting to get to know the community better while highlighting local artists and businesses.

Since the event's launch in May, Boulevard Mercantile has highlighted three breweries — The Hidden Mother Brewery, Brick West Brewery and Bellwether Brewery Co. — and four local artists: Micah Clay, Blake Braley, Lucas Brown and the Folk Crimes and Uh Oh and the Oh Wells.

"Exposing our regular customers to good local music and bands, and then vice versa — exposing the people who are coming to see the bands to good vintage merchandise — was something we were excited to get going," Webb said.

This last Friday was Boulevard Mercantile's fifth night event. With vintage-dressed guests and people of all ages, the thrift shop energy was electric, according to Joshua Martel, an out-of-town attendee.

Lucas Brookbank Brown was the artist of the night. He stood center stage with an acoustic guitar in hand and sang as people slid hangers across the clothing racks, looking for unique finds.

The thrift shop venue provides seats around the artist's stage for those who have finished looking through clothes and antiques or for those who simply want to sit, listen and relax.

"Live music is so great coming out of the pandemic," Martel said. "Being able to look through clothes, listen to live music and have a beer, it's pretty cool. It's special."

The brewery featured this month was The Hidden Mother Brewery, located at 1301 N. Washington St. The brewery featured two beers. Event attendees can walk up, grab a free beer and thrift or sit to enjoy music. The beer stand is donation-based.

Attending this monthly event supports three local elements of Spokane: a business, a brewery and a band.

"We had people come in and buy some items that they were really stoked on while enjoying themselves, and that's all we could ask for," said Holly Smith, store manager Boulevard Mercantile. "We want them to come in and

enjoy each other and buy some cool stuff."

Smith said each vintage piece has a story that holds character. Boulevard Mercantile has one-of-a-kind items and a diverse collection of furniture, clothing and miscellaneous antiques.

Webb and his co-owners, David and Joellen Jeffers, plan to keep this event going after taking a two-month break in November and December, so they can focus on their biggest event of the year, "Shop and Awe," on Nov. 20 from 5 p.m. to 9 p.m.

Boulevard Mercantile's annual shop rearrangement is the business' way of giving back to the community, according to Webb. With free food, free drink, live music and special access to the thrift shop, Boulevard Mercantile wants the community to feel like a part of its store.

The next Boulevard Nights event will be held the first Friday of January in 2022.

Even though there may not be music and free beer everyday at Boulevard Mercantile, the thrift shop is still open for business six days a week, Monday through Saturday from 10 a.m. to 6 p.m. Visit its store location, just a few blocks from campus at 1012 N. Washington St.

Allie Noland is an A&E editor. Follow her on Twitter: @allie_noland.



ALYSSA HUGHES IG: @alysarmhughes

Fern Plant Shop offers a variety of classes, houseplants and plant-related home decor.

By SOFIA SANCHEZ

Looking for some plant decor? A great spot to find some plants is at the Fern Plant Shop.

At Fern, you will find high-quality healthy houseplants, modern ceramic pots and botanically inspired gifts. The store also offers the largest selection of handmade terrariums in the area.

Amy Dolomont and Alex Ekins are the founders and owners of Fern Plant Shop. Dolomont and Ekins both love the beauty of the natural world and serving the local community. They are local entrepreneurs with backgrounds in farming, horticulture and retail.

Dolomont and Ekins wanted to create a community around bringing the beauty of nature indoors. They wanted to offer the community an enchanting retail experience that would be inspirational, fun and rejuvenating.

"At the start of 2020 we were operating a local farm, a handmade gift shop and Fern Plant Shop," Dolomont said. "Once the first lockdown in March of 2020 occurred, we took a few weeks to develop a business plan for the future. Given the level of uncertainty at the time, we made a strategic decision to close the other two businesses and focus 100% on Fern Plant Shop."

They wanted to make sure that they were still providing customers with some amazing plants for their homes while following health guidelines.

GU student Megan Rowley is pursuing her associate of art's degree while she decides what's best for herself. She moved to Spokane from Montana in 2020 at the height of the pandemic when she had finished an active duty tour

with the Army reserves.

Rowley works in the production department of Fern, which includes making kokedama, mounted plants and terrariums.

"For myself, my day is spent in a world of plants and creativity and a lot of repetition, but not in a mind-numbing way," Rowley said. "A typical day includes watering and tending to plants in the morning, weekly inventory, class preparation, re-stocking all three stores of handmade and hand-packaged items and classes, generally multiple a week in the afternoons and evenings. It's busy, but a good busy."

At Fern, Rowley provides terrarium making classes, and workshops on kokedama and mounted plants.

Kokedama is a style of Japanese bonsai where the roots of a plant are wrapped in moss and bound with string. Kokedama are easy to care for and can be made with a variety of plants.

The mounted plant workshop teaches a unique way to decorate one's space by hanging them vertically on the wall instead of the typical horizontal way.

Lastly, the terrariums workshop focuses on building a little plant ecosystem in glassware. In this workshop, instructors teach all about terrariums and how to create unique terrariums, as well as how to care for the new ecosystem.

"I would say the classes are much more for the customers' enjoyment rather than education, which can, with some groups, make actually teaching a bit more difficult," Rowley said. "You have to remember that these are paying customers and you need to cater towards what kind of experience they want to have rather than what you

had planned. Some groups prefer to be educated on each individual part or step in the process, while others simply want to laugh with friends and have fun."

Fern caters to what the customer is wanting to do in the class. Dolomont and Ekins described the class as great fun and that many people sign up with a group to take the class with friends.

The classroom is a gorgeous space with bright natural light, big tables to work on and plenty of room to get creative, as well as other amenities. The workshops are all-inclusive. They are typically 12 people per class, but they can also set up private session classes.

Fern has three physical shop locations: 309 W. Second Ave., 1526 W. Riverside Ave. and one location in Coeur d'Alene. All of the locations are open seven days a week 9 a.m. to 5 p.m. At Fern, the employees transplant your new plant into your new pot for free.

"Fern had a really great atmosphere and the workers were super nice and helpful," said Theo Labay, a GU senior who recently went for the first time. "It made me want to buy all the plants. They also had pots, candles and other good gift items."

Stop by and pick up some plants today or shop online at fernplantshop.com. Students can also join the Loyalty Program and earn points towards discounts at Fern. Its Instagram is @fernplantshop_ and Pinterest is @FernPlantShop.

Sofia Sanchez is a staff writer.

Fall Family Weekend returns after pandemic delay

Since the annual event was canceled in 2020, Parent & Family Crew has stacked the lineup of available events and activities both on and off campus



BULLETIN FILE PHOTO

Parent & Family Crew hosts events and activities for GU families to participate in during their visit.

By KATE SULLIVAN

This October, the Office of Parent & Family Relations will host Gonzaga University's first in-person Fall Family Weekend since the onset of COVID-19. The planners for the three-day event, which starts on Friday, is spearheaded by an undergraduate student and spans far beyond GU's campus. Skylar Jimenez, who is set to graduate at the end of 2021, is the official Fall Family Weekend Coordinator. She began organizing the event in January.

Fall Family Weekend is packed with social events and opportunities to better understand the offerings of the university. Friday's events include a comedy show, a movie showing, a family social following check-in and academic, engagement and study abroad fairs.

Saturday is a celebration of GU's community. The morning events scheduled are academic sessions and a Bowl & Pitcher hike with GU Outdoors.

Scheduled for the afternoon and evening is a family-friendly beer garden, a charity fun run and cornhole tournament, a pep rally in partnership with local businesses and food trucks, men's and women's soccer games and Numerica's Kraziness in the Kennel.

For smaller attendees, Saturday's offerings include inflatable bouncy houses and an obstacle course in addition to special games geared toward children at Numerica's Kraziness in the Kennel.

Kraziness in the Kennel is often the only opportunity for Spokane residents and GU families to experience GU basketball. The event, which begins at 1 p.m., has historically included a scrimmage, a 3-point shooting contest and a dunk contest.

Following Kraziness, at 8 p.m. on Saturday night, the Sophomore Family Coffeehouse will provide an opportunity for sophomore families to connect with one another. This event was inspired by the GU Student Body Association's recurring coffeehouse open mic night every Wednesday in the John J. Hemmingson Center Hemm Den.

"[Family members of current sophomores] were forced to drop kids off and leave, which is really unfortunate and we are all very sympathetic to that and understand that a lot of students and families have struggled to find community here at Gonzaga," Jimenez said.

At the Sophomore Family Coffee House, attendees can expect student performances, a raffle and hopefully a chance to catch up on finding community at GU.

"Some of [the family members] had the opportunity to maybe go to school at Gonzaga," Jimenez said. "Some didn't, so you just get immersed in what it is like to be a student... It's like their own little looking glass into what life is at Gonzaga."

Sunday is relatively relaxed, with a Fall Family Weekend Mass and family departure rounding out the weekend.

During the weekend, the Office of Parent & Family Relations aims to not only provide families a glimpse of life on campus, but also an introduction to the city of Spokane.

Partnerships with No-Li Brewery, which is located just a few blocks off campus, and several local wineries were important for Jimenez to emphasize during Fall Family Weekend.

"We're trying to immerse our families in the Spokane culture, because it is so hidden a lot of the time.... food and beverages are actually a big part of the Spokane culture," Jimenez said.

Even with the special occasion of Fall Family Weekend, the partnership between No-Li Brewery and GU is nothing new. No-Li's Marketing Director Jack Bryant said that it feels like they have been partnering for a long time.

"St. Aloysius's Church sponsored our family from Naples, Italy, to Spokane in 1917," Bryant said. "Since this time, our family has been involved with St. Aloysius Church, GU community events and a number of family members, and countless No-Li employees have graduated from GU. No-Li and GU have a spirit of giving and supporting our community together."



BULLETIN FILE PHOTO

GU families come from all over for Fall Family Weekend.

No-Li has partnered with GU during Fall Family Weekend and other events for the past decade. This year, there is a greater saliency to the event.

"No-Li craft beer culture is centered around community giving and celebration," Bryant said. "COVID had us pull together and find new and creative ways to support each other."

During Fall Family weekend, there are certain events that require additional tickets or registration. The "60x60" Dance Performance, a vocal performance, musical composition performance, Rudolf Fitness Center Family Cornhole Tournament and the aforementioned ZagNation: Miles for Miracles Fun Run can be registered for on the GU website or through email communications from the Office of Parent & Family Relations.

Aside from events, however, Fall Family Weekend provides something invaluable to many families: a sense that their child is growing and adjusting to their new environment.

"It kind of just provides you that sigh of relief that 'oh my gosh my kid's okay,'" Jimenez said.

Now a senior, Jimenez recalls what Fall Family Weekend meant to her own family during her freshman year.

"They get to see the young adult that their student is becoming... they get to see the lives that we've created," Jimenez said. "I'm a biology major, so I was involved in the research fair[my first year] that my parents actually got to go and see and they got to go see my peers present on research that they had done."

In addition to community, an attitude of giving remains integral to the mission of GU, as well as the businesses Fall Family Weekend partners with. Jimenez is currently organizing a donation drive that will take place during the weekend with the help of the Center for Community Engagement.

According to Bryant, No-Li Brewery is excited to be donating 100% of all beer and seltzer sales at Fall Family Weekend to a GU student organization.

A small-town, small-school hospitality feel married with large impact and big goals is something Fall Family Weekend wishes to direct its attention to. A goal which would not be possible without Jimenez's core team and the many Parent & Family Crew student volunteers assisting with the event.

"Parent & Family Crew... we wouldn't be able to do what we do without them to be honest," Jimenez said. "They're the most amazing student volunteers in the world."

