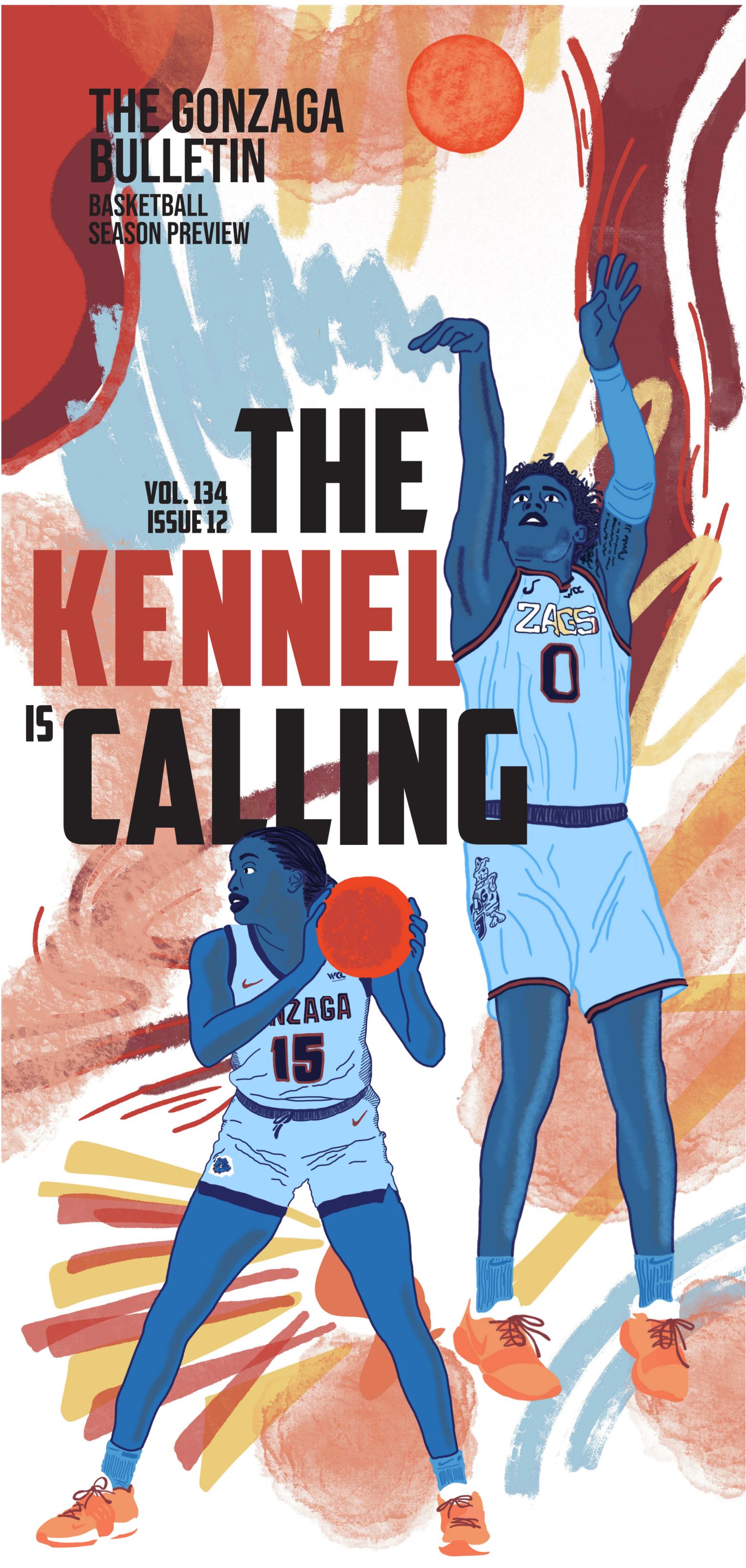


THE GONZAGA BULLETIN

BASKETBALL
SEASON PREVIEW

VOL. 134
ISSUE 12

THE KENNEL IS CALLING



Running the Gauntlet: Zags to play loaded nonconference schedule



JANNA PRICE IG:@janna.price

Drew Timme, left, was named 2022 WCC Player of the Year after leading the conference with 18.4 points per game last season

By TOMMY CONMY

Gonzaga University men's basketball will begin the 2022-23 campaign ranked No. 2 after opening as the preseason No. 1 the past two seasons.

The Zags enter the season ranked behind last season's March Madness runner-up, the University of North Carolina. Expectations remain sky-high for Mark Few and Co. despite missing out on the top spot and losing Chet Holmgren and Andrew Nembhard to the NBA. GU welcomes back two-time All-American Drew Timme who returned to school with teammates Julian Strawther and Rasir Bolton after going through the NBA pre-draft process.

Despite Timme's scoring prowess and staying power, the preseason All-American will need all the help he can get to propel GU to the mountaintop of college basketball and claim a national championship that has eluded Few throughout his 23 seasons.

In a sign of the times, Few dipped into the transfer portal to add talent and bolster his roster that featured only one freshman recruit in four-star Braden Huff. Reminiscent of the Zags landing Kyle Wiltjer from Kentucky in 2013, senior guard Malachi Smith hopes to have a similar impact after winning the Southern Conference Player of the Year for Chattanooga and taking his talents to Spokane in the offseason. Smith, along with LSU transfer Efton Reid II, figure to replace part of the production lost to the NBA when Holmgren and Nembhard were drafted.

Nolan Hickman and Hunter Sallis were slated to start this season, but with the return of Bolton and the transfer of Smith, suddenly their position isn't as rock-solid. Timme and Strawther will start in the frontcourt and Smith and Bolton will likely take up the starting guard spots, leaving the small forward spot open.

"[Practice] is going to be competitive when the talent is so good," Smith said. "If you know where we want to get you have to have that competitive edge to win those games and push through those tough times. I feel like that just makes us closer in general, because we're all pushing to get to our limit."

Should the Zags achieve a third-straight No. 1 overall seed in the NCAA Tournament, Few will need to sort out the best starting and finishing groups for the Zags. Look for Few and his staff to tinker with the lineups in the early going like they did in the 2020-21 season as they find a group that works.

Timme and Few's record against teams from the power six conferences the past three years is 17-6. Success against the upper echelon of college basketball will need to be a feature and not a bug for Few's program

in nonconference play. GU faces perhaps its toughest nonconference schedule in program history. All told, GU will face four teams ranked in the preseason Associated Press Top 25 before jumping into West Coast Conference (WCC) play. This number could jump to five if the Zags advance to the championship of the PK85 Tournament to face No. 7 Duke.

In their first exhibition, the Zags were defeated 99-80 by No. 11 Tennessee on Friday. GU ended preseason play by hosting Warner Pacific on Wednesday.

The real action begins against North Florida in the Kennel on Nov. 7. Following that game, the Bulldogs will immediately travel to San Diego to play in the Armed Forces Classic aboard the USS Abraham Lincoln against Michigan State and head coach Tom Izzo. The Spartans were picked to finish fourth in the Big Ten preseason media poll behind Michigan, Indiana and Illinois.

"This is a special opportunity for our program to support those who fight for our country in our own small way," Few said in a statement. "We're excited to face an incredible program in Michigan State and a great colleague in coach Izzo. I'm sure this will be a great memory for all of us."

In a five-day stretch following the game against Michigan State, GU will also face No. 12 Texas and No. 4 Kentucky in neutral-site or away games.

The Longhorns will look for revenge after getting handled 86-74 last year in a game that saw the lead balloon to as large as 20 before No. 5 Texas cut the margin down in the second half.

Awaiting the Zags in the Spokane Arena are the Kentucky Wildcats, led by National Player of the Year and preseason All-American Oscar Tshiebwé. The matchup will pit two of college basketball's biggest stars against one another in Timme and Tshiebwé. Tshiebwé averaged 17.4 points and 15.1 rebounds per game while amassing 60 steals and 55 blocks en route to National Player of the Year honors last season. Both forwards entered their names into the NBA Draft before withdrawing to return to school and polish their respective games.

The Bulldogs will then turn their attention to the Phil Knight 85 Invitational, a 16-team tournament celebrating the 85th birthday of Nike co-founder Phil Knight. GU will face off against Portland State in the opening round. The winner of that game will play the winner of Purdue versus West Virginia. The championship game opponent will be any of No. 7 Duke, Oregon State, Florida or Xavier.

GU follows up the Thanksgiving tournament with a trip to Sioux Falls, South Dakota, to take on No. 5 Baylor in a rematch of the 2021 National Championship game.

The Bears were chosen by the league's coaches as the favorite to win the Big 12 for the second time in three years.

The Zags return from their Midwest sojourn to the Kennel for a three-game home stand against Kent State, Washington and Northern Illinois. The last time the Huskies and Zags were slated to play, the in-state rivalry was cancelled due to COVID-19 protocols within the UW program, making the last matchup in Spokane a hotly-contested 83-76 win over the No. 22 Huskies in 2019.