Students Jordan Cruz and Brandon Cote are

Jimenez's partners on the core team. Cote serves as the student leader coordinator, supervising student volunteers on the Parent & Family Crew, while Cruz assists Jimenez with the logistical aspects of New Student Orientation and Fall Family weekend, such as planning the academic socials and corresponding with the GU Event Service Team.

To support the work that Jimenez and her team have invested in this event, families are invited to purchase tickets, which are available on the Office of Parent & Family Relations website. For questions and concerns, or to ask about how to get involved, call the office at (509) 313-5399, or visit the office in the lower level of the Crosby Student Center.

Kate Sullivan is a staff writer.

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They get to see the young adult that their student is becoming... they get to see the lives that [they have] created

Skylar Jimenez, Fall Family Weekend Coordinator

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Students representing Fossil Free Gonzaga campaigned outside the John J. Hemmingson Center on Monday.

CHIARA MCINNELY IG: @picsbychiana

Fossil Free Gonzaga holds rally

By DEVIN FRANKE

Monday, Fossil Free Gonzaga congregated outside of the John J. Hemmingson Center on Gonzaga University's campus to demonstrate their views on GU's use and investment in fossil fuels.

Fossil Free Gonzaga is a student-led campaign and club that calls for GU to divest the 5.8% of its endowments, representing \$25 million, that's invested in fossil fuel industries.

Similar campaigns to end investments in controversial areas are nothing new. In the 1980s, GU students campaigned for an Apartheid divestment over multiple years.

During the 2020-2021 academic school year, the campaign was able to hold virtual meetings with students over Zoom while discussing plans about handling the divestment.

"Last year we weren't able to meet in person which actually [didn't help] our mission or our fostering of a good rally... but we did make a petition," said President of Fossil Free Gonzaga, McKenna Krey. "We were able to meet with Joe Smith, the CFO, to be able to talk about tangibly what is realistic, [and] how we can divest, and what the returns will look like."

There were approximately 25 students who held up signs and joined in with the chants—some holding signs that read "THERE IS NO PLANET B," "BOARD OF TRUSTEES - HEAR OUR CRIES," and "BLA BLA BLA... ACTION NOW!"

The rally attracted the attention of students and staff around campus who walked by to hear what was being conveyed.

On the student-run, fossil-free petition directed toward GU's Board of Trustees, the campaign states its requests and goals in relation to GU's mission statement:

"We request this because we are actively seeking to build a more sustainable and socially just world for ALL of the planet's inhabitants, and because we firmly believe in Gonzaga University's mission statement," the petition said.

Burning fossil fuels releases large amounts of carbon dioxide and other greenhouse gases into the air and atmosphere. Some of the most common fossil fuels are oil, coal and natural gas. Fossil fuels are blamed for land degradation, water pollution, emissions and global warming pollution.

"I support our students' call and their conscience to try and persuade our universities' board of trustees to

stop investing in the fossil fuels that are causing climate change," said Brian Henning, professor of philosophy & environmental studies at GU and advisor of Fossil Free Gonzaga.

Henning has supported Fossil Free Gonzaga for the past six years. He hopes GU will invest its endowment in ways that are consistent with its values, rather than profiting from the creation of climate change, Henning said.

Henning expressed how several generations of students have continued their passion for addressing this issue and that the students will keep campaigning until the trustees do what they believe is right. He explains that students and trustees should both be as committed to the GU mission as possible.

"The Board of Trustees voted against divestment. They're in a moment of reconsidering right now. And so now our climate crisis continues to get worse," Henning said. "And as we see it impacting our lives, and especially those who are most vulnerable, eventually the trustees will see that we need to do the right thing and make a plan to divest."

Devin Franke is a staff writer.

COVID-19 surges in Spokane

By CLAIRE TOLLAN

In the wake of the highly contagious delta variant, the number of COVID-19 patients is on the rise in Spokane's Providence hospitals.

A year and a half into the pandemic, Providence hospitals are facing hospitalization rates higher than the winter 2020 surge, straining critical resources such as ventilators and intensive care unit beds.

"I think it's the first time that we've been so strapped that I really feel the limitations of our ICU beds," said registered nurse Lexie Schierman, a Gonzaga alumna who has been treating COVID-19 patients in Spokane since the beginning of the pandemic. "There are only so many ventilators and there are only so many ICU beds."

When the number of critical patients exceeds resources, hospital staff face ethical decisions in determining who gets the last ventilator or the last bed in the ICU, Schierman said. This situation is exacerbated when there is a surge of COVID-19 hospitalizations, a number of them requiring treatment in the ICU.

According to the Spokane Regional Health District, there are currently 214 COVID hospitalizations in Spokane County. Statewide, 84% of COVID-19 hospitalizations are among unvaccinated individuals, per the Washington Department of Health Dashboard.

"Ultimately, I would encourage vaccinations," Schierman said. "Ideally, we want to prevent severe illness and the risks that come with it."

The surge in COVID-19 hospitalizations has forced



ISABELLA STOUT IG: @isabellacarlin27

The current hospitalization rate at Providence hospitals is higher than the COVID-19 surge rates in winter of 2020.

Providence to halt elective surgeries in order to free up beds and hospital personnel.

Hospital visitor policy at Providence is also impacted by the surge. All non-COVID-19 inpatients are allowed one visitor per day.

For kids hospitalized with COVID-19, only one parent is allowed inside the hospital room. For adult COVID-19 patients, no visitors are allowed until the end of life.

"In my rotations in this last year and a half, I've seen a lot

SEE COVID-19 PAGE 3

GU endowment: Money or mission?

By NOAH APPRILL-SOKOL

Like many other educational institutions in the U.S., Gonzaga utilizes an endowment to fund most of its initiatives on campus.

An endowment is a pool of money that can be increased through investments in bonds and stocks in addition to real estate funds and private equity.

The endowment is under supervision at most universities by the board of trustees, and in GU's case, it is the investment committee, a panel created by the board of trustees to oversee the endowment.

According to GU's treasury department, the current endowment as of June 30 is \$372 million and GU takes out around 4.5% or \$11 million each year to fund the school.

For the last fiscal year (FY20-21) GU used \$11.2 million of its pooled endowment to fund a variety of budget items including scholarships, chairs and professorships and other programs.

While many universities utilize this method of financing, GU is unique in the sense that it applies an active management approach to its endowment.

This means that instead of GU investing the money directly into the market, it recruits professional investors to invest the endowment money for them.

These investment managers have a specific knowledge of the market and allow GU to constantly outperform and make a return on its investments. The investment committee has hired 28 investment managers and has divided the endowment money among them.

"The committee selects a manager based on their track record, their style of investments and the approach that they might take," said Joe Smith, chief finance officer for GU. "We have a number of public equity managers that we have high conviction in terms of what they do."

According to a study released this past February by the National Association of College and University Business Officers Study of Endowments — one of the top studies in the country focused on college endowments — GU's net returns was in the top 25% of the institutions in the study.

Although financially beneficial, it does not guarantee that GU will have a say in which investments are being made. The investment committee sometimes does not know which companies are being invested in, and although it receives updates quarterly on investment managers' operations, the investment committee's only power over them is its ability to repropportion the money

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Club supports women in engineering

By GEORGIA COSOLA

Providing mentorship opportunities and professional development, Gonzaga University's chapter of Society of Women Engineers opens up a vital side of professional engineering and educational opportunities to women in the School of Engineering and Applied Science.

While there are many different events that the club facilitates, there are three main focuses of the club, said Katrina Springer, vice president of GU Society of Women Engineers and senior civil engineering student.

"The first [focus] is community between members," Springer said.

GU's chapter of Society of Women Engineers has about 30 members. However, each monthly meeting is open to any person who might be interested in learning more about professional experiences and workshops as a female in the field of engineering.

In particular, many of GU's chapter of Society of Women Engineers events help with professional development and job applications.

However, another big part of club membership is working to support female youth at local community

organizations.

In fact, the volunteering that GU Society of Women Engineers complete is the second focus of the club.

"We do a lot of events throughout the year," said Abigail Lennah Marquez, president of GU Society of Women Engineers and senior civil engineering student. "Normally each year we end up working with the local Girl Scouts for their science fairs."

Some other projects that the club has helped with is working with the nonprofit organization, Days for

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Three clubs combine to form GU Feminism and Advocacy

By GABE MCDONALD

The latest addition to clubs on campus is Gonzaga Feminism and Advocacy, a student-led group that provides a safe and inclusive space for promoting education, discussion and community engagement on topics relating to women's rights.

Members of GU Feminism and Advocacy gather information and opinions on specific topics, including mental, emotional, physical and social health to discuss at their meetings each week. The club meets every Thursday at 8 p.m. in College Hall room 137. For those unable to attend in-person, the meetings are available through a Zoom link.

Throughout the meetings, discussions on current events and whether they jeopardize or uphold and promote women's rights are held.

Courtney Brown, president of GU Feminism and Advocacy, said that the executive board tries to make each meeting a space that feels inclusive for all who want to attend. Those who do attend meetings are invited to share individual experiences and are given an opportunity to get involved in events both on and off campus.

"We are a group of students that want to impact the culture of GU through creating a safe space for education, discussion and community while providing GU's campus at large monthly opportunities to get involved," Brown said.

While providing a safe environment for members to discuss power and gender dynamics, GU Feminism and Advocacy's mission also partakes in building partnerships within the Spokane community by engaging in regular community service activities.

GU Feminism and Advocacy evolved from three pre-existing clubs on campus: GU Students for Reproductive Rights, Students Empowering Women and Students Advocating for Sexual Health Awareness.

According to Maggie Tomcho, social media director of GU Feminism and Advocacy, all three of the clubs realized that their missions co-aligned with one another, and that each club was holding similar events and discussions. By combining the clubs into one larger group, everyone can collaborate and bring their different perspectives to one collective setting.

"We noticed that the three clubs were doing a lot of the same events and programming, so each of the executives got together and decided to combine each club," Tomcho said.

Brainstorming the new club's name "GU Feminism and Advocacy," was a team effort.

"We wanted a name that incorporated all three clubs and all of the themes that we want to cover," Tomcho said. "Feminism and advocacy are such broad terms that we are able to cover many topics and not be limited to certain things."

One of the first on-campus projects GU Feminism and Advocacy worked on toward the end of the last academic year was providing free feminine products in all the women's and gender-neutral bathrooms in the John J. Hemmingson Center.

"College students can impact change and influence the culture of their community," Brown said. "I want to prove this in every meeting, event, project and Instagram post



PHOTO COURTESY OF GU FEMINISM AND ADVOCACY

GU Feminism and Advocacy strives to be a safe and inclusive space for discussion on topics related to women's rights.

from our club."

The club also began holding events with the goal of educating its members on topics such as contraceptives, mental health and reproductive rights.

During its first meeting of the semester, the club had around 25 students attend. Now, the club's email list has grown to around 100 students.

"Twenty-five people showed up to our first meeting, and with a larger email list and Instagram following, we are optimistic about club growth throughout this year," Brown said.

There are no requirements to join GU Feminism and Advocacy except coming to each meeting with an open mind and willingness to learn and participate in discussion, Tomcho said. The president of the club addressed that it strives to be a diverse group where everyone can be themselves.

Events for the upcoming academic year are still being planned, according to the club. Brown recommends those interested in learning more about GU Feminism and Advocacy to follow the club's Instagram account @GuFeminismAndAdvocacy for information about upcoming projects, meetings and events.

Gabe McDonald is a contributor. Follow him on Twitter: @gmcdonaldnews.

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We are a group of students that want to impact the culture of GU through creating a safe space for education, discussion and community while providing GU's campus at large monthly opportunities to get involved

Courtney Brown, GU Feminism and Advocacy Club President

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Spokane to welcome Afghanistan refugees

By GRACE SPIEGEL

Around 200-300 refugees from Afghanistan who fled the country during the mass evacuation in late August are likely to arrive in Spokane in the coming months.