The last power six opponent the Zags will face is against Alabama in a neutral site contest in Birmingham. GU is looking to rebound against the Crimson Tide after losing 91-82 last season in Seattle. The Zags wrap up nonconference play with two home games against the University of Montana and Eastern Oregon before turning their attention to the WCC.

In the preseason coaches' poll, the Bulldogs were the favorite to win the conference for the 11th straight season, receiving all nine possible first-place votes totaling 81 points. Right on their tails were the Saint Mary's Gaels with 73 points. Fresh off a second-round NCAA Tournament appearance against UCLA, the Gaels are the only WCC opponent that beat the Zags last season, upending them in the final regular season game.

Projected third and fourth place, respectively, were San Francisco and BYU. USF made the tournament for the first time since 1998 last season, but head coach Todd Golden departed for Florida and leading scorer Jamaree Bouyea left to play professionally, leaving standout guard Khalil Shabazz with the keys to the program.

Meanwhile, BYU is playing its last season as part of the WCC before it departs to the more lucrative and football-friendly Big 12. Although Few anticipates the rivalry will continue, BYU's departure makes the stakes of the games in the Kennel and in Provo even higher, with neither side wanting to leave the rivalry as it currently stands with the sour taste of defeat in its mouth.

GU wraps up WCC play at home against Saint Mary's on Feb. 25 before a nonconference game against Chicago State puts a bow on the regular season.

Tommy Conmy is a sports editor. Follow him on Twitter: @tommyconmy.

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Women's basketball begins quest to three-peat as WCC champions

By HENRY KRUEGER

It's been over seven months since the Gonzaga University women's basketball team lost to Louisville in the second round of the 2022 NCAA Tournament.

Immediately ending the Zags' season, the defeat also marked the last time the program faced an opponent in a public setting.

That will change Friday when GU hosts an exhibition against Western Washington, last year's Division II runner-up.

In the eyes of head coach Lisa Fortier, the preseason matchup is the first opportunity for new players on the team to get acclimated to the McCarthy Athletic Center.

"We've got four people who haven't played a real game in front of our crowd, so you want them to get their feet wet in front of the crowd," Fortier said.

Among the newcomers is graduate transfer Brynna Maxwell, who was recently named to the Becky Hammon Mid-Major Player Of The Year preseason watch list.

Known as an elite 3-point shooter, Maxwell led Utah with 68 made 3-pointers on 179 attempts last season. However, her will to win is her most impressive trait, according to Fortier.

"She looks desperate to find any way to earn herself minutes on court," Fortier said. "I think the competitive part of her is that she's trying to compete in every drill, to get that ball or to make that shot."

Aside from Maxwell, twin guards Kayleigh and Kaylynne Truong, along with forward Yvonne Ejim are also expected to handle significant roles for the Zags.

Kayleigh started in 28 of 34 games last season, while Kaylynne picked up seven starts and Ejim had one. All three players were in the team's top six for minutes per game.

Ejim said she was excited about having more responsibility, but emphasized that she wants the team's brand of basketball to remain the same.

"I hope it's not anything different," Ejim said. "Whether I'm coming off the bench or starting, we're still playing our basketball, so I hope that stays similar and consistent throughout this year."

Ejim was named West Coast Conference (WCC) Sixth Woman of the Year and an all-conference second-teamer



JANNA PRICE IG: @janna.price

Kaylynne Truong, right, was named to the 2022 WCC All-Tournament Team after averaging 25 points in the two games.

after averaging 10.1 points, 5.6 rebounds and 1.2 blocks per game last season.

Although most of her scoring output is from her finishing ability around the rim, Ejim spent the offseason working on her jump shot.

"I've just been expanding myself out from the perimeter, making myself a threat at all positions on the court," Ejim said. "I feel like that is something I've been training toward so hopefully that develops well throughout the season."

The Zags play their first two regular-season games at home, starting with a Nov. 10 matchup against Long Beach State before hosting Southern Utah on Nov. 12.

GU's first road contest is Nov. 15 at Wyoming, which precedes the Bad Boy Mowers Battle 4 Atlantis tournament held in the Bahamas from Nov. 19-21.

The Zags open the Battle 4 Atlantis with a rematch against Louisville, a team that reached the Final Four in last year's NCAA Tournament. The No. 7 Cardinals were picked as the preseason favorite to win the ACC by the conference's coaches and voting panel.

GU's other guaranteed regular-season opponent that is currently nationally-ranked is No. 2 Stanford on Dec. 4.

The two programs played twice last season, as Stanford took the first game 66-62 and the second 66-50. GU last defeated Stanford 79-73 during the 2018-19 season.

"Stanford has become a little bit of a — I don't know if it's a rival, but it's something that we look forward to every year," Fortier said.

The Zags' 31-game schedule will conclude on Feb. 25 when they visit BYU

in Provo, Utah. It will be the second of two matchups between the teams, who also face off to open the conference season on Dec. 17.

GU suffered two double-digit losses to BYU during last year's regular season, but the Zags would go on to upset the Cougars 71-59 in the WCC Championship.

It's possible that both teams could meet up in the title game for the third-straight season, as GU and BYU were picked No. 1 and No. 3 in the conference's preseason poll.

Held in Las Vegas' Orleans Arena, the 2023 WCC Tournament is set to last from March 2-7, with the winner earning an automatic bid to the NCAA Tournament.

Henry Krueger is a sports editor. Follow him on Twitter: @henrykrueger.

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VOL. 134 ISSUE 12

Center for the Study of Hate gives out Take Action Against Hate Award

By MADELINE RICKS

Each year, Gonzaga University's Center for the Study of Hate awards one person and one organization with the Eva Lassman Take Action Against Hate Award. This year's recipients are Travis McAdam and the organization Muslims for Community Action and Support (MCAS), chaired by Naghmana Ahmed-Sherazi and Karen Stromgren.

Lassman was a Holocaust survivor who lived in Spokane and educated many on genocide and the Holocaust. Her work and legacy are important to the GU and Spokane community in the fight against

hate, according to the Center for the Study of Hate's website. The Take Action Against Hate Award, named in Lassman's honor, recognizes those continuing Lassman's legacy in providing support, education and persistence against hatred.

McAdam is a program director for the Montana Human Rights Network (MHRN) and has spent nearly his entire career combating white nationalism, antisemitism and other forms of hate in Montana communities.

He was first inspired by a sociology course at the University of Montana (UM) that opened his eyes to the hidden work of right-wing extremism in the community he

grew up. McAdam's work mainly focuses on educating Montana communities on ways to respond to hate groups, but extends to enforcing proactive anti-extremist policy, LGBTQ+ rights and researching hate groups in the area.

"It really comes down to I want communities to function, and I want them to not just function for everyone but be safe and welcoming for everyone," McAdam said.

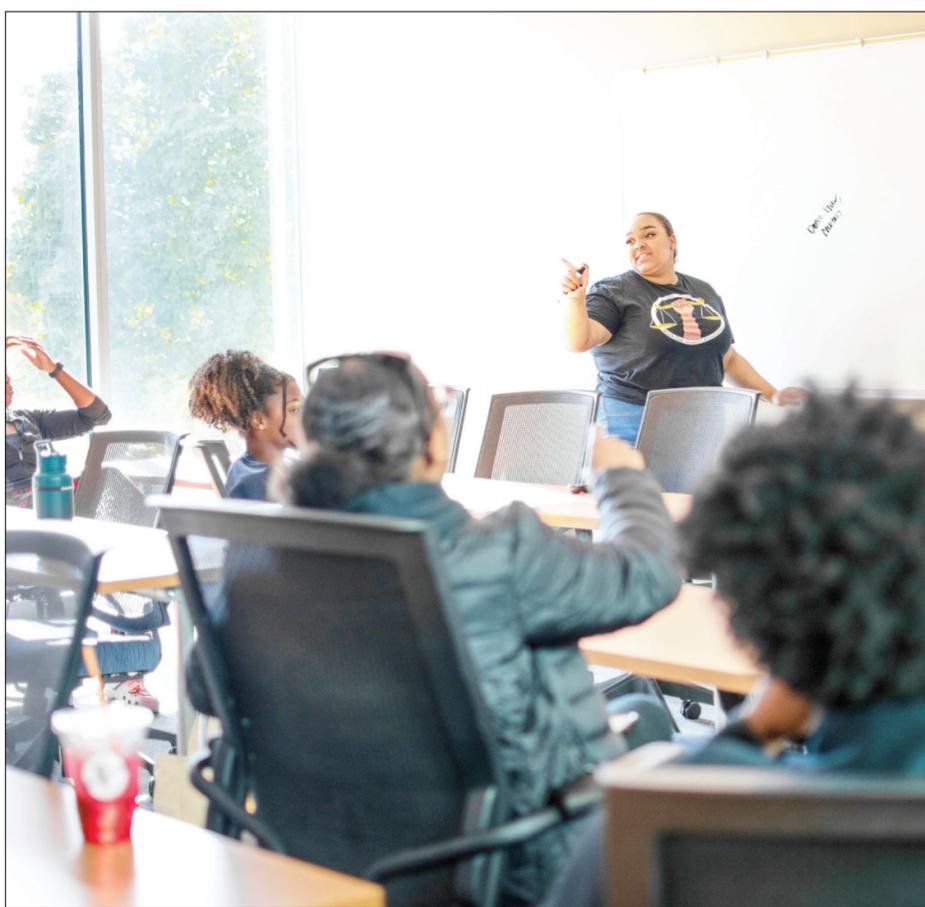
Much of McAdam's work has been through MHRN. He has worked with the organization for close to 20 years, beginning directly after graduation from UM. MHRN was founded in 1990 in direct

response to rising issues of neo-Nazis and right-wing extremists infiltrating Montana communities and public offices in an attempt to spread their agendas. They soon realized proactive measures were necessary.

"We think of our work, in a lot of ways, as a three-legged stool," McAdam said. "So, we do monitoring and researching work, we do a lot of community organizing, and then we have a lot of work around progressive public policy."

His own work with MHRN focuses on building stronger communities so they can combat the individuals attempting to

SEE AWARD PAGE 3



BSU President Jackie Lee, presenting above, helps organize BSU's weekly meetings.

Black Student Union promotes community, resists hate

By MIA GALLEGOS

The Gonzaga University Black Student Union (BSU) is a community of students who support one another at a school where the population of African American students is minimal.

BSU is a group of Black students, along with allies and those who have an interest or passion for promoting equality on GU's campus, specifically for Black students.

"I always like to clarify that [we're] not exclusive," said Jackie Lee, senior and president of BSU. "It's definitely open to allies and other individuals who may not hold the identity as a Black student, but still want to learn and be in solidarity with us in that space."

Lee said one of the main focuses of BSU is to add joy to the lives of Black students at GU and to celebrate that joy. This type of celebration does not happen enough within our community, she said.

As president of BSU, Lee takes on several different roles within the community.

"I manage the board members

that we have, who are phenomenal," Lee said.

These members include a vice president, treasurer and secretary. The secretary has the role of making sure that BSU members are staying up to date on various opportunities that they may find enticing.

"There was a Black Student Lead Conference that's still happening in November, and so we made sure our students knew about that," Lee said.

Jamen Jones, the treasurer of BSU, works the finances involved with the club. A major event that BSU works to put on is the dinner festival that is taking place in February.

One of Jones' tasks as treasurer is to find sponsors for the dinner festival.

"I'm looking at big companies but I'm also looking at local companies around Spokane and then Black owned companies and seeing if they'll help fund the BSU dinner," Jones said.

The BSU dinner festival typically has at least 450 guests, Jones said. The event is a large financial

SEE BSU PAGE 2

GSBA, Student Affairs prepare for midterm elections

By SAM FEDOR

With midterm elections on the horizon, voter registration efforts are ramping up at Gonzaga University and across the wider Spokane community. The Gonzaga Student Body Association (GSBA) has been working with Student Affairs to help educate the student body on how to register and vote.

According to Maddie Ediger, GSBA community coordinator, since every state but North Dakota requires residents to register to vote, registration is an integral part of democratic participation. At GU, where students hail from around the country, there are many different processes to follow.

"We are giving people the option, saying 'here's how you register ...,'" Ediger said. "It's a personal decision. It's not something we're influencing, so much as displaying all the options as far as registering to vote."

The process of registering to vote as a GU student is simplified through Student Affairs, which uses turbovote.org to help students with their state's registration process. The site directs students to their respective secretary of state's website based on home address, making it an effective tool for students from around the country, according to Ediger. Each state's website has information on how to update voter registration, although not all

states allow for online registration. Some states also require mail-in forms to request mail-in absentee ballots.

Once students from outside of Washington have updated their registration information with an accurate mailing address, they can request an absentee ballot to vote in their home state. These ballots must be mailed in before the deadline, which differs from state to state.

For Washington state residents, registering to vote and voting is somewhat less complicated. Washington state only uses mail-in ballots, so students can follow the same process to register and request an absentee ballot delivered to their mailboxes. Student Affairs will provide a ballot drop box on campus.

GSBA has also worked to expand their role in voter registration education, Ediger said, including hosting events with the Unity Multicultural Education Center. GSBA also had a voter registration booth at this fall's Logan Block Party in the Logan Neighborhood, where local residents could use turbovote.com to register to vote.

Among the services provided by Student Affairs to make voting more accessible, Ediger said education is one of the most important. Every student

SEE VOTE PAGE 2



SpikeNites hosted a pumpkin carving evening during the Halloween weekend.

SpikeNites brings fun to campus

By SAM FEDOR

From silent discos and bingo to axe throwing and laser tag, SpikeNites, the weekend event series at Gonzaga University, has something for everyone.

SpikeNites are hosted most Friday and Saturday nights by the Center for Student Involvement and are entirely student organized. And they're free.

"SpikeNites is an opportunity where kids from across campus can come and get involved, have fun and meet new people," said Claire Swendsen, one of the student organizers. "You can expect to have a lot of fun."

The student organizers take their fun seriously. They plan each event months in advance, and deal with supplies, funding, transportation and attendance. Because each event is free to attend, funding comes from the university's student activities budget, and most of them include free snacks, and in some cases prizes.

"It is students running SpikeNites ... it is the students who are running all these events, planning them, getting all the supplies for them," said senior organizer Linden Beemer.

In the coming weeks, there are a number of SpikeNites events, including a silent disco on Friday

at 8 p.m. There will also be a bowling night at Lilac Lanes on Saturday at 8 p.m. Transportation will be provided.

"This time of the year is really fun because of the holidays," Swendsen said. "We're going to have Thanksgiving crafts, and when Christmas hits, ice skating and activities like that."

All the information for upcoming events can be found on the SpikeNites Zagivities page, as well as on the SpikeNites Instagram page. Information can also be found in the Morning Mail on Thursdays and Fridays, which all GU students receive. According to Beemer, social media is the best place to keep up with SpikeNites, as well as the best place to suggest ideas for new events and give feedback on past events.

SpikeNites hosts a wide range of events, from favorites like bingo and silent disco, where attendees listen to music through headphones rather than over a speaker system, to new events like axe throwing and laser tag. Students can win some big-ticket prizes at bingo night, making it one of the most well attended events.

According to Beemer, while the average event like a movie night or craft night might see 25 to

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OPINION

GU sports employees make six-figure salary and more; Adjuncts earn an unlivable wage.

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A&E

GU grad Kody Lukens creates tool for neurodivergent adults.

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SPORTS

Graduate student Brynna Maxwell brings leadership and 3-point shooting as one of GU's top transfers.

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BSU

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financial investment, however it's a way for the community to learn about BSU and see the fruits of their annual event.

Though the board members are the primary organizers of this event, Lee said that they make sure to get the input and opinions from all members of BSU when making decisions about the dinner festival.

"I really do value everybody having a voice in what this vision is going to be," Lee said. "It [is] just so fun because everybody has these great ideas."

Another project that Jones and Lee are working on together is the creation of a BSU scholarship. Since this is Lee's last year at GU, she is hoping to get the scholarship set in place before she graduates.

"I would love it if before I graduate this year, [we] have a scholarship in place for once a year or maybe once a semester where we can help Black students when it comes to financial strains," Lee said.

Lee is particularly passionate about being able to provide financial support for Black students at GU after an experience she witnessed during her sophomore year.

"When I was vice president, BSU used their funds for a club member to make sure they didn't have to leave Gonzaga," Lee said.

The dropout rate and transfer rate for Black students at GU is notable, Lee said.



MAKOA DE ALMEIDA IG: @makoa.dealmeida

BSU meets weekly and seeks to promote equality and provide support for Black students.

A study done by Best Colleges proves this point, explaining how Black and Pacific Islander first-year students had the highest dropout rates when compared with Hispanic, white and Asian students.

Financial and emotional support play a big role in making sure students who belong to marginalized groups are receiving the support they need to stay in school and

feel as though they are thriving within their campus communities, the Best Colleges study reported.

BSU faced an attack on Nov. 8 2020, now referred to as the Zoom bombing. During the COVID-19 pandemic, BSU had its weekly meetings via Zoom. On that day in November, two people not affiliated with BSU logged onto the Zoom call and began

uttering hateful speech toward the members in the call, including several racial slurs.

The Zoom bombing resulted in less members of BSU attending meetings. Over the past year and a half, Lee said BSU has been working to rehabilitate the club to its original state and to make sure that students who were present during the Zoom bombing feel safe.

"That's one of the biggest challenges we specifically took on this year, was to try to make sure we restore the space that we had," Lee said. "When the Zoom bombing happened, I think like four people came to BSU per week."

Since then, however, attendance has grown, going from barely four students a week to around 25 students weekly.

Lee said she hopes that BSU continues to grow this year and during the years to come.

"It is nice to have a small community because we get to know each other more intimately," Lee said. "But I do wish it was bigger."