Organizations throughout Spokane are gearing up to welcome these refugees. One of these organizations is World Relief Spokane (WRS), a global Christian humanitarian organization aiming to serve those in need. WRS helps refugees and other migrants in vulnerable situations rebuild their lives.

WRS has helped Afghanistan refugees for around 10 years. However, this is the first time it has helped this many people outside of the U.S. military.

Refugees who have been helped in the past typically come through a Special Immigrant Visa Program designed to offer a means of protection for people who have served the U.S. Army for a minimum of two years and whose lives are in danger because of their service to U.S. troops.

In early August, Mark Finney, executive director and head of global refugee resettlement at WRS, volunteered for Operation Allies Rescue in Fort Lee, Virginia. While on his flight there, news broke that the Taliban had taken over the Afghan government, and with no functioning government to work with, the dynamics of rescuing evacuees completely

changed.

"We are expecting at least 200 arrivals from Afghanistan," said Justin Li, the communications coordinator for WRS.

Once these refugees arrive in Spokane, they will be greeted at the airport and provided a meal and a place to stay. The next day, WRS will start building a personalized plan to rebuild and rehouse these people.

Specific services include finding permanent housing, furnishing the home, setting up jobs and signing kids up for school. Each plan is tailored to the individual arriving in the community.

"We teach them how to use public transportation," Finney said. "We help their kids get enrolled in public schools, we help adults access ESL classes, mostly through the community colleges. We make sure that they get the documents they need, like making sure that they get their Social Security card."

These steps are carried out through different teams of people. There is an initial resettlement team, a long-term support with employment team and a legal services office that focuses on green cards and legal status.

The number of arrivals and the specific plan for accepting them at WRS have remained consistent since the dynamic shift in early August.

President Joe Biden, no longer wanting to risk American lives in a civil war

among Afghans, followed through with the withdrawal plan signed by former president Donald Trump in February of 2020.

Since the end of July, the U.S. evacuated approximately 122,300 people from Kabul. Some 4,000 American citizens and family members have fled, as well as a limited number of Afghans who obtained special immigrant visas for people who have worked for the U.S. or North Atlantic Treaty Organization. Afghanistan families are also evacuating as they wait for their visas.

American citizens and those with special visas were flown out of Afghanistan to a stopover in Qatar or a different Gulf nation. From there, they were sent to military bases in Virginia, New Jersey, Texas and Wisconsin, where they were housed while applications were completed.

When their documents are ready, they will be resettled elsewhere. Some of these people will arrive to Spokane.

While the scale and speed of this evacuation are unprecedented, the U.S. has a long history of taking refugees in from overseas after conflict. In 1975, at the end of the Vietnam war, the U.S. airlifted around 7,000 people and ended up taking in around 100,000 refugees from Southeast Asia.

Although this country has dealt with airlifts before, there are still many things the community can do to help the

incoming refugees.

When asked what GU can do to help, Finney said drives for goods, furniture, cleaning supplies or personal hygiene items are a good way to get involved.

WRS has a website that lists ways that the Spokane community can get involved. Volunteering, advocating, building welcoming kits and donating are all ways to help individuals or families arriving in Spokane.

Spokane has already shown up in donating and supporting these soon-to-arrive refugees.

"A few weeks ago, we put up an ask on our website for three different welcoming kits," Li said. "Basic necessities, school supplies and household items. It has been nonstop. Our office is overflowing with donations."

Along with WRS, Global Thrift Spokane, a non-profit thrift store focused on aiding refugees living in the community, is currently accepting donations for the incoming refugees. It is accepting clothes, blankets, dishes and more.

More information on Global Thrift can be found at <https://gnthrift.com/>

To learn more about how to help these refugees, people can visit <https://worldrelief.org/spokane/>.

Grace Spiegel is a staff writer.

ENGINEERS

Continued from Page 1

Girls.

While working with them, members helped to make reusable feminine products for women in countries where they have more difficulty getting access to these vital supplies, Springer said.

This volunteering is so impactful that members have even continued working with Days for Girls after Society for Women Engineers' events.

In addition to volunteering, the third focus of the club is on professional development.

By doing this, GU Society of Women Engineers helps to foster a professional understanding within its club membership, building up valuable skills in undergraduate students in the School of Engineering and Applied Science.

These events can range from job application workshops to information sessions with experienced faculty on campus. They are often held during the monthly meetings in Herak room 123.

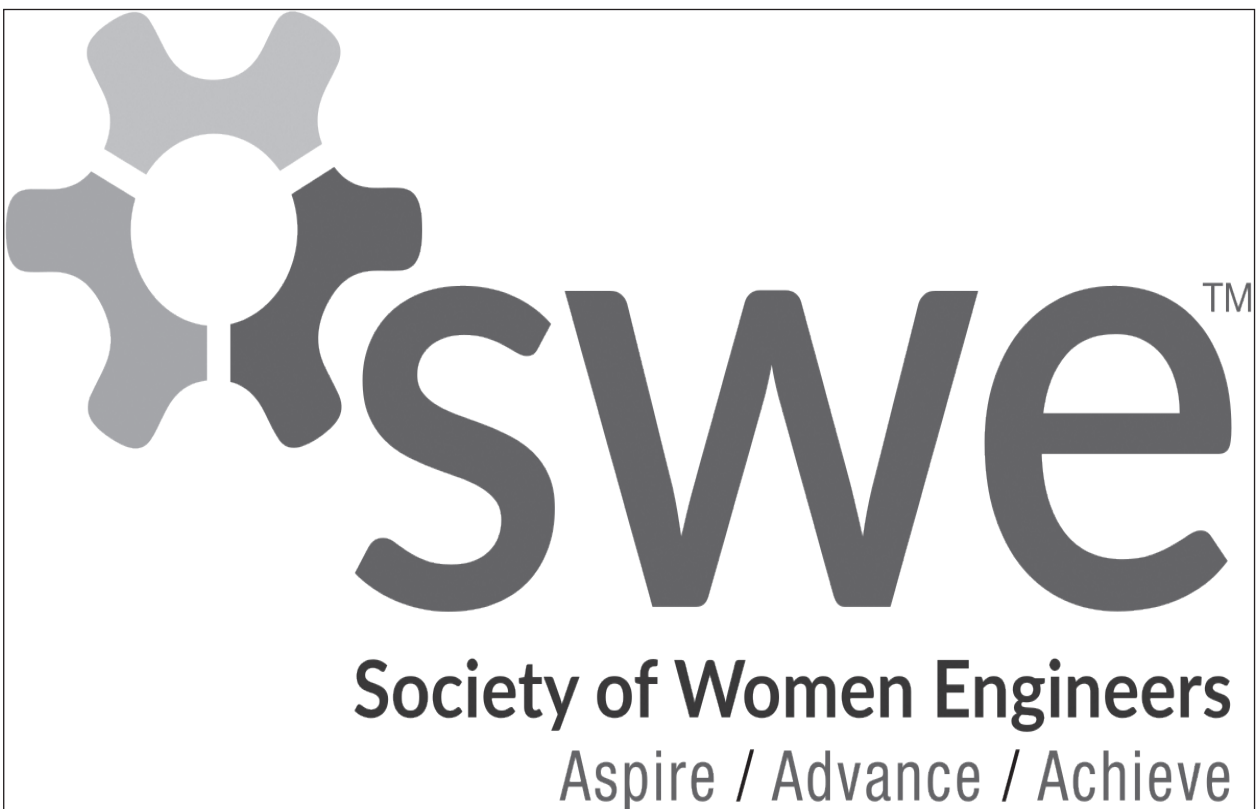
"Last Wednesday we had our elevator pitch workshop and Karen Franks-Harding, [manager for the School of Engineering and Applied Sciences], came and spoke to us about tips on the career fair," Springer said.

More specifically, members of the club spoke about how to present themselves professionally and other essential pieces of information that is important to know before a career fair.

GU Society of Women engineers also provide impactful mentorship and mentee opportunities. By providing this, it allows for students in the engineering program to find much needed connection throughout the club, Marquez said.

Additionally, one of the main events of the year that GU Society of Women Engineers takes part in is bringing members to the organization's conference.

While it is still uncertain as to whether or not the club will attend this year due to the coronavirus and possible GU funding, it is a premiere opportunity to get



GU's Society of Women Engineers provides a space for female identifying students to build community in the industry and work on projects.

GU's chapter exposed to the greater Society of Women Engineers community, Marquez said.

Such that, while the GU chapter of Society of Women Engineers is around 10 years old, the greater organization has been working to advocate for inclusion and change for women in engineering and technology for over 70 years.

Some events and programs that the organization of Society of Women Engineers offers is scholarships, youth programs and resources for greater diversity, equity and inclusion in the professional field of engineering.

This continued support for women in engineering that Society of Women Engineers exhibits is very important for GU and the school of engineering, Springer said.

"A lot of women in engineering end up leaving the industry after ten to fifteen years," Marquez said. "Having the space to connect to other like-minded women is super important."

Georgia Consola is a staff writer.

ENDOWMENT

Continued from Page 1

spent and to hire and fire investment managers.

While making money is necessary for GU, the Jesuit mission of the school along with sustainability are also integral to its work.

The investment committee and board of trustees believes that not only should GU's investments be aligned with the ideas of the mission and sustainability, but that these guiding principles should in turn inform the investments.

These beliefs of the investment committee and board of trustees was explained by Director of Sustainability Jim Simon.

"Sustainability is one of many factors that can inform decision making about a university's investments," Simon said. "In my opinion, it is important to examine the intersections of the environmental, social and governance issues that go into an investment. Being informed by these factors can help a decision maker plan for an uncertain future."

In the past four years, the investment committee has sought to incorporate more of the Jesuit mission and notions of sustainability into its investment strategies and policies.

In December 2018, the board of trustees, in consultation with the investment committee, adopted a series of sustainability measures, including adjusting the language in the investment policy and investing \$10 million in funds or companies that reduce carbon emissions and greenhouse gases, promote social responsibility and find solutions for climate change.

"The investment committee, and ultimately the board and its conclusions, indicated that a preferred approach and, in their view, a more impactful approach would be to leverage a number of collaborative approaches," Smith said. "There are five [plans], and they demonstrate [the board of trustees's and the investment committee's] commitment to a variety of fronts."

GU has followed through on all of these measures and has even surpassed some of them.

As of this year, GU has invested \$24 million to green funds and companies. It has met with 13 of its investment managers, some multiple times, about the importance of being socially conscious when investing money.

The investment committee has also

incorporated more ways to evaluate the investment managers, having a Morgan Stanley Capital International (MSCI) report done quarterly for each investment manager to see how well they follow the Environment, Society, and Governance (ESG) characteristics adopted by the school in its investment policies.

Fossil Free Gonzaga and other green organizations hope that the university's next step will be a divestment in fossil fuel companies.

About 6% of GU's endowment, with a value of \$525 million is invested in fossil fuel industries.

"Trying to profit from the creation of climate change, which destroys the planet and harms those who are most vulnerable, should be seen as inimical to the values that the university espouses," said Brian Henning, director and founder of GU's Center for Climate, Society and the Environment. "Not profiting from the sale of fossil fuels is a pretty clear justice concern, and I don't see why that would be controversial."

Proponents of divestment see the continual investment in fossil fuel companies as being counter to the Jesuit mission and the ESG guidelines set by school. To affirm this, Henning uses the words of Pope Francis, who has openly decried investing in fossil fuel companies as being contrary to the beliefs of Catholicism.

They also point to data that the margins of divesting in fossil fuels would be financially negligible with chances of larger positive margins in the long-term.