Meeting once a week, BSU's doors are open to all who are interested in joining and working with their mission to make the GU community a place where diversity can flourish and students who belong to marginalized groups feel like they can succeed. Check the club Instagram @gonzagabsu for more information.

Mia Gallegos is a staff writer.

SPIKENITES

Continued from Page 1

50 attendees, popular events like bingo can see up to 300. They said that the influx of attendees is oftentimes due to the prizes available to be won, such as a Nintendo Switch.

Besides making sure that attendees are enjoying themselves, collecting feedback is an important part of the organizers' jobs. Students who attend SpikeNites events can return feedback by sending an email to the organizers directly, or through direct messaging on Instagram. Contact information for the organization can be found on the Zagtivities page. There is also the opportunity to request silent disco songs, via a link in the SpikeNites Instagram bio, as well as to suggest prizes for bingo.

For most SpikeNites events, students can show up without any prior registration. There are some that require a sign-up sheet, but information regarding which events require sign up are available on social media. Organizers

provide transportation for off-campus events. And for those students who are on the fence about attending, Beemer noted the value of the opportunity.

"It's a good opportunity to be social, and also to get free things, which we know college students love," Beemer said.

Most of the events are hosted on campus, most often in the John J. Hemmingson Center, according to Beemer.

According to Swendsen, the purpose is that anyone who's a GU student is welcome to attend, and to make connections with the other students in attendance.

"A lot of students go with the intention to meet new people and make new friends," Swendsen said.

Although the COVID-19 pandemic put a hold on events or forced them to be moved to a digital format, SpikeNites are back in person with no COVID-19 restrictions.

According to Beemer, planning goes on well in advance of each event. Organizers brainstorm events or choose from events that have been popular in the past.

Scheduling often goes hand in hand with the seasons due to what the weather permits but is also influenced by holidays. Seasonal events like Halloween movie nights

or ice skating near the winter holidays are particularly popular. Often though, the organizers will avoid planning events over long weekends or over breaks, when students will be particularly busy or away from campus.

For students who are interested in getting involved, SpikeNites coordinator positions are a fulfilling opportunity, Swendsen said.

According to Beemer, while there are no openings currently available, positions will be open for the coming academic year.

SpikeNites are one of the many ways that GU students can be involved and engage with the other members of their community, and according to the organizers, they're a whole lot of fun.

"Since Gonzaga is so student oriented, it's natural that we would have this kind of event organization," Swendsen said. "Just to get students out and about, meeting new people and fostering the kind of community that's promoted here."

Sam Fedor is a staff writer.

VOTE

Continued from Page 1

receives an email with information on how to vote, and Student Affairs hosted voter registration drives in the John J. Hemmingson Center and in front of College Hall.

"Our role is educational, to create spaces for dialogue about voter registration," Ediger said.

The effort is in an attempt to combat falling rates of voter registration among young people. According to the United

States Census Bureau, 72.7% of the eligible population of the United States was registered to vote as of the 2020 election. But of the eligible population between 18-24 years of age, 59.2% were registered to vote, the lowest margin of any age group.

Despite this statistic, many GU students are registered to vote and believe in the importance of participating in elections.

"I'm registered to vote, because my high school pushed students to register," said Stevie Song, a sophomore from Seattle. "But I didn't get to vote in the [2020] election."

According to Ediger, the attitude of many students in regard to registration

is representative of young people looking to engage with politics. This trend is clear given GU's involvement in local politics in this most recent midterm election cycle. GU hosted a debate between Washington Senate candidates Patty Murray and Tiffany Smiley on Oct. 23 and a forum where local candidates could answer questions regarding their views and policy plans for dealing with climate change.

"Registering to vote is important to me, because it's my chance to be an active citizen and participate in our democracy," said Annika Readle, a sophomore from Spokane. "It's my chance to stand up for what I believe

in. The hope among those providing registration education is that this trend of engagement will translate to the ballot box.

"As young people, we're the ones who are going to be living in the country with the decisions made by the politicians we're electing," Ediger said. "So, it's really important as young people, to care about our vote, to get out and vote, and to be educated voters. If we believe that we can make an impact, we will."

Sam Fedor is a staff writer.

The ZAG DINING Dish



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Seeking a part-time personal assistant/caregiver to assist my friendly 77 year old dad with cooking, organizing appointments, light housekeeping etc. Text/call 206.356.3695 for more information.
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Looking for a part time nanny (~20 hrs/wk), prefer nursing student. We have 3 wonderful children (7, 4, infant). Live in Comstock neighborhood within walking of parks, have pool. Would need to be ok driving older kids to/from school/activities. Text/call 772-971-3637 for more information.
- Baby Caregiver Needed in Liberty Lake**
Seeking part time mother's helper for stay-at-home mom. Two children ages 10 weeks and 18 months, Liberty Lake. Flexible part time position. 2-4 days a week. Wage negotiable. Text 509-688-7198
- Adult Caregiving Opportunity**
Great opportunity for education, nursing, and social work majors. Part time caregiver for two autistic women M-F midafternoons. \$18 hour.
Call Patti 509-638-5292
- Lava Rock Removal Opportunity**
Residential home seeking help to remove lava rocks. I have 4 zones. Rocks will need to be raked up from beds, shoveled into a wheel barrel, and carried to and dumped onto a tarp to be hauled away. Hauling of rocks is not part of the help needed at this time.
Equipment provided. Pay is \$20 an hour. Job is located East South Hill between Ray and Frey- 8 minute drive from campus. Phone: 5092516654 Email: shyana.khusro@gmail.com

Poet Reginald Dwayne Betts visits GU

By JACK TALBOTT

Poetry is an all-encompassing world that allows anyone and everyone to participate. Reginald Dwayne Betts is a firm believer in poetry and literature's ability to impact us and others — from those reading in a bookstore to those reading in a jail cell.

"From inside a cell, the night sky isn't the measure," Betts said. "That's why it's prison's vastness your eyes reflect after prison."

Betts was incarcerated when he was 16 years old. In the years since, he's graduated from Yale Law School, become an award-winning poet, published multiple books and founded an organization that strives to transform literature and library access in prisons.

On Oct. 26, he spoke in the John J. Hemmingson Center Ballroom where he answered questions, and read poems from his most recent poetry collection, "Felon." The event was part of Gonzaga University's Visiting Writer Series.

Tod Marshall, an English professor at GU and the director of the Visiting Writer Series, played a role in getting Betts to campus.

"Sometimes, we take for granted the power of language, both its strength to take on injustice and to bring about profound internal change," Marshall said. "Speakers like Betts and the many other guests we host at Gonzaga ask us to meet mystery, to glimpse otherness."

The event began with an introduction from Ingrid Ranum, a GU English professor and longtime admirer of Betts' work. She listed some of Betts' accomplishments but admitted that there was not enough time for them all as she invited him on stage.

Betts opened with a reading from a Jean Valentine poem. He then segued into reading around 10 of his poems from "Felon" before opening to the audience for questions.

"I've had all these different views into the world of criminal justice reform into the world of crime, into the world of prison and into the world of violence," Betts said.



ISABELLA STOUT IG: isabellacarlin.photography

Reginald Dwayne Betts visited GU on Oct. 26 as a part of the English department's Visiting Writer Series.

"I like to think that I'm talking about violence and talking about violent crime in a context of intimacy in a context of random violence raises the stakes for what we really mean when we say we want to be merciful or what we mean when we say what someone actually deserves."

Questions for Betts were wide-reaching, and he navigated through them with answers surrounded by tangents and anecdotes. Topics ranged from awards to tattoos to Tesla steering wheels.

GU sophomore Annika Readel enjoyed attending the event. She described herself as someone who likes poetry, and she said appreciated Betts' techniques of explaining the more complex technical parts of his poems.

"[Betts] took the time to explain his different uses of different poetry structures to give us an understanding into a world I've never known, the world of prison, it was very eye-opening," Readel said.

Betts spoke to a crowd of more than 100, and the event lasted about 80 minutes.

"Narrative is the lifeblood of society," Betts said. "I think that literature is kind of the only way we get to know each other independent of the noise of ideology."

Jack Talbott is a staff writer.

AWARD

Continued from Page 1

spread hate and hit political pressure points across Montana.

He was nominated by Kenneth Stern, director of the Bard College Center for the Study of Hate, who McAdam said wrote one of the first books he read on the militia movement. McAdam said he was incredibly humbled and honored to receive the award.

"I really encourage people to approach their lives from the standpoint that every day is a good day to stand up against bigotry, or racism, or white nationalism, or antisemitism," McAdam said. "Do any kind of those civic activities ... that are about making our communities better places. Because in the long run, when we do that kind of work you end up building resilience that makes your community less attractive to right wing extremists."

Closer to GU's community is the

organizational recipient of the award, Muslims for Community Action and Support. Ahmed-Sherazi and Stromgren have been actively combating hate in the Spokane community well before MCAS was officially formed on Nov. 15, 2016.

While both co-chair the organization, Ahmed-Sherazi is also the Climate Justice program director of The Lands Council in Spokane. Stromgren has spent the last four years directing the Spokane Human Rights Task Force and has been an active supporter and member of the Muslim community in Spokane. MCAS was nominated by Joan Braune, a GU philosophy professor and anti-hate activist.

MCAS began as a reaction to an Islamophobic hate crime during Ramadan involving Spokane's Bosnian Heritage Club in 2015 and was formed by Bosnians, but later became the formalized organization that stands today. The pair aims to make the Muslim community in Spokane feel heard, as Stromgren said she feels like Muslims are often not seen. Ahmed-Sherazi cited the rising Islamophobia in the U.S. following

the attacks on 9/11.

"So now, we're having to fly under the radar," Ahmed-Sherazi said. "We don't step up, we don't speak out, we don't attract attention to ourselves."

According to Stromgren, MCAS gives a voice to a community that often feels voiceless and invisible, especially for new refugees entering a disorienting and often harsh American society.

"That's what MCAS is doing, is to be that entity where anyone who wants to know anything about Islam can come to us," Ahmed-Sherazi said. "We want to educate people, we also want to be educated at the same time."

Both Stromgren and Ahmed-Sherazi work to educate the Spokane community on Muslim refugees and Islamophobia and provide support for all in need. MCAS has already partnered with many Spokane organizations and worked to provide community support such as buying bikes for Afghani youth in need of transportation via Lutheran Community Services. They also have close personal connections to

the GU community, with Father Patrick Baraza having aided in a panel on the similarities between Christianity and Islam titled 'Miriam/Mary: A Woman of Two Traditions'.

These personal connections allow MCAS to find solutions and support for the Spokane community despite lack of funding and staff, since the group is just starting out, Ahmed-Sherazi said.

"MCAS we are very, very small, we just became a 501C3," Ahmed-Sherazi said.

However, MCAS has big goals for the future. In securing funding, MCAS wants to start building a community center where it can teach ESL and provide services such as drivers education and trauma support.

"There's a lot to do in our community," Stromgren said. "I'm very blessed, I'm so fortunate for that recognition, but there's still a lot to do."

Madeline Ricks is a staff writer.



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Money talks, and GU's mincing words



By KAELYN NEW

As the old saying goes, money talks, and here at Gonzaga University, men's basketball coach Mark Few must do a lot of talking.

According to ProPublica, Few was paid over \$1.8 million in 2021, while head baseball coach Mark Machtolf was paid over \$300,000.

Aside from their coaching skills, these two men have another similarity in common — a DUI.

Roughly one year ago, Few was cited for a misdemeanor DUI and served a three-game suspension. That didn't stop him from bringing home seven figures in 2021, though.

Machtolf was arrested over the summer over suspicion of DUI where his blood alcohol content level was measured to be 0.284, nearly three times the legal limit. Just a few weeks ago, a Lincoln County District Court judge dismissed a motion by Machtolf to have his charges dropped. As of now, he remains on the roster as the head baseball coach at GU.

So, why rehash old news?

My intention isn't to once more shed light on issues that most of the community is aware of. Instead, I would like to raise the issue of the disproportionate salaries here at GU.

GU is obviously a sports school, earning revenue and notoriety primarily from basketball, so in that vein it makes sense that head coaches are paid so highly. Yet, if money talks, why reward bad behavior?

In court, Machtolf argued that the officer who initially stopped him on suspicion of DUI did not have reasonable suspicion to do so. According to court documents, two tips suggested that the coach was driving drunk.

Why should GU pay upward of six figures to DUI offenders while simultaneously not offering adjunct faculty a living wage?

According to Faculty for a Living Wage (FFLW), GU's 10 highest paid employees make as much as in a year as all the adjunct professors at GU combined, with many salaried GU employees earning less than one-third of the minimum legal salary. For reference, in the spring of 2022 GU had

294 adjunct professors — 10 employees made more money than 294 adjunct employees combined. This should raise some eyebrows.

Earlier this year, an FFLW article announced that adjunct faculty would earn more after a pay increase just above 21%. GU additionally pledged annual raises of at least 2%.

According to FFLW's website, with this increase, adjunct professors with a doctorate degree can make up to just over \$4,800 for a three-credit course. Per the Affordable Care Act's employer mandate, adjuncts may only teach four three-credit courses per year. These wages aren't livable for adjunct faculty who rely on teaching classes to survive.

GU classifies nearly all faculty (including adjuncts) as exempt workers. According to FFLW, this classification requires a minimum salary of \$1,014.30 per week in 2022 for most professions. Yet, in Washington state this minimum does not apply to teachers who can legally be paid nothing.

According to FFLW, GU's adjunct professors are not offered health, vision or dental insurance. They also are not offered medical leave, life insurance, disability insurance, parental leave, tuition benefits, access to professional development funds, partial pay for canceled courses or raises based on length of employment.

Tuition costs are simultaneously rising, with a portion of the funds being used to pay faculty salaries. In the 2020-21 academic year, President Thayne McCulloh's total compensation officially rose over 180% from his original compensation when he first became president, with tuition increasing over 56% since the 2010-11 school year.

Despite rising tuition costs, McCulloh's hefty compensation and the 21% raise in adjunct pay, adjunct professors here at GU still are not paid the minimum legal salary afforded other exempt professional employees — a livable wage.

I understand that it is unreasonable to expect GU to suddenly start paying coaches like Few and Machtolf the average faculty salary. Obviously, the coaches will be paid more as a result of the revenue that sports bring in.

Regardless, GU needs to reevaluate its commitment to higher education as a Jesuit institution by fairly paying adjunct employees.

The GU mission statement states:

"The Gonzaga experience fosters a mature commitment to dignity of the human person, social justice, diversity, intercultural competence, global engagement, solidarity with the poor and vulnerable, and care for the planet. Grateful to God, the Gonzaga community carries out this mission with responsible stewardship of our physical, financial, and human resources."

If money talks, put your money where your mouth is.

Kaelyn New is a news editor. Follow her on Twitter: @kaelyn_new.

Midterms: Republican party set to win big on economy

Next Tuesday, Americans across the country will head to the polls for the next midterm elections. All 435 seats in the House of Representatives, 36 seats in the Senate, and scores of other state and local seats are up for re-election. Currently, the Democratic Party holds 220 seats in the House, compared to 211 for the Republican Party, and the Senate is split 50-50 between the two.

This year's election is notable for recent significant trends among enthusiasm, the rise of new issues and changes in voting patterns among different demographic groups. However, among all this change, the foundations of midterm electoral politics remain largely the same — the party in power will lose seats, just as they have in almost every previous midterm.

The forthcoming elections are polling with record-setting enthusiasm levels for a midterm election year. Usually, the lack of a top-ballot presidential candidate results in lower levels of voting among every group in the country. Historically, dissatisfaction with the party in power leads to the opposing party being swept into Congress.

Since 1934, only once — in 2002 — has a party maintained unified power following a midterm. However, the large number of polarizing issues that are present in this election — including inflation, abortion and climate change — have galvanized voter turnout in a way rarely seen in the United States. Much of this enthusiasm would seemingly benefit the Democrats; indeed,



By JACKSON HUDGINS

the polling average over the summer showed Democrats either running even or ahead of Republicans.

The Dobbs v. Jackson decision in August was certainly the primary catalyst of this surge, as abortion is one of the most galvanizing issues among Democratic voters. However, as the election has approached, much of this lead for Democrats has faded, and rightly so. The Democratic message is simply not speaking to the average American.

The reasons for the recent surge of Republican support as the election approaches can be attributed to a simple

quote: "It's the economy, stupid." This quip, which was first articulated by the Clinton campaign in 1992 (a successful campaign, I might add), demonstrates one of the most important characteristics of the American electorate — economic issues are king.

Indeed, polls have shown that economic issues are the chief concern among 76% of voters, and it bodes well for Republicans; their candidates lead the polls on nearly all the issues voters care about most — inflation, the economy and crime. Democrats, on the other hand, have focused entirely on abortion and have seemingly nothing to say on other issues.

In addition, much of this abortion messaging has had much less effect in blue states. The Dobbs decision simply returns the matter to the states, and many of them will continue to have legal abortion regardless of who is elected. This has predictably led to a surge in support for the Republican party, which has solidified many voting shifts among different groups, and has moved many traditionally Democratic seats into the competitive zone.

The surge in Republican support among Hispanic Americans that began during the 2020 election has seemingly solidified, as support from this group has buoyed many Republican candidates in majority Hispanic American districts and states. Independent identifying women, who delivered the Democrats congress in 2018, have also turned toward the Republicans as crime has

surged across the country.

These trends indicate that Democrats will be in for a bruising on Election Day. Many of the most competitive seats in Congress are predicted to be held or won by Republicans, and traditionally solid Democratic Senate seats have come into play. Dr. Oz in Pennsylvania, Ron Johnson in Wisconsin and Ted Budd in North Carolina are running away with elections to hold Republican seats; Adam Laxalt in Nevada and Herschel Walker in Georgia look poised to flip swing seats red; and even underdogs in Colorado, New Hampshire, Arizona and Washington have put comfortable incumbents on the defensive.