"When I talk to finance experts, they say divestment will have either a marginal negative or marginal positive effect on returns, but either way, it'll be marginal," Henning said. "So the reason to divest from fossil fuels is ultimately not financial but moral. My own view is that the board of trustees should commit to figuring out a responsible path to fossil fuel divestment at Gonzaga, but, so far, they're resistant."

The investment committee remains hesitant to divest after voting No on the possibility of divestment in 2018.

Noah Aprill-Sokol is a staff writer.

COVID-19

Continued from Page 1

of people going towards the end of their life, and they're only allowed x-amount of visitors," said Phoebe Tang, a senior GU nursing student doing her clinic rotation at Providence Sacred Heart Medical Center. "There's kids that are attached to their parents, and they'll have only [their] mom or dad by the bedside, and they're asking for the other parent. Watching that has been really hard."

Tang is among a cohort of GU nursing students that have never known clinical rotations without COVID-19. She described her rotations during the pandemic as the new normal.

"I think all the nursing students have been very intentional about their actions outside of the hospital because we do have a lot of responsibility riding on us," Tang said. "All of us have just been very contentiously over the past year and a half."

The duration of the pandemic, coupled with the demands of the recent surge, is taking a toll on hospital personnel.

For Schierman, her second week as a nurse was the first week of the pandemic. She has been caring for COVID-19 patients for a year and a half now, working 16-hour shifts.

"There's definitely an underlying exhaustion," Schierman said. "Everyone is bringing their best mentally, physically and emotionally, and we're 18 months in. It's an honor to care for our community in this way, and it also comes with grief."

Schierman has relied on her team members, which she said has operated as a family since the beginning of the first wave. Now, with COVID-19 numbers on the rise again, her team is facing resource limitations on top of burn out.

"For our health care teams, a spike in COVID numbers on a chart translates into names we've known and faces of the people we've cared for," Schierman said. "It's people, not just statistics."

With the more contagious delta variant, more people in their 20s are contracting COVID-19, according to Schierman. She said she believes this is increasing awareness among the public and prompting more preventative measures, such as vaccination and masking.

In the GU community, President Thayne McCulloh announced in June that the university would require students to submit proof of COVID-19 vaccination. GU also reinstated its mask policy prior to the start of the fall 2021 semester.

According to the GU COVID-19 Dashboard, 92% of the GU community is fully vaccinated against the virus. There are currently 18 known COVID-19 positive cases.

"As a Gonzaga student, we talk a lot about care for the vulnerable and the Jesuit values that we have," Tang said. "And I think especially going to school in the Logan Neighborhood where we do have a lot of social justice issues with the people in our area, you do just have to be very, very careful about the way you carry yourself as a Gonzaga student and especially as a Gonzaga nursing student. I think it's important for Gonzaga students to know that this pandemic is really far from over."

Claire Tollan is a staff writer.

Security is more than one solution

It has been a difficult two weeks to be a Zag and a community member of Spokane.

Last week, between Tuesday and Friday, Spokane police responded to five drive-by shootings, one of which on Tuesday happened just blocks away from campus on in front of the home of five Gonzaga University seniors.

This all, of course, happened days after GU suffered its own security incident when a white man, not affiliated with GU, entered a classroom in College Hall and yelled profane and derogatory slurs at a Black female professor in the room. The man proceeded to leave the classroom and walk around campus before campus security was finally able to catch up with him.

In the past two weeks, I have felt a variety of emotions: sadness, frustration, confusion, helplessness and doubt. I have found myself paranoid over the safety of friends and myself, and I feel helpless and frustrated each morning as I read these headlines. There have been moments where I have doubted the efficacy of our police and campus security, and there have been moments of overwhelming sadness for a city that seems to be bowing under the weight of a large range of social stressors.

The question on how to secure a college campus and protect the students, faculty and staff inside is not a new debate. On the contrary, it is an ongoing conversation happening across college campuses, particularly with security officials who are constantly analyzing and adjusting the ways that they address security threats on campus.

Generally, changes to the approach of campus security are often reactive and very limited. In response to criminal activity, some universities have increased the number of security officers patrolling their campus and the area around them. Other colleges have built fences around their campuses, further cutting themselves off from the communities that they reside in. GU's response to the incident two weeks ago was to limit building



By NOAH APPRILL-SOKOL

access to keycards at all times of day and to check the locks on classroom doors.

But it is important to realize that all of these attempts are solely meant to minimize the damage, not stop them, from occurring. They do not address the root causes of these incidents, which stem from broader social issues. In fact, they cover up this social notion and promote a mindset that crime and security threats are isolated events.

A holistic approach is needed. One that responds to a campus's security concerns and the social needs of the surrounding community where these incidents are occurring. It must be sustainable, focusing on the many intersections and factors that exist in our society, and it must be seen in the long term.

It is for this reason that in response to the drive-by shootings and the incident on GU's campus on Sept. 14, GU must reinforce its commitment to serving the community that GU borders — the Logan Neighborhood

— in addition to the wider Spokane region. This commitment needs to be connected to issues of race and access. It has to be connected to our Jesuit values of accompaniment and solidarity. It must focus on destigmatizing the cultural perceptions that we have when talking about crime and poverty.

I admit that campus security is important when addressing security concerns, and I applaud the quick response that GU's campus security has done following the incident on our campus. Clamping down on who can get into buildings is the first step, but we must take the next step, too, and address the issues of our wider community.

The drive-by shootings and the incident on our campus affects us all. We are intertwined in a broader network of people and systems, and we must remember this when looking at issues related to safety. These limited and reactive responses forget this. They are self-focusing, they prevent us from being open neighbors to the communities around us and they often heighten the environment that propagates these events to occur.

I know that this is not an easy answer when it comes to responding to safety concerns, but this is the only answer that gives me hope. It promises a world where the best security comes from relying on relationships, not on building walls or shutting people out. It is founded on the premise that goodness is foundational to humanity and that there is no such thing as a "bad person" or "criminal," only a person that has been the product of an unjust society.

It has indeed been a difficult two weeks to be a Zag and a community member of Spokane, but I believe that if GU can recommit itself as a neighbor to Spokane, perhaps, in the future, these security incidents will go away.

Noah Apprill-Sokol is a staff writer.

Fall into seasonal Starbucks

As students begin to settle into the fall with the midterm season just around the corner, many students will find themselves studying and trying to remain caffeinated. Starbucks recently dropped their fall drink collection. To put them to the test, I brought first-year students Sierra Fraser and Allan Lee along with me to rate four of these new drinks out of 10.

To keep with the classics, we began with a spin on the pumpkin spice latte. The pumpkin spice frappuccino is described as the "ultimate fall care package" on the Starbucks website. Anyone who is a fan of the pumpkin spice latte will love this Frappuccino. Even myself, who typically doesn't enjoy pumpkin flavoring, enjoyed this drink.

Both the pumpkin spice latte, and the Frappuccino is made of a spice blend with cinnamon, nutmeg and cloves, all adding to the feeling that surrounds this season.

"The pumpkin flavor really makes it feel like fall," Fraser said. "Although I haven't been a huge pumpkin fan in the past, this drink has converted me. The pumpkin pie spice gets me really excited for the season."

Drink score: 9/10.

For the second drink, I tried the apple crisp macchiato. Starbucks has three versions of this; iced, hot and frappuccino. I received the suggestion of trying the iced macchiato by the barista, who preferred this variation out of the three.

This drink takes one of my favorite drinks, an iced caramel macchiato and replaces the caramel with a spiced apple and brown sugar syrup. While the smell



By CATHERINE BROWN

released a sweet apple scent, the taste was almost like a bitter air freshener. I could see this drink working better when hot, with the syrup being mixed in. But as a cold layer drink, the syrup didn't work for me. If I were to order this again, I would try the hot version instead.

We also ended up trying the apple crisp frappuccino the next day, which was much better than the iced macchiato. The syrup was able to blend into the drink and became more subtle than the harsh syrup on the bottom like it was in the iced version.

Iced score: 4/10.
Frappuccino score: 6/10.

After the apple crisp macchiato, we needed a pallet cleanser. Our third drink was suggested by sophomore Gia Hanselman an iced chai, with pumpkin cream cold foam.

"It tastes like fall," Hanselman said. "It's the drink of my lifetime."

As someone who loves iced chai, I was excited to try a new variation of one of my favorite drinks. The foam was an excellent addition and blended well with the spices in the chai. According to the Starbucks website, the foam is made out of pumpkin puree. The pumpkin taste in the foam is subtle. It is something that can be easily added to any drink to enhance the experience.

"It's a nice refreshing fall drink, the foam is really good and isn't overpowering," Fraser said. "If you already like chai, this is something you need to try."

Drink score: 9.5/10.

Lastly, we tried the pumpkin cream cold brew. This cold-brew is topped with the same cold foam as the chai. Cold-brew is personally my favorite drink at Starbucks, and I came into this drink with high hopes from the chai. The strength of the cold-brew pairs nicely with the foam and makes the foam taste sweeter in this drink.

"It reminds me of a pumpkin pie, which I really like... It's a little too sweet but honestly, it's pretty good." Lee said.

Drink score: 7/10.

Catherine Brown is a staff writer.

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2020 census reveals culture shift

There is a lot which can be inferred from the 2020 census results and its general effect on society, particularly on politics and culture.

Starting with the data surrounding the aging population, I think that most people can agree that the aging population is a direct sign that people are having fewer children nowadays than they used to have in years before. This trend alone says a lot about the culture today.

There's more of a direct focus on the individual as opposed to cultures of the past that put much of the attention on families. Now, this isn't saying, by any means, that family isn't still a common thought on people's minds in today's day and age, but it certainly has decreased. The main reason for the less family focused culture that exists today resides in the fact that raising children is extremely expensive and can put a hold on people's finances and life experiences.

Aside from the cause of this data, there are also a lot of effects on culture and politics from this change. To start, older people statistically tend to be more conservative than younger people. This will affect laws being made, the media and more aspects of our society. Aside from being more conservative, many older people have specific embedded and past beliefs which affect how they vote for laws or people, as well as how they consume media and culture in general.

The change isn't too extreme because the population hasn't substantially gotten older to the point where an everyday person would often notice changes in



By LOUIS SUMME

the politics and culture they hear or read about.

As for the more diverse population results, the effects of this data counterbalance much of the effects of an aging population in relation to politics and culture. A more diverse population leads to a more open-minded and broad approach to politics and culture, as opposed to the more stagnant, conservative view that is caused by the aging population.

Specifically, the greater plurality of cultures generally equates to a greater need for acceptance of different customs and beliefs which counteracts the older generations who are more inclined to want culture and politics to stay the same.

For a proven more migratory population, this loosens cultural boundaries a lot, and I personally think that this can be a really beneficial thing. Loosened cultural boundaries mean that there is less of a desire for people to stick with one way of doing things and instead think more progressively. When everyone doesn't look the same and act the same, there are more perspectives which means a more holistic way of

approaching culture and even politics.

As for politics, I think that the loosened cultural boundaries are represented through the fact that there continues to be more of a focus on helping take care of people who seek refuge in the U.S., specifically seen through laws and political discussion.

The main takeaway from the data is that, if anything, politics and culture are at least slightly improving in correlation with this data.

Obviously, there are many more variables that affect politics and culture, but according to these three census results, culture and politics are not turning for the worst. An aging population could be a good thing as people become so instantly hooked and wired to technology from a young age in today's age. It's always nice to have people who didn't grow up that way and know a life of boredom without a small screen in their face.

A more diverse and migratory population opens up the country to a broader range of American experiences. The more we spread out and the more we all join with each other as people, the less racism there will be, the less limited points of view and the less confined people will be in their simple everyday ways of life that they're not aware could be harmful or hateful.

Louis Summe is a staff writer.



ALYSSA HUGHES IG: @alysamrhughes

GU Senior Kaitlyn Wiens released her EP "In My Head" on Oct. 1.

Wiens' EP stuck 'In My Head'

By LUKE MODUGNO

Tiger King, whipped coffee and family game nights. Sound familiar?

While these things had an iron grip on the world during the quarantine months of 2020, Gonzaga senior Kaitlyn Wiens was using her time a bit more effectively than the rest of us would like to admit. For Wiens, the dawn of the pandemic brought about a defining journey of artistic expression, personal growth and the groundwork for a stunning project.

“It wasn’t until quarantine that I even started songwriting,” Wiens said with a grin.

The reason for her excitement? Her debut EP “In My Head” was released on Oct. 1.

“It was a coping mechanism in the midst of the craziness of the world,” Wiens said. “I pushed myself to be real and honest.”

Her willing vulnerability shines through on “In My Head,” the artist’s first EP.

The 5-track, 19-minute project is honed, focused, sonically and creatively impressive as a debut effort. While “In My Head” is clearly polished, it almost never existed.

“The head of the music department David Fague introduced me to Mellad Abeid who is a guitar teacher here because he thought we could create something cool,” Wiens said.

Fague was correct.

“I played Mellad one of my songs I made during quarantine and he asked me what I was going to do with it, I said nothing,” Wiens said. “I usually just sang them to my housemates.”

Abeid insisted that Wiens’ songs were too good to leave unshared. And just like that “In My Head” was born from a routine 30-minute guitar session between student and teacher.

While this project is a first for Wiens, she’s not the only one dabbling in something new.

“In My Head” represents the first project that was created in collaboration with GU’s music department. Nearly all the tracks feature instrumentation from

professors, including Abeid.

“I primarily helped with arranging the tracks and helped her write charts so we could bring them in a studio with musicians and they could read them and play them,” Abeid said.

He was just as excited and proud of the work his student had done as Wiens was.

“Several players from the department are on there,” Abeid said. “Some of the horns were done by adjunct professors, the drums were partly Kenny Sager whose an adjunct, Mr. Fague played saxophone. But from a creative standpoint, lyrically and melodically, that’s all Kaitlyn, which I think is quite awesome.”

While this is their first official work together, Wiens and Abeid have been forming a creative chemistry for a while now.

“The first time I saw her playing was her first year, but she started taking private guitar lessons from me a year ago when she first started songwriting,” Abeid said. “It’s been exciting to see her grow as a creative, putting her own voice and lyrics with the right progressions. Her voice has this quality to it that makes you want to listen to her more and not a lot of singers have that.”

For Wiens, Abeid has been more than just a professor, as she credits him with pushing her to pursue her clear talent and musical gift.

“I feel like him seeing that potential in me gave me permission to create and pursue this project,” Wiens said.

The careful and meticulous work put in behind the scenes shines through on “In My Head.” The joyful saxophone and drums accompany Wiens on the opener “So Over You.”

Her level of transparency and relatability is immediately visible.

“I saw you the other day but I looked away, because I don’t want to see that face,” Wiens harmonizes.

She slows things down on the title track. Over an intimate guitar, Wiens showcases her knack for telling a compelling story. Reflecting on better days with a lover. But as the title suggests, reality represented a stark contrast to what was going on in Wien’s head, something

she comes to accept on the brilliant “Should’ve Been Us.”

The track begins with Wiens expressing regret over a failed relationship.

“Is it too late to say that I wish I noticed all the things you did? It was love but I pushed it all away,” Wiens sings.

Sonically, the track is a stroke of brilliant melancholy. The production allows her smooth singing voice to carry the weight on this song. As “Should’ve Been Us” continues, Wiens comes to a realization that her lover is a different person than who she fell in love with and that she’s different as well.

“Time keeps moving. I guess maybe then it shouldn’t be us, it shouldn’t be you holding my hand, it shouldn’t be me feeling your kiss,” Wiens sings.

“Should’ve Been Us” shows a veteran level of songwriting, it’s a relatable catharsis that just so happens to be sonically remarkable.

“I realized that I had never given myself time to process this relationship,” Wiens said. “For me, creating that song was a discovery process, sitting down and just writing a stream of consciousness helped me realize that I’m okay with what I did and how it happened. Making that song felt like a therapy session with myself.”

Wien’s success here is evident. “In My Head” is a solid start to a career she looks to continue for years to come. While this project surely has opened doors for her, it has and will continue to for GU’s music department.

“If we have more students who want to do this, I would absolutely reach out to the faculty again for whatever skillset is needed,” Abeid said. “To see your efforts as a teacher blossom into projects like Kaitlyn’s is amazing.”

From a quarantine hobby to fully-realized artistic vision, Wiens has delivered a product worth being proud of.

“‘In My Head’ is an invitation and example to pursue the things you love and to pursue them now,” Wiens said. “Even if you’re in school or you don’t think you’re qualified, you can accomplish it.”

Luke Modugno is a digital editor. Follow him on Twitter: @lmodugno5.

Brandi Carlile's 'In These Silent Days' offers timeless wisdom over '70s-inspired rock

REVIEW
By ALEXANDER PREVOST

When all goes quiet, what do we reflect on? Do we focus on the growth we have to make, or do we spiral into darkness? Do we honor the past, or do we plan our future?

Grammy-award winning folk and americana artist Brandi Carlile’s “In These Silent Days” is a meditation on these thoughts. After the breakout success of her 2018 album “By The Way, I Forgive You,” Carlile turns away from answers and focuses on the questions that develop in real-time. The pandemic gave the queer singer-songwriter much time to reflect — on family, on faith, on herself.

Much of this record feels like entries from a diary. The honest, heart-on-her-sleeve lyricism is as straightforward as it is emotional. For example, the ballad “Letter To The Past” reflects on her past while seeing herself in the experiences of her children. It’s an ode to resistance and parenthood in every respect.

Carlile’s vocal and melodic performances really carry the album. When production runs a bit boilerplate, Carlile makes up for it with extraordinary vocal control and range. Cuts like “Broken Horses” and “Throwing Good After Bad” are the best examples of her dynamics — the former being this roaring anthem to self-acceptance and queer liberation while the latter’s gentleness feels like a

feather.

Speaking of production, much of the album’s soundscape pays homage to ‘70s folk and rock. Carlile has spoken at length about how Joni Mitchell’s 1971 record Blue was a massive influence on the project, and it really shows (see: “You and Me On The Rock”). Often, those more stripped-back, Joni-esque moments on the record are the best because they best capture what Carlile wanted to do with the album.

“In These Silent Days” excels in its vocal delivery, lyricism and homage. However, it often feels like the production is coasting in comfort. It is by no means bad — in fact, the instrumentation on the tracks blend seamlessly with the vibe, lyrics and vocals, but the lack of bold, experimental choices or distinctive sounds leave something to be desired.

Still, this album is an impressive addition to the ever-expanding tradition of americana music with many standouts cuts.

The opening track and lead single “Right on Time” centers on themes of regret and personal growth. Carlile’s vocal delivery on this track is particularly tear-jerking and raw; hands down one of the best songs to come out this year.

“Broken Horses” features a sprawling, cinematic production that truly leans into Carlile’s country roots

while still staying true to her current sound. This track features some of the best lyrics on the album with the opening words, “I wear my father’s leather on the inside of my skin,” really setting the tone of this banger.

“Sinners, Saints, and Fools,” offers a cutting commentary on Christian hypocrisy. The second-to-last track also has some of the most biting, bold instrumentation on the album.

Brandi Carlile’s “In These Silent Days” is timeless and wise, and while there are moments that leave something to be desired, the sum of the whole vastly outweighs the patchy spots.

8/10

Favorite Tracks:

Right on Time

Broken Horses

Sinners, Saints, and Fools

Alexander Prevost is a sports editor. Follow him on Twitter: @alexanderprvst.

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At the heart of every tight-knit community is local support.

After the difficulties the pandemic has caused for the restaurant industry, it is more important than ever before to shop and eat local.

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For nice dinners, check out The Wild Sage, Baba, Nudo Ramen and Pho Van. For these, calling ahead of time for reservations is the right move.

After dinner, check out The Scoop, Sweet Peaks Ice Cream and Pete & Belle's for late night sweet-tooth cravings.

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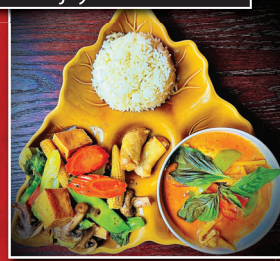
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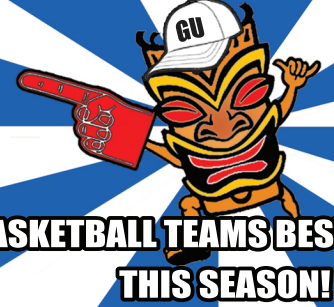
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RACHAEL HAYES IG: @rachael.haley

Art galleries on First Fridays feature multiple mediums of artwork, including ceramics, paintings and sculptures.

Gonzaga's first 'First Friday'

By MAUREEN PARKS

On the first Friday of each month, many galleries and businesses around Spokane open their doors to the public in an event designed to showcase the city’s flourishing downtown life. Each month, residents and visitors can view artwork on display in multiple galleries, and some other businesses also host events on what’s called First Friday.

This past First Friday, Oct. 1, the Gonzaga University Art Department put on its own event, an exhibition featuring 25 years of the work of Mary Farrell, professor emerita of the art department. The work was displayed in the Gonzaga University Urban Arts Center (GUUAC), located downtown on South Stevens Street.

“It’s a space intended to feature exhibits of local, regional artists,” said Sharon Parker, chair of the art department and professor of art history. “And it’s very much intended to be a space to connect the Gonzaga community to the wider Spokane community to have it here in downtown Spokane rather than on campus.”

One way that the GUUAC is connecting with the wider Spokane community is its participation in First Fridays. Next month on Nov. 5, the art department is tentatively planning

another exhibit.

“We’re hoping to have another exhibit open in early November for the First Friday,” Parker said. “That show is intended to feature work by new art faculty at GU.”

The Kolva-Sullivan Gallery, which shares an adjoining space with Trakside Studio, was open to the public on Friday as well. The gallery displayed sculptural work from artists who have been residents at the Archie Bray Foundation in Helena, Montana. On the other side of the space, Trakside Studio displayed ceramic work from local Spokane artists, including Chris Kelsey.

“It’s our busiest day for sure,” Kelsey said. “It’s definitely a draw for people – people like getting out and seeing all the stuff.”

For Spokane community members who might not already frequent the city’s galleries, First Fridays are an accessible way to get to know local art spaces. First Friday events also often involve an interactive element. The artists of the work that is on display are usually present and eager to talk about their work.

Several galleries display art from a featured artist on First Fridays, such as Marmot Art Space in Kendall Yards, which featured the work of mixed media artist Emily Somoskey on Friday. Somoskey, like many other

artists featured in First Friday events, was present at the showing.

Each month, the variety of galleries that participate in First Fridays is wide. William Grant Gallery and Framing, New Moon Gallery and Pottery Place Plus were some other galleries that had exhibitions on view for First Friday this month.

In addition to art galleries, other downtown businesses also participate in First Friday. Boulevard Mercantile, a vintage store located on North Washington Street holds its popular “Band & a Brewery” event each for First Fridays each month.

The event brings a musician in to play in the store and a local brewery to provide beer. On Friday, it featured Lucas Brookbank Brown and Hidden Mother Brewery.

First Fridays is an exciting way to discover new galleries and businesses in Spokane. Information about participating locations and their events can be found on downtownspokane.org.

“First Friday is such a great thing because it gets people to go out to the galleries,” Farrell said. “People can kind of wander around and see a lot of shows, which is excellent.”

Maureen Parks is a staff writer.