Perhaps the best example of just how brutal election night could be comes from deep blue New York, where Republican Lee Zeldin is now within 4 points of defeating incumbent Democrat Gov. Kathy Hochul. Joe Biden won New York by 23 points. Republicans have simply been better with messaging regarding the issues voters care about most, and they will pay dearly for not paying more attention.

Democrats have bet it all and gambled with the economy. However, it will be Republicans who win big.

Jackson Hudgins is a staff writer. Follow him on Twitter: @judge_hudge63.

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Remembering YouTube's 'golden age'

If your 'tween'-age years were anything like mine, you remember early 2010s YouTube. It was a magical place, an exciting new frontier with a horizon of possibility we couldn't truly comprehend. As the internet gained serious everyday momentum, ordinary people found a place to share extraordinary parts of their lives.

First there were viral hits: "Chocolate Rain" "Charlie Bit My Finger" and "Keyboard Cat" all served to demonstrate our newfound collective power to take content and elevate it to the next level. Videos gone viral continued to sweep the YouTube landscape, but after the first wave came something else entirely — people became YouTubers, as the platform provided them with an occupation.

Creative individuals might gain followings slowly at first, but more rapidly as YouTube expanded. Every niche, genre and interest rapidly found representation. Gaming, beauty, fashion, music, food — anything one could dream had a handful of exceptionally popular YouTubers creating videos for interested audiences.

Some of these YouTubers were famous solely for humor or personality — any enterprising person with ideas and a camera could amass adoring audiences numbering millions — in real time. Rhett and Link, Ryan Higa and Dan & Phil are among the hundreds who got their start in this manner.

After an unexpected and explosive start people truly took notice. Budgets expanded and initial money fueled a burgeoning creativity in what was swiftly becoming an "industry." Suddenly personalities had money to work on new projects, taking things



By ANDERS SVENNINGSSEN

in exciting directions for their viewers.

But like all good things, it must come to an end. My memory lane is paved by videos circa 2011 when creators like Jackfilms on a small but expanding budget began putting out exciting new content that remained faithful to their style — and overall authentic.

I know this must resonate with many, as the narrative on YouTube itself has even changed. People blame the "almighty algorithm" driving viewership for select video types, climbing ad revenues and the ubiquity of commercialization with ruining YouTube.

This is all true — these past few years, money poured metaphorical jet fuel on the metaphorical campfire we all used to sit around enjoying. YouTubers began selling books, going on tour, releasing films, all while selling inordinate amounts of their own branded merchandise.

For many YouTubers, a fun hobby to blow off steam transformed into an all-consuming career. Almost overnight, thousands of livelihoods became fully dependent on ad revenue,

subscriber counts and watch times.

Nowadays, the cheesy, wacky sketches and parodies that made us laugh have been replaced by a new breed of content. Hyper-commercialized videos filmed with professional lighting are backed by hundreds of thousands in production money. Each new video (often with a pre-established release date) garners views by hundreds of millions, and those numbers continue to climb.

Probably most well-known, controversial, and best example of this is Logan Paul's fighting career. Utilizing his YouTube platform, to promote content he engaged in pay-per-view sales of his title fights (against other YouTubers, and accessible for a fee on YouTube).

How the hell did we get here? The answer is money, or greed — depending on your view of the sentiments behind certain actions. We monetize everything, and once a harness of monetization was wrapped around the YouTube perpetual motion machine, the rest was history.

I miss the good old days. I'm aware I sound like an old fart, but it's my truth. Content was exciting, original and wacky. Now videos seem more like glossy staged-food, too perfect and prepared for human consumption. I despise that this mindset has infiltrated nearly every corner of the platform.

Pressures of profit margins, ad revenue and viewership turned our favorite artistic masterminds into consumption-oriented captains of a new "industry."

Anders Svenningsen is the opinion editor. Follow him on Twitter: @torvald.

GU theatre department dreams up a Mardi Gras 'Midsummer Night's Dream'

By LILLIAN PIEL

Everyone loves a good forbidden love story, but toss in some tension at a royal court, a play within a play and some meddling fairies, and you've got a recipe for a wild dream to materialize on stage – "A Midsummer Night's Dream," in fact.

Gonzaga University's theatre department is putting on the classic Shakespeare comedy "A Midsummer Night's Dream," from Nov. 4-5 at 7:30 p.m. and Nov. 10-12 at 7:30 p.m. in the Magnuson Theatre in College Hall. Tickets are \$10 for students, \$12 for faculty, staff and alumni and \$15 for the general public.

Blake Edwards, the director of the play and a lecturer in the theatre and dance department at GU, described "A Midsummer Night's Dream" as a show that focuses on how the characters' storylines are linked and the tension between societal constraints and unrestricted freedom.

"It's about how these groups kind of interweave and it's a story, I think, really that highlights the duality of human nature, not just in the way that it is frequently cast, but also in the sense that there is so much about inhibition, and so much about loss of inhibition in this play and like freedom versus restriction," Edwards said.

The play is set in contemporary New Orleans around Mardi Gras, since it was one of the first places that came to mind when Edwards thought of places that people go to let loose. For Edwards, it was important that the show doesn't take itself too seriously and that the actors are able to enjoy the absurdity, the characters and the choices they make.

Red Kwenda, a junior music composition major who is portraying the roles of Theseus, duke of the city, and Oberon, king of the fairies, said the show's conflict comes from the character Egeus wanting his daughter Hermia to marry someone other than the man she is in love with, Lysander. This leads her and Lysander to run away into the forest, Kwenda said. Demetrius and Helena follow them, and shenanigans ensue when some fairies decide to add love potions to the mix.

"A Midsummer Night's Dream" has been an exhilarating experience, Kwenda said, since they have enjoyed meeting new people and being a part of a GU theater production for the first time.

For Kwenda, playing two distinct characters who are very different from each other was both challenging and easy. While Theseus is a regal politician who wants to balance what everyone needs, Oberon is someone who knows exactly what he wants and is free with his emotions, they said. This meant they had to find ways to make the two characters distinct enough so that the audience will be able to tell the difference.

"... With any character you really have to get inside of their heads, but these two are so specific, so detailed in what they want," Kwenda said. "So really getting inside and saying this is what they want, and how do I portray that to the audience?"

According to Edwards, of the cast of 13, eight of the actors play two roles, allowing them to explore two different approaches to characters, a challenge that he wanted them to have. However, Edwards said he had heard that many students wanted to perform a comedy,



COURTESY OF GONZAGA UNIVERSITY THEATRE DEPARTMENT

Gonzaga University's theater department will perform "A Midsummer Night's Dream" this weekend.

which ultimately led to the department's decision to put on "A Midsummer Night's Dream."

He also said that this show lent itself well because of how Shakespearean texts can be set in a variety of time periods and locations, and how audiences are accepting of more abstract performances when it comes to Shakespeare.

"What makes Shakespeare I think, so unique and so malleable is that the universality applies to 'I can set this anywhere, I can have this character, be largely symbolic and represent someone or something else,'" Edwards said. "So it's universal in not just the sense of like, speaking to human feeling, but if you make one choice, it affects the next choice. And you can apply Shakespearean texts to so many periods, to so many locations, like we're doing quite frankly."

Leslie Stamoolis, the theatre program director and costume designer for the show, has designed for Shakespeare shows in the past, and said the design is always informed by the show and helps support the plot and characters.

Since the show is set in modern-day New Orleans around the time of Mardi Gras and also involves supernatural elements through the fairies, Stamoolis said both of these aspects factored in to where the characters fit in to the show and their design.

"So that's the challenging part, when you choose a setting, and then figuring out how does everyone fit into this world," Stamoolis said. "If the story of 'Midsummer' were happening in modern day New Orleans around the time of Mardi Gras, who would each of these people be? That's the challenging part, but that's also the fun part."

Although Edwards said it has been challenging to coordinate all the actors' schedules because they are all involved in many other commitments, getting to the point where all of the pieces of the show come together when costumes and technical elements are added has been rewarding.

"In a sense, with the world but especially theater coming out of prolonged shutdown, effectively, we wanted to do something that was just fun and festive and something that you would want to be a part of, like a live experience," Edwards said. "And that's kind of the prime motivator behind so much of what we're doing."