RACHAEL HAYES IG: @rachael.haley

Ceramics were featured at the most recent First Friday.

ACROSS

1 Canseco or Carreras

5 Clutches

10 Plateau

14 Alphabetical script, old Irish

19 Eden resident

20 Jane Curtin role

21 Lipinski leap

22 Author Ernest

23 Additional

24 Bucks

25 TV's Dr.

26 Poe's middle name

27 Sarandon, after the melee?

30 Birch family members

31 Trampled

32 Señor, stateside

33 He played Ashley

35 Frighten

38 Cancel

40 Most bronze

44 Quail's peeper?

49 Salary standard

50 Singer Janis

51 Sailing ship

52 Beat it!

54 Roasting place

55 Prevarications

57 Soon enough

60 Part of UCLA

62 Small impression

63 Commonplace

65 Pencil part

67 Undercover agcy.

69 Pants for Hans?

75 Murmur

76 Looked suggestively

77 Muslim rulers

80 Thrust

84 Christmas

86 Verse form

89 Let it stand

90 Health food

91 Miami county

93 Provide provender

95 Utilize

96 Lengthy choral work

99 Cinderella's loss?

103 Share

104 Actress Taylor

105 Sticky stuff

106 Plaza's pigtailed pixie

108 One of Frank's exes

110 Uncle Remus Rabbit

112 Lively intelligence

115 Lamp in Beijing?

121 Candied

122 Tight spots

123 See 52 Across

124 Sporting letters

125 Taxonomic group

126 Jai —

127 Dye

128 Units of work

129 Took the series

130 Hankerings

131 Actress Spacek

132 Make haste!

DOWN

1 Door part

2 Greek coin

3 Evening, in Rome

4 Agamemnon's daughter

5 Star's brief appearance

6 Father of Beau and Jeff

7 Lotion ingredient

8 Undeveloped areas

9 Shore

10 Cartographer's goods

11 Breathe out

12 Paris's river

13 Wholly

14 Iridescent

15 Cane for Midas?

16 —in-the-wall, dive

17 Having wings

18 Door designation

28 Businessman/philanthropist

29 1934 American Nobel chemist

30 Unfortunately

34 Sea lavender

35 Splashed

36 Professorship

37 Virgil's epic

39 Brown of renown

41 Mansard part

42 British gun

43 Mobile home

45 Foreman foe

46 Negative lead-in

47 Clan symbol

48 Curled

49 Blackball

53 Medium of exchange

56 Actor Erwin

58 Lion's locks

59 Certain curves

61 Crooner Damone

64 And so on

66 Spanish river

68 Eureka!

70 Demure

71 Master escape artist

72 Ferber and Millay

73 What ambulances provide, for short

74 Certain exercises

78 Electric clock feature

79 Cubic meter

80 Break off

81 Matador's opponent

82 In the distance

83 High cholesterol dish?

85 Indo-Chinese people

87 Mork and Spock

88 — Aviv

92 Conn. collegian

94 Mature

97 Most greasy

98 Vegetate

100 Greenspan

101 Dispossession

102 Spouse

104 Former financial firm

107 Weight watcher?

109 Early computer code

110 Common interest groups

111 Shabby; scruffy

112 Scrambled

113 Large number

114 Window part

116 Goddess of fertility

117 Endless time

118 Beige

119 Tatters

120 "Candy is dandy . . ." man

122 Blue bird

Floral

Edited by Linda and Charles Preston

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10/3/21

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ABEL ALLIE AXEL POOLE

MORE MOOLA PHIL ALLAN

BLACK EYES SUSAN ALDERS

TROD SIR LESLIE

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TRITE ERASER CIA

DUTCHMAINS BREECHES

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STAB YULE SONNET STET

TOFU DADE CATER USE

ORATORIO LADYSSLI PPER

PORTION LILI PASTE

ELOISE AVA BRER

ESPRIT CHINESE LANTERN

GLACIER JAMS SCOOT NICAA

GENUS ALAI TINCT ERGS

SWEPT YENS SISSY RUSH

10/3/2021

Sudoku

By The Mephram Group

Level

1

2

3

4

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

Solution to last Sunday's puzzle

10/3/21

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

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](https://www.sudoku.org.uk).

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GU students vibe with Isaiah Rashad

By ISABELLA ASPLUND-WAIN

On Sept. 28, rapper Isaiah Rashad performed at the Knitting Factory in Spokane. At an almost sold out venue, there were many Zags in the crowd enjoying his "Lil' Sunny's Awesome Vacation" tour, as well as his openers Ray Vaughn and Childish Major.

Kyle Meyer and Jake Archambo, two Gonzaga sophomores, were able to see Rashad front row and attended a meet and greet with him prior to the show. Archambo has been listening to Rashad since his first year of high school and said that he's one of his top three artists, whereas Meyer did not know as much about him.

"I personally am not the biggest Isaiah Rashaad fan, but this past week I've been listening to his music, trying to learn all the words," Meyer said. "It was really awesome seeing him after having so much of him in my life the last week, just listening to the songs on repeat."

The meet and greet was set up differently than other ones Meyer and Archambo have been to. The pair said that they were still setting

the stage up and doing soundchecks. There were about 40 fans in the venue at the time, and Rashad came out to interact with the crowd, take pictures and answer questions. VIP ticket holders also got an exclusive peak at the merchandise.

"It was cool seeing the authentic person because you always see the artist on stage and hear the music," Meyer said. "But interacting with him, you got to see who he truly is, and answering questions people had from the crowd was really interesting."

Meyer and Archambo also felt that attending the meet and greet gave them the opportunity to secure their spots. When the doors opened for general admission, they noticed the crowd rush to the stage and fight for a closer view. Their VIP tickets had come to the rescue, as they got front row seats to the concert and didn't have to fight off the crowd.

The show started with opener Ray Vaughn. Meyer said he felt the energy from Vaughn, as he was interactive and engaging. He taught the lyrics to his songs as he went along since he is a smaller artist and

not a lot of people knew of him and even played an unreleased song for the audience. Archambo felt like his conversations with the crowd made for good segways in between his songs.

When Childish Major took the stage, Meyer said he wasn't as high energy as Vaughn was. Since he is both a producer and a rapper, his beats were there, but Major's chemistry with the crowd wasn't as prevalent as Vaughn's was.

"I think he's producing great songs, but he didn't have the crowd control like Ray Vaughn did and he was just a little more underwhelming in his delivery," Archambo said.

Rashad's set consisted of seven of his top songs. "Wat's Wrong" and "Brenda" were the pair's top two, and they said he had a great range of music, from slower to more hype beats.

"Being able to see him in person, see him live and being able to interact meant a lot to me," Archambo said. "It was a big moment for me."

Isabella Asplund-Wain is a staff writer.

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ISAIAH RASHAD

LIL' SUNNY'S AWESOME VACATION

+SPECIAL GUESTS: CHILDISH MAJOR & RAY VAUGHN

BOSTON, MA *	09.08	BOZOE, ID *	09.27	DALLAS, TX ***	10.20
PHILADELPHIA, PA *	09.09	SPOKANE, WA *	09.28	NEW ORLEANS, LA *	10.22
SILVER SPRING, MD *	09.11	SEATTLE, WA *	09.30	AUSTIN, TX *	10.25
CLEVELAND, OH *	09.12	VANCOUVER, BC *	10.01	HOUSTON, TX ***	10.26
NEW YORK, NY *	09.13	EUGENE, OR *	10.02	SAN ANTONIO, TX *	10.27
BIRMINGHAM, AL *	09.14	PORTLAND, OR *	10.03	RALEIGH, NC *	10.30
WALLINGFORD, CT *	09.15	SACRAMENTO, CA *	10.05	CHARLOTTE, NC *	10.31
PROVIDENCE, RI *	09.16	SAN FRANCISCO, CA *	10.07	ST. PETERSBURG, FL *	11.02
CINCINNATI, OH *	09.18	SAN FRANCISCO, CA *	10.08	ORLANDO, FL *	11.03
GRAND RAPIDS, MI *	09.19	LOS ANGELES, CA *	10.10	FT. LAUDERDALE, FL *	11.04
CHICAGO, IL *	09.20	LOS ANGELES, CA *	10.11	ATLANTA, GA *	11.06
CHICAGO, IL *	09.21	ANAHEIM, CA *	10.12	BIRMINGHAM, AL *	11.07
DETROIT, MI *	09.22	SAN DIEGO, CA *	10.13	NASHVILLE, TN *	11.08
MINNEAPOLIS, MN *	09.23	PHOENIX, AZ *	10.15	QUINTANOOA, TX *	11.09
DENVER, CO *	09.25	LAS VEGAS, NV *	10.17	DAY N VEGAS FESTIVAL	11.12
SALT LAKE CITY, UT *	09.26	TUCSON, AZ *	10.18		

COURTESY OF ISAIAH RASHAD'S INSTAGRAM

Isaiah Rashad's tour flyer lists over 40 shows that he's visiting, Spokane being the 18th.

Zags Album Club: Autumn vibes

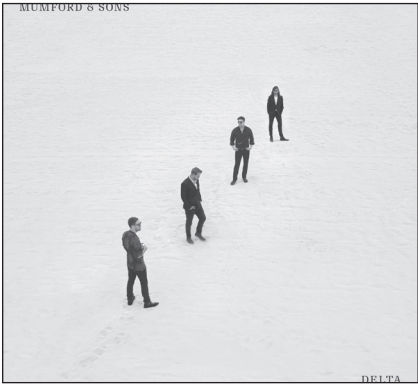
ZAC is back with four albums that are perfect for cozying up when the weather starts to get colder.



Submitted by
ABBY BETTRIDGE

evermore Taylor Swift

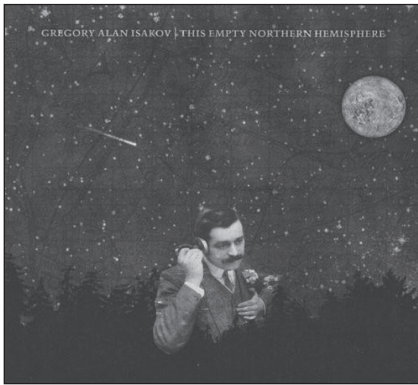
Taylor Swift's autumn-themed album "evermore" certainly delivers. You can almost smell the fallen leaves as you hear it. Even while Swift steps away from her M.O. of sharing personal history, the songs tell the stories as if they were her own. Autumn themes of transformation and maturity intensify experiences like a woman noticing her marriage is falling apart. Listeners fall away in the worlds Taylor has created while simultaneously feeling more present in the world around them.



Submitted by
ALLIE NOLAND

Delta Mumford and Sons

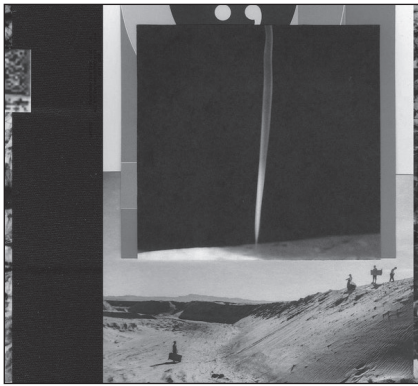
"Delta" by Mumford and Sons is the ultimate autumn-vibe album. With instrumental piano rain-like moments in "The Wild" to relaxed vocals of "October Skies," this album is the perfect pairing to a cup of hot tea, while looking out the window into the fall air of falling leaves. The variety of chill tracks, like "Woman" and "Forever," and songs that are holding on to summer energy, like "42" and "Rose of Sharon," makes for a fitting transition into fall.