Lillian Piel is the editor-in-chief. Follow them on Twitter: @lillianpiel.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

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Solution to Last Week's puzzle

11/20/22

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

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

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Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
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LET IT GO

By Katie Hale

- ACROSS
- 1 Board in a wooden deck chair
- 5 Continent with the highest and lowest points on Earth
- 9 Fragile juggling props
- 13 Tell the teacher
- 19 Baja resort
- 20 Remain unsettled
- 21 Actress Spelling
- 22 "A Midsummer Night's Dream" king
- 23 Ready to move on from reading Beat poetry?
- 27 Enter with flair
- 28 Warsaw
- 29 Wobbly, quaintly
- 30 Some poets
- 33 Get better
- 35 "Macbeth" role
- 36 Would really prefer to use a globe?
- 43 Netflix's "The Haunting of ___ Manor"
- 44 Tag figure
- 45 Big name in coolers
- 46 Aim high
- 48 Uber offer
- 49 ___ Springs
- 51 Singer Carly ___
- 54 Grab
- 57 No longer interested in fairy tales?
- 62 18-wheeler
- 63 Marketing fees
- 64 Smack
- 65 "This could be a problem"
- 69 Bozos
- 72 The "kid" in "Here's looking at you, kid"
- 73 Ski resort hangout
- 74 Dijon deity
- 75 Large wardrobe
- 77 Hush-hush org.
- 79 Trying to keep cool in a more eco-friendly way?
- 86 Disorderly protester
- 87 Bag-screening org.
- 88 Actress Mireille
- 89 "Misery" actor James
- 91 ___ to go
- 94 Spot for a nap
- 96 Tempo similar to lento
- 97 "SmackDown" org.
- 99 So done with craft beers?
- 104 With it, once
- 105 Hideaway
- 106 2013 Lady Gaga album
- 107 "And when I love thee not, / Chaos is come again" speaker
- 111 Step after using a sous vide, maybe
- 113 Sears partner
- 118 Feeling too good for the family car?
- 122 "Hakuna ___"; "The Lion King" song
- 123 Expansive
- 124 Latin years
- 125 Blackthorn fruit
- 126 Like some patches
- 127 "Orinoco Flow" singer
- 128 Diamond corner
- 129 NASCAR driver
- 7 Company abbr.
- 8 Brouhaha
- 9 Sicilian volcano
- 10 "Roger that"
- 11 Grimm girl
- 12 Title for Patrick Stewart
- 13 Talk up
- 14 Up to it
- 15 Béret spot
- 16 "If I'm honest ..."
- 17 "Because you're worth it" cosmetics brand
- 18 Zip
- 24 Oily part of the face, of dermatologists
- 25 Surprise victory
- 26 Scotchies
- 31 Concern for the "Queer Eye" guys
- 32 ___ the breaks"
- 34 Birmingham's st.
- 36 Big month for a CPA
- 37 Handlebar part
- 38 Verdi opera
- 39 Treats with a cold pack
- 40 Technology magazine
- 41 Church recesses
- 42 Banking IDs
- 47 "Midnight Cowboy" role
- 49 Taro dish
- 50 Wool source
- 52 Brody of "Peaky Blinders"
- 53 Etc. kin
- 55 Rock climber's handul
- 56 Boost
- 58 Give it a go
- 59 Nuts and bolts
- 60 Part of TGIF
- 61 Treating with contempt
- 65 Aroma
- 66 Old 45 player
- 67 Pre-makeover image
- 68 "Straight ___ Campior"
- 70 French friend
- 71 Stronghold
- 73 Asian language
- 75 Hilltop nest
- 76 Swelter
- 78 Female sib
- 80 Majoram, e.g.
- 81 Put off
- 82 Unsuitable
- 83 Rose Bowl org.
- 84 ___ Grey tea
- 85 Fury
- 90 Lottery ticket picks: Abbr.
- 92 Hose material
- 93 State in southwest India
- 95 "Home Alone" actress Catherine
- 96 Looney Tunes
- 97 Question in an identity crisis
- 98 Home mixologist's dream
- 100 Leaf manufacturer
- 101 Somewhat formal
- 102 Cook wear
- 103 Canadian coin, familiarly
- 108 2008 AL Rookie of the Year Longoria
- 109 Mother of Artemis
- 110 Bank offering
- 112 Nook flour
- 114 Luxuriate (in)
- 115 Far from fair
- 116 "Sounds good"
- 117 ___slapper
- 119 Festive night, often
- 120 Diner check
- 121 Food Network host
- Garten

GU alum Kody Lukens creates stim toy for neurodivergent adults



EMMA PATENODE IG: @emmapatenode

Recent graduate Kody Lukens created Stimagz, a stim toy made up of magnets which move and connect to form designs.

By GABRIELLE GARCIA

Within one week of launching Stimagz, a stimulation toy for ADHD and autistic adults, recent entrepreneurial graduate Kody Lukens not only had his project fully funded, but he also reached two out of his four stretch goals.

Stimagz comes from the combination of “stim” and “magnets,” and seeks to be exactly that. The set of magnetic cylinders are designed to move and connect to make different designs of a user’s choice. The stim toy aims to provide neurodivergent adults with quality tools they can use in their daily lives.

The idea came during his time at Gonzaga University where he studied business administration with a concentration in entrepreneurship. Lukens was told to find a problem in his own life and find a solution for it, and so, Stimagz was created.

“For my whole life I’ve never really been satisfied with sort of like the fidget or stim toys that I found,” Lukens said. “It was pretty clear that they were made to sell to people, not actually made with their needs in mind.”

With extensive research and a personal

interest in the product, Lukens began developing a product in order to offer a solution to the problem.

“I want to create something that’s genuinely helpful to as many people as I possibly can,” Lukens said. “That’s something that’s really going to set Stimagz apart from just other fidget and stim toys — it was made by neurodivergent people for neurodivergent people, and I think that really shines through.”

After a year and a half of perfecting the product, Lukens finally saw his vision come to life when he was able to launch the product on Kickstarter. Within mere days, he had already surpassed his \$8,000 funding goal.

Lukens has gathered a lot of his support online, where he works to address the stigmas of neurodivergent adults. He began posting TikToks in September of 2021 and has since garnered almost 80,000 followers.

“I’ve networked with so many cool people in the space and that’s really enabled me to present this not just as some random businessman but as someone that’s clearly passionate about these communities and people and is invested, in pretty much every sense of the word, in their well-

being,” Lukens said.

Alongside the network he has gained online, Lukens has also found a lot of support through the GU entrepreneurial program. He attributes a lot of his success to having the time in class to work on his projects and find support through the faculty and his peers.

Professor Todd Finkle is one of the people who has watched Lukens develop the product firsthand. It was in his Startup Accelerator course where Lukens developed the idea. Finkle said he knew there was something special about Lukens.

“Kody was an entrepreneur in high school, so he came into the university with a skill set that very few students have,” Finkle said. “Research shows that people that have experience with starting companies, plus the education to back it, have the most success as entrepreneurs. Kody has both.”

Lukens started his own video production company when he was 15, which has since helped him fund the production of Stimagz. In April, he caught his first break when he entered the 2022 Northwest Entrepreneur Competition and won \$10,000.

Hosted by the Spokane University

District and North Idaho College, the competition invited college and high school teams to compete with 90 second pitch videos and a presentation of their product to a panel of regional business leaders and experts. They competed for cash prizes in three business categories — technology, traditional and open. Lukens took first place in the traditional category of the competition.

Lukens said winning the competition was the first big push of Stimagz that he needed to keep going. He also said the competition helped him better communicate the need for the toy to those who don’t have any background knowledge on stim toys. It was the prize, however, that he said he wouldn’t be here without.

Lukens has come to realize that funding a new business is no small feat through many ups and downs throughout the process. From making the initial molds of the product to hiring an old high school friend to manage the company’s communications and everything in between, Lukens has worked diligently since the conception of the product to bring it to life.

Having had to figure out every step along the way, Lukens has been able to understand firsthand what it means to start a business.

“There are so many things that appear, one may lead to the next, but each one feels like its own unique thing,” Lukens said. “It’s a lot easier to send feedback to a company that’s helping prepare the design for manufacturing than it is to find that company, to begin with, because you have no idea what you’re looking for.”

While it hasn’t always been easy, he is finally able to watch it all pay off.

“It feels surreal to actually have something tangible to show from it,” Lukens said.

For others looking to develop their own product, Lukens said to take the first step, which was the hardest for him, but it also taught him the invaluable lessons that led him to where he is today.

“Just put yourself out there,” Lukens said. “Don’t be afraid to embarrass yourself. You’re going to embarrass yourself along the way. And the sooner you do it, the sooner you can move past that, and get to where you actually want to be.”

Gabrielle Garcia is a contributor.

Come grab a slice at these favorite local pizza spots

COMMENTARY BY
AVA PRUNIER HERMAN

Pizza is a staple favorite go-to meal. Spokane’s food scene puts pizza high up on its list. Here are some go-to spots that are a must when just having one slice or an entire pie.

Wooden City Spokane:

821 W. Riverside Ave.

Spokane, WA 99201

Hours: Sunday-Thursday 4-9:30 p.m., Friday-Saturday 4-10 p.m.

While the infamous Wooden City is not just a pizza joint, they do it well. Located in the heart of downtown Spokane, Wooden City’s freshly made dough and wood burning fire oven is what differentiates their pizza from the rest.

Owner Jon Green emphasized the process of their dough making process.

“I’ve had some experience with some bread, and I reached out to some friends who worked in pizza places, and I compiled a big list of different styles of pizza and their recipes,” Green said. “I was then able to create a dough for us that I really liked.”