Submitted by
SYDNEY FLUKER

This Empty Northern Hemisphere Gregory Alan Isakov

The 2009 album "This Empty Northern Hemisphere" by Gregory Alan Isakov perfectly encapsulates a cold autumn day. Isakov's songwriting abilities are more like poems than folk lyrics, elevating him above the quality of his peers. His tenor voice fits perfectly with his acoustic style, and the album serves as the perfect soundtrack for mid-autumn.



Submitted by
ALEXANDER PREVOST

i,i Bon Iver

It's literally in the DNA of Bon Iver's records — each of their releases represents a season. Their 2019, Grammy-nominated record i,i features some of their most earnest lyrics and captivating production. From the aesthetic to the themes of change and growth, i,i is the perfect record for Autumn while sipping your coffee under the falling leaves.

Don't miss Broadway: Fall semester dates

Zags can attend Broadway, right here in Spokane, at the First Interstate Center for the Arts. Check out the shows.



Dates
OCTOBER 16 to OCTOBER 24

CATS

The captivating play, "CATS" by Andrew Lloyd Webber, is a story about a tribe of cats that join together for a ball and decide on the next cat to be reborn. With 7 Tony Awards, "CATS" features a solid score, masterful costumes and intentional choreography.

Performance length: 2 hours and 30 minutes

Ticket prices: \$42 - \$100



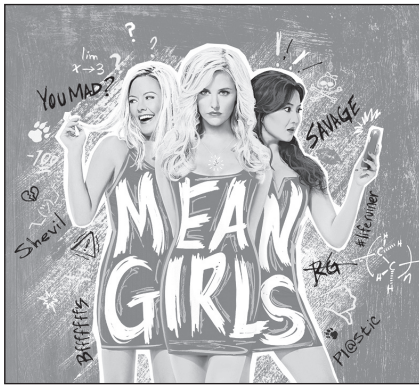
Dates
NOVEMBER 12 and NOVEMBER 13

A CHRISTMAS CAROL

As an interpretation of Charles Dicken's classic story, "A Christmas Carol" is filled with signature Christmas songs and will put theater-goers in the holiday spirit. This play is directed by Matthew Warchus and the playwright is by Jack Thorne. This play will show three times, so grab tickets while you can.

Performance length: 2 hours and 15 minutes

Ticket prices: \$53.50 - \$93.50



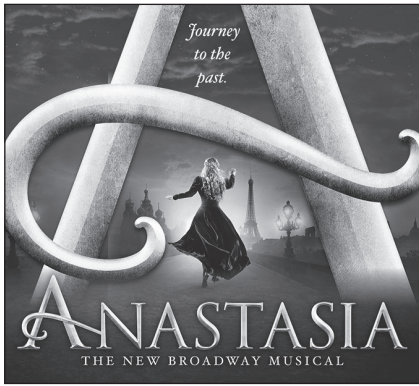
Dates
NOVEMBER 23 to NOVEMBER 28

MEAN GIRLS

An adaptation of the well-known teen comedy film, "Mean Girls" was created by an award winning team of Broadway composers. This show follows the life of a teen girl trying to navigate the drama of high school while maintaining an elite social status.

Performance length: 2 hours and 45 minutes

Ticket prices: \$39 - \$100



Dates
DECEMBER 28 to JANUARY 2

ANASTASIA

Looking for a romantic play? Look no further. "Anastasia" follows a brave young woman on her own adventure and her unexpected love story with an ex-aristocrat. From Tony Award-winning creators, "Anastasia" showcases a beautiful score and storyline.

Performance length: 2 hours and 45 minutes

Ticket prices: \$42 - \$100



ALYSSA HUGHES IG: @alysarmhughes

Gonzaga University welcomed its newest sports information director, Grace Whiteley, in late August of this year.

Grace Whiteley finds her way home

By ALEXANDER PREVOST

Earlier this year, Gonzaga University welcomed a new addition to its athletic department, as Grace Whiteley stepped into her role as a sports information director (SID).

Born in Everett, Washington, Whiteley’s father was involved in the military. As such, she got many opportunities to travel around. At age 4, she moved to Okinawa, Japan, for six years before coming to Eastern Washington, where she’d spend the rest of her childhood and college years.

“I went to school in Cheney, graduated from high school, and then I went on to Eastern Washington University,” Whiteley said. “I did journalism there.”

For her, Cheney was a great environment to grow up in. She had many great experiences, including good friends, a solid academic career and relatives close by. Whiteley also, being in close proximity to Spokane, grew up as a fan of GU.

Her biggest role model in life is her father, who she admires deeply for always thinking and acting out in the best interest for her family. He has been there for Whiteley throughout her life.

During her years in high school, she met her husband Jacob, though they didn’t start officially dating until their senior year of high school.

Whiteley had no idea what she wanted to do going into her undergraduate studies at Eastern Washington University. She had a passion for English, and when she looked through the academic catalog, she saw a caveat under the journalism program for sports journalism.

She said that helped her find her niche at the university.

During her first year, she wrote for EWU’s newspaper, *The Easterner*, before being hired as an SID.

“Dave Cook, who was a sports information director at Eastern texted me,” Whiteley said. “His wife was my fifth grade teacher, and I graduated with his daughter, so he reached out to me, asking if I’d be interested in sports information. To be honest, I had no idea what sports information was. I interviewed with him, and I got the job. He was a huge part of where I’m at right now; I wouldn’t be here if it wasn’t for Dave. He was a great mentor.”

During her time as an SID for Eastern, she was in charge of track and field, the women’s soccer team, women’s golf and men’s and women’s tennis.

As a journalism student, having that exposure to both journalistic writing and PR was incredibly important to her development. She said having both helped her realize how much she loved the PR aspect, being able to find the positive in any situation.

Along her college journey, one of her most formative experiences was helping run the Big Sky tournament.

“I was working with the new SID there,” Whiteley said. “Her name is Monica, and we were both younger and new at the job. She just got this full time position there. Working together with her, running this huge tournament and seeing the outcome of it was great.”

Looking forward, she wanted to continue specializing in sports information and management. That next step manifested in Tennessee.

“Going to [University] of Tennessee and seeing [the] athletics department there was incredible,” Whiteley said. “Football there is a whole ‘nother ball game. It was cool going from Eastern — where it’s a smaller, tight knit community, athletic department — to this huge Tennessee athletic department where you still feel that family vibe which was incredible.”

She and her husband highailed to Knoxville, Tennessee, after graduating from EWU, enrolling in a masters program.

While at UT, she worked in the athletics department as well as taking a hospital general surgery residency program.

“I just wanted a job on campus still,” Whiteley said. “[I] still wanted to be a part of the UT system, so I got a job over there and it was a great experience. [I] loved the people I worked with. It was another true family.”

Whiteley worked in the hospital, primarily for recruitment. During the past recruitment season, they conducted around 140 Zoom interviews.

Part of the reason they took her on was that they wanted to expand their social media presence — which, prior to Whiteley, was relatively minimal.

“They had an Instagram, but no Twitter, no Facebook or anything,” Whiteley said. “So to take that on, which was

a big learning experience, learning how to gain followers because their big thing was getting the top applicants.”

In addition to this, Whiteley worked in athletic media relations. Her first year as a graduate, she was an intern before being promoted to General Assistant, overseeing the women’s rowing and women’s golf.

She graduated from UT in 2020.

Around March of this year, her husband got a call from the Fairchild Air Force Base west of Spokane. The air base offered him a full time job at the base, and so they moved back to Eastern Washington in May.

“I’d been applying to jobs [when we moved here], and nothing was really working out,” Whiteley said. “But I kept telling myself there’s a reason why, and so I was kind of applying and then I saw this position open up back in July, and I applied.”

Whiteley began her tenure at GU in August.

“Grace is off to a great start,” said GU SID Barrett Henderson via email. “We are tremendously excited to have her on the Sports Info team. Speaking personally, I am grateful to have her here after working alone all summer. Grace has a very talented future in this field, and we’re fortunate to have her at Gonzaga.”

As an SID, her philosophy is driven by the desire to highlight the student-athletes on campus. Whiteley believes they have unique stories on and off the field, and she wants to give them promotion — to make sure that their hard work is noticed.

She oversees women’s basketball, men’s soccer, women’s and men rowing and women’s tennis at the university. In her free time, she loves to watch shows like *Grey’s Anatomy*, play with her dog, bake, go on hikes and attend concerts.

“To be in this — what I consider to be my dream spot — is a huge honor, and I’ll never take it for granted,” Whiteley said. “It just excites me. I’m happy, excited for the future and to see what we can do here as an athletic department.”

Alexander Prevost is a sports editor. Follow him on Twitter: @Alexanderprvst.

Fans benefit from being back in stands

COMMENTARY
By DANIEL FORTIN

With the return of fans being back in the stands at Gonzaga University games, there are many things that Zag fans should be excited about.

The first of these benefits is the escapism of live sports. One qualitative study of fans, published by Global Health Research and Policy, showed that in 2018, fans who attended an English football team’s games served as a temporary escape from daily life and helped reduce stress.

The same study showed that at Japanese professional soccer games, spectators had a psychological connection with their hometown team which led to a bigger connection between the athletes and the community. This also supported their perceptions of social support as well as social cohesion in their communities.

These types of collective evidence suggest that attending live sporting events may produce psychosocial benefits as well. These benefits may, in turn, help produce healthy practices while also reducing the negative health consequences of stress and adversity.

“I think the best part is just being back and seeing everyone,” said Eduardo Escalera, a senior at GU. “It feels good to be in a social environment again.”

Research has shown that the activity spent at a game can have physical health benefits. Daniel L. Wann, a psychology professor at Murray State University in Kentucky and the author of “Sports Fans: The Psychology and Social Impact of Spectators,” found this to be the case in his research.

“Indeed, the stereotype that sports fans are overweight, beer-drinking couch potatoes is inaccurate,” Wann said in an interview with CNN. “Sports fans are quite active physically, politically and socially.”

Live sporting events are also a good place to start networking or to bring a coworker to have a good time. It allows for friends to have a good time not only with sports, but also with food, beverages and entertainment all in one place.

Lastly, watching sports can improve communication and organizational skills. According to a 2008 study from the University of Chicago, scientists and researchers discovered that watching a sporting event is a workout for your brain.

In the study, a dozen pro and college-level hockey players, eight hockey fans and nine people who had never seen or played a sport were tasked to watch a hockey game while a machine Electroencephalogram



BULLETIN FILE PHOTO

As stadiums around the country welcome back fans, GU fans will be excited to attend events in the Kennel once again.

recorded their brain functions.

Afterward, the participants were each given a test to analyze their brain comprehension. The results showed that athletes and sports fans experienced brain activity in the motor areas associated with performing and controlling. This study suggests that spectator sports can help with the absorption of information.

For athletes, there are many advantages for fans being back in the stands. Friendly trash talk and banter between players and fans has become a tradition in college and professional sports. The idea of a team having “home-field advantage” due to its loud and rowdy fans can affect the away team’s communication on the court or field.

Athletes can be motivated by the excitement and participation of the audience and will therefore perform with heightened awareness.

“I know last year was hard for some teams because there were no fans, so the athletes couldn’t feed off their energy at home,” said GU sophomore Max Koi-Ya. “I think fans bring a lot of energy and excitement and it helps their teams win.”

Daniel Fortin is a staff writer.

It's time to get Krazy

Turn up the Zombie Nation, because Kraziness in the Kennel is back, and students couldn't be more excited



Former Zag and WCC Player of the Year Filip Petrushev (above) hypes up the fans at Kraziness in the Kennel in 2019.

By ALISE HARTZ

Gonzaga University's annual Kraziness in the Kennel event is back after a year off in 2020. The last GU men's basketball game held in the McCarthy Athletic Center at full capacity was Feb. 29, 2020 against Saint Mary's. Over a year and a half later, fans will once again be flooding through the gates. Due to the COVID-19 pandemic, Kraziness in the Kennel was held virtually a year ago. KHQ and Root Sports Northwest broadcasted the event so that students, families and the GU community could still watch at home. With new COVID-19 attendance policies in place, the arena will once again be at full capacity this season with Kraziness in the Kennel being the kickoff event. GU's athletic department released new policies to prevent the spread of COVID-19 at on-campus sporting events. Attendees are expected to show proof of vaccination or a negative COVID-19 test within 72 hours of the event. This has been the standard protocol for all GU home athletic events since Sept. 25. Doors will open for the event at 11:45 a.m. with a 1 p.m. start time this Saturday, Oct. 9. It is expected to run until about 2 p.m. This event is free to attend with limited seating available.

Unlike years past, Kraziness in the Kennel was ticketed and distributed online. Students created an account through GoZags.com with a valid ID and code in order to reserve a ticket for the event. "The point of Kraziness in the Kennel is to give students, families and the community a preview of the men's basketball team for the year," said Macy Ryan, president of Kennel Club. "We are excited to finally be back in person after 2020." For the general public, limited tickets were made available on Oct. 4 through GoZags.com. In years past, Kraziness in the Kennel events have included a scrimmage between Gonzaga players, dunk contests as well as half-court shot competitions. "Fans can also expect a banner ceremony at Kraziness in recognition of the team's 2021 appearance in the NCAA Championship game," Ryan said. Students and attendees can expect the rituals of Zombie Nation and various other game day songs and cheers that are performed at all basketball events in the Kennel to take place. From a social perspective, GU students are excited to file into The Kennel once again to cheer on the Zags with their friends. "I can't wait to be back in the Kennel with my friends and see the campus liven

up for game days again," said Peyton Dabasinskas, a senior at GU. "Kraziness is going to be the first glimpse of that." With three new five-star prospects signed for this year, Zag fans are excited to get a sense of the season ahead, in a full arena this time. "I am really excited to get to see Chet Holmgren play, the top recruit out of the 2021 class," said Zack Dwyer, a senior at GU. "It is really exciting that such big talent comes to a small school like Gonzaga." Dwyer also pointed out that unlike last year, the Zags' newest stars will be able to experience the atmosphere of The Kennel Club. Jalen Suggs, last year's star player and top recruit didn't get to experience GU's spirited and enthusiastic student section in person due to COVID-19 limitations. The women's basketball program has a fan event, FanFest, which is an opportunity to watch the team play before the season officially begins. This event will be taking place on Oct. 16 at 4 p.m.

Alise Hartz is a contributor.

GU SPORTS CALENDAR

- Thursday, Oct. 7**
➤ Volleyball at USD, San Diego, CA, 7 p.m.
- Saturday, Oct. 9**
➤ Volleyball at BYU, Provo, UT, noon
➤ **Numerica Kraziness in the Kennel, 1 p.m.**
➤ **Women's soccer vs. Santa Clara, 4 p.m.**
➤ **Men's soccer vs. LMU, 7 p.m.**

- Sunday, Oct. 10**
➤ Men's golf at Georgetown Intercollegiate - Day One, Beallsville, MD

- Monday, Oct. 11**
➤ Men's golf at Georgetown Intercollegiate - Day Two, Beallsville, MD
➤ Women's golf at Pat Lesser Harbottle Invitational - Day One, Tacoma, WA

- Tuesday, Oct. 12**
➤ Women's golf at Pat Lesser Harbottle Invitational - Day Two, Tacoma, WA

- Wednesday, Oct. 13**
➤ Men's tennis at ITA North Regionals, Eugene, OR, All-day

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From the sidelines to the spotlight

After tearing her ACL and MCL as a freshman, Maddie Kemp has embraced a Bulldog mentality on her road to recovery

By HENRY KRUEGER

A couple of weeks before her freshman season on the Gonzaga University women's soccer team, Maddie Kemp suffered one of the most brutal injuries an athlete can experience.

Kemp was playing three-on-three with coaches when she took a wrong step, tearing her ACL, MCL and her medial and lateral meniscus.

For Washington's Player of the Year and three-time All-American in high school, it was a devastating blow. Exactly one month after her injury, Kemp had surgery and her long road to recovery began.

"My recovery process was hard and long, and then [COVID-19] came into play," Kemp said. "So I was kind of coming back and trying to integrate while we weren't really allowed to play with each other."

But after lots of hard work and patience to get back on the field, Kemp has made quite the recovery. Fast forward two years since her injury and Kemp, now a redshirt sophomore, is one of the main contributors on a GU team that is off to the program's best-ever start. Prior to Wednesday's game against the University of Portland, the Bulldogs have won 10 of its first 12 matches, including an eight-game winning streak, the longest in program history.

Before falling to BYU on Oct. 2, GU was ranked No. 16 in the nation by the United Soccer Coaches National Top 25 poll. The team was nationally ranked for the first time since 2005 on Sept. 19. GU was also No. 2 in the west region, behind nationally-ranked Pepperdine University but ahead of defending national champion Santa Clara University.

As of Oct. 4, Kemp is tied for the most goals in the West Coast Conference (WCC) with eight and is tied for the No. 23 spot in the nation for total goals. She's also tied for fifth in the country in shots on goal per game with 2.67.

While her play has been outstanding, Kemp's performance this season is no surprise to Head Coach Chris Watkins.

"[Maddie's] a great goal scorer and that's what people notice first," Watkins said. "But I think, more importantly, she knows how to win and she wants to win really bad. She studies the game. She comes into training and we'll play three on three or five on five and she just wants to win."

Watkins recognizes the severity of Kemp's injury, but believes Kemp benefited from the recovery process.

"Expectations for Maddie and for Gonzaga went up when she came here and so [the injury] was really hard," Watkins said. "But I think it was important for her to learn to be a great teammate, learn to understand the game a little bit more than she did before, and I think she did well with that time."

Growing up in Camas, Washington, a small town on the state's southern border, Kemp had nothing short of a legendary high school career. She was the most decorated player in the history of Camas High School — scoring 141 goals in four years.

While GU wasn't originally on her radar, Kemp began heavily considering the school after Watkins' hiring.

"I wasn't really looking at Gonzaga, and then Coach Watkins got the job here," Kemp said. "I came here and took a look at the school and knew the legacy coach had come from."

Kemp's scoring ability has clearly translated well from high school to college, but she's playing a slightly different position than she did in her prep years. Because GU's forwards have to cover a lot of ground and Kemp was mostly just a goal-scorer in high school, Watkins decided to drop Kemp into midfield.

"Watching her play, she just shot the ball, you get her the ball and she just shoots," Watkins said. "She's got to adapt a little bit so we dropped her back into midfield where you don't have to cover as much space."

For Kemp, the new position has been an adjustment, but it's also taught her a lot.

"I'm playing a position I've never played before, and so it's been a cool experience," Kemp said. "It feels good to be getting back into work. It feels natural for me, and that's been really exciting."

Although it's been a little while since her injury, Kemp is still dealing with some effects, but also says the experience helped prepare her for this season as she became a student of the game from the sidelines.

"I never thought I'd be the same soccer player again," Kemp said. "But [the injury] definitely taught me a lot. I feel like I know so much more stepping into this season than I would have if I was just a regular sophomore."



ALYSSA HUGHES IG: @alysamrhughes

A redshirt sophomore from Camas, Washington, Maddie Kemp is tied for the most goals scored in the West Coast Conference with eight.

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"I never thought I'd be the same soccer player again. But [the injury] definitely taught me a lot

Maddie Kemp, redshirt sophomore forward

After its hot start, GU is now in WCC play. With games against Santa Clara and Pepperdine coming up, the Zags will be tested, something Kemp is ready for.

"I'm excited," Kemp said. "There's been times where we haven't been able to hang with Santa Clara or BYU or Pepperdine. I think they should be scared that they can't hang with us now, and it's something I think we're ready for and it's exciting."

Going from a star soccer player in high school to severely injured and then back to being a goal-scoring machine, Kemp's story is impressive. And the number

of adjustments she's had to make while still being able to find success shows the power of a relentless work ethic.

Fans can watch Kemp play on Oct. 9 when the Zags host Santa Clara at 4 p.m. Live scoring updates will be available on GoZags.com.

Henry Krueger is a staff writer. Follow him on Twitter: @henrykrueger.

All for one and one for all: Fall intramural sports return to Zags' delight

By NATHAN OMODT

Intramural sports are an integral part of the Gonzaga University community, with over half of the undergraduate student body participating every year according to the Rudolf Fitness Center (RFC). However, intramurals had a brief hiatus during the 2020-21 school year to help prevent the spread of COVID-19.

Luckily, due to the high vaccination rate in the GU community this fall and current Washington State COVID-19 restrictions, the RFC is bringing back intramural sports for the 2021-22 school year.

The RFC plans on hosting nine intramural sports and events this fall semester in hopes of bringing in new and returning intramural athletes.

"This year, we are really focusing on our high participation sports," said Tyler Seth, assistant director of the RFC. "We decided which sports we would offer this year based on our participation numbers from fall 2019 and spring 2019. We also decided we will offer our major sports in both the fall and the spring to give more opportunities for students to participate."

This fall, the RFC will be offering intramural softball, indoor soccer, volleyball, flag football, basketball, freshman and sophomore games, a spike ball tournament, a cornhole tournament and a tennis tournament.

Format wise, each intramural sport will have a "regular season" followed by an end of season playoff tournament for a championship.

"We have a three game season over three weeks and then playoffs," Seth said. "Depending on your record, you will be entered into a playoff tournament. The winners of the playoff tournament will receive a championship shirt."

In order to keep competition fair, each intramural can be played at three levels of competition: Boone, Sharp and Sinto.

"Boone is our lowest level of competition," Seth said. "Sharp is more of an intermediate level. This level is for if you have some experience with the sport but maybe your whole team has not. Sinto is the highest level of competition. This is for the ex-high school player who has been playing this sport their whole life."

Seth believes that having three levels



TERRANCE YIM IG: @terranceyimphoto

GU students compete in a game of indoor soccer on the Rudolf Fitness Center Fieldhouse courts. The regular season for all competitive divisions started on Sept. 26 and will conclude on Oct. 22.

of competition allows for all players to feel welcomed to play. Former intramural participants appreciate the ability to choose your competition level.

"If you are competitive or not competitive, if you have no experience or a lot of experience, it does not matter," said Cameron Wright, a junior and former intramural athlete. "There is a league for you."

Wright finds that intramurals offer many other benefits besides just a place to find competition and play games.

"They are a good way to meet people outside of your classes, they are a break from homework and you have a lot of fun doing them," Wright said. "I would encourage people to do them if they get the chance."

The RFC staff similarly believes that intramurals are a great way to socialize and

have a good time. Seth also emphasized that students should sign up even if they do not know anyone else doing intramurals.

"Intramurals are a great way to meet people and stay active," Seth said. "If you do not have a team and you want to play, reach out to the RFC and we can get you on a team."

While many of the intramural sports seasons have already begun, registration is still available for a few activities in the fall semester. The sign-ups for the cornhole tournament during Fall Family Weekend closes on Friday, Oct. 8, while flag football, basketball and tennis are open until Oct. 18. More intramurals will be offered in the spring for students.

Haley Yeager, a sophomore participating in softball and indoor soccer, is loving her first time experience with intramurals.

"Because of COVID, I didn't get to have the full intramural experience my [first] year," Yeager said. "So I was really excited to try it out this year. It has been a lot of fun to run around and play sports again."

In order to sign up for intramurals, students will need to sign up through IMLeagues.com. IMLeagues is available in the app store or through an internet browser. Once signed in, students will be able to register teams with friends or join preexisting teams. If there are further questions, students can reach out to the RFC.

Nathan Omodt is a staff writer.