The time and energy that goes into making these pizzas is what gives Wooden City that extra something to their pizzas.

Executive Chef Payton Johnson stands by the pizza oven to crank out about 60 pizzas a night; constantly rotating the pizzas to give them an even crust and perfect char from their wood-fire oven. Cooking at 900 degrees, each of their pizzas are handmade right in front of the guest’s eyes as their busy kitchen is directly in front of them as they walk in.

With only six pizzas to choose from, favorites include their pepperoni pizza, bacon pesto pizza and sausage and mushroom pizza. Reservations are highly recommended, but most weeknight spots are easy to grab if you are looking for a quick bite at the bar or at a high-top table.

Flying Goat/Republic Pi:

3318 W. Northwest Blvd.

Spokane, WA 99205

Hours: Sunday-Thursday 11 a.m.-9 p.m., Friday-Saturday 11 a.m.-10 p.m.

Flying Goat is located in the Audubon neighborhood. Owner Jonathan Sweatt owns another pizza joint on the South Hill, Republic Pi (611 Manito Shopping Center E. 30th). Both locations share the same exact menu with great appetizers, pizzas and locally supplied beer.

Each of their artisan pizzas is made with their homemade dough, in house sauces, freshly grated cheese, local ingredients and artisan meats. Flying Goat Co. emphasizes the char on their pizza. Their dough allows the pizza to hold steady — giving a nice crunch to the crust.

The Flying Goat group emphasizes their core value of community — collaborating with local artists and members of the community to decorate the interior and



ANDREW LOF IG: @andrewlof_photography

Located in the Audubon neighborhood, Flying Goat is known for their artisan pizzas with a charred crust.

Along with incredible pizza, Flying Goat offers locally crafted beers that are carefully paired with their pizzas. Some local favorite pizzas include the South Hill — a red sauce base, fresh mozzarella, prosciutto, shaved pecorino and arugula tossed in truffle oil. Along with the Waikiki — red sauce based, house cheese blend, back bacon, coppa, caramelized pineapple and roasted jalapeños — their own signature take on the traditional Hawaiian pizza.

Flying Goat, Republic Pi and Iron Brewery are all local favorites.

Versalia Pizza:

1333 W. Summit Pkwy.

Spokane, WA 99201

Hours: Monday-Sunday 11 a.m.-9 p.m.

Versalia Pizza, which originated from a mobile wood-fire pizza oven at Liberty Lake Farmers Market in 2009, has staple ultra-thin crust artisan pizzas. Since 2014, Versalia opened its doors in the Kendall Yards district, producing one of Spokane’s favorite pizzas for locals.

Owners Laura and Seth Carey worked with developers in the Kendall Yards district to turn their mobile cart into a fully functioning kitchen. Their mobile oven can be found at either the Coeur d’Alene Downtown Market or the Liberty Lake Market during spring, summer and fall.

“As we’ve worked with different employees and ourselves, we’ve come up with some recipes that have really become our staples, like the Pepe Sal, which is a spicier pizza, and the Brussels and Bacon,” Co-owner Laura Carey said.

The Pepe Sal includes Italian sausage, pepperoni, fresh mushrooms and provolone on crushed red pepper infused savory red sauce and their three-cheese blend

pizza. Their Brussels and Bacon pizza, which has brussel sprouts, bacon, Beecher’s flagship aged cheddar cheese, balsamic reduction on garlic olive oil and three-cheese blend, is one of the house favorites that is unique and has bold flavors.

Be sure to go to Kendall Yards or their Liberty Lake location to grab either a 10- or 16-inch pie, or a single slice to-go.

DiNardi’s Pizza and Pasta:

829 E Boone Ave.

Spokane, WA, 99258

Hours: Tuesday-Saturday 11 a.m.-8 p.m.

DiNardi’s Pizza is for sure a Gonzaga University favorite. Located right next to Twohy Hall, this practically on-campus pizza joint is making fabulous New York style pizzas.

DiNardi’s not only has incredible pizza and pasta that are made in-house daily, but they also take Bulldog bucks for GU students. Some favorites on the menu include their Margherita Pie, Buffalo Chicken Pie and Chicken Bacon Ranch Pizza.

This family-owned restaurant makes pizza from scratch, uses local ingredients and produces family recipes that have been passed down from generation to generation. Besides their pizza, their pasta is a staple on the menu that will make you feel like you are right at home.

This is a great spot for GU students who are wanting something other than the COG — either grab one slice, have a personal pizza, or an 18-inch pizza to share with friends.

Ava Prunier Herman is a contributor.

Transfer brings leadership, 3-point marksmanship to GU

By SYDNEY FLUKER

Since the moment she first held a basketball, Brynna Maxwell's passion and intensity for the game has only grown.

"I want to be in the game when it's those close moments, tied with eight seconds left," Maxwell said. "Those are the moments I live for, it's why I love playing basketball."

The 6-foot guard from Gig Harbor, Washington transferred to the Gonzaga University women's basketball team this season from the University of Utah after spending three years there.

Maxwell graduated from Utah as a junior with a major in communications with an emphasis in journalism and a minor in health. Now, she is pursuing a masters degree in organizational leadership. After college, she plans to play basketball as long as she can at the highest level before going into sports broadcasting or coaching.

"I just want to do something involving basketball," Maxwell said. "I just can't imagine going away for any reason."

According to Maxwell, her parents met playing collegiate basketball at Pacific Lutheran University. Basketball played a large role in her family, and Maxwell said she inherited their love for the game.

"I started when I was 2 and I've just loved it," Maxwell said. "Ever since then I just haven't really done anything else, and I can't imagine doing anything else. It's my favorite thing to do."

Maxwell's father, Steve Maxwell, never coached for her teams but taught her everything she knew about shooting, she said. Her dad brought his camera and tripod setup to every one of her school games to film, and they would review it together after. Her mom and dad are her biggest fans, she said.

"Playing college basketball has always been one of Brynna's dreams, and as a parent I am so grateful that she has been blessed with the opportunity and ability to do what she loves to do," Steve said.

According to Steve, basketball has always been a big part of their relationship and that hasn't necessarily changed since she left for college.

"As she advanced in the game and moved away to college, our relationship specific to basketball has changed," Steve said via email. "She has great coaches and I let them do all the coaching. We do discuss games and sometimes we look at video together, but mostly I let her share her perspective on things, and I try to support her. My role is to pray for her, encourage her, celebrate the joys and help her through the challenges."

For Maxwell, basketball and spirituality are closely intertwined. Maxwell grew up in a Christian household, and her religion plays a big role in her life.

"I'm a Christian and I believe that God gives everyone gifts," Maxwell said. "He gave me a gift to shoot the basketball and I'm just trying to use that to the best of my ability to glorify Him and give it back to Him, and that gives me a love for the game."



HAYATO TSUJII IG: hayatoarchive

Brynna Maxwell, right, led Utah with 68 made 3-pointers during the 2021-22 season.

I feel His presence when I play."

Maxwell started and led the Fellowship of Christian Athletes Club at Gig Harbor High School while leading her basketball team to its first conference title in 21 years and its first district championship in 28 years as a sophomore.

"I'm just trying to glorify Him and show others His love the best way I can," Maxwell said.

Maxwell brings three seasons of experience with the Utes to GU with her. In her first season, she made the fifth-most free throws in a single season in program history with 83 and was the first freshman at Utah to earn Pac-12 All-Conference honors. As a junior, she became the 30th player in program history to score 1,000 career points and shot 88.5 percent from the free-throw line, the second-best mark in the Pac-12 and fifth-best in school history.

"Brynna is probably our best shooter," said GU head coach Lisa Fortier. "She's certainly our most pure shooter. The best thing about her right now is it doesn't matter what her footwork is like when the ball gets to her hands, she can get it up in no time flat."

According to Maxwell, she loved her time at Utah and would change nothing about her time there. She entered the transfer portal when she graduated a year early, knowing that she wanted to keep playing.

Maxwell was recruited to Utah out of high school, but GU was high on her list back then, too. When Fortier gave her a call after she entered the transfer portal, Maxwell started heavily reconsidering being a Zag.

"I've never been to a school where the fan base is this huge, and I've always loved playing against schools that have that fan base because it's just electric and the energy is crazy," Maxwell said.

While she's practiced with the Zags for a couple of weeks, Maxwell has enjoyed her time so far and said she looks forward to continuing to have fun with the team.

This season, she said the overarching goal for the team is to make it past the Sweet 16 in the NCAA Tournament. On a personal level, she hopes to establish herself as an elite scorer on the team and prove that she belongs at the collegiate level.

"We have a special group right now and

GU SPORTS CALENDAR

Friday, Nov. 4

➔Men's tennis at Gonzaga Invitational, all day

➔Women's basketball vs. Western Washington (Exh.), 6 p.m.

Saturday, Nov. 5

➔Volleyball at Portland, Portland, OR, 1 p.m.

➔Men's soccer vs. San Francisco, 1 p.m.

➔Women's soccer vs. Portland, 7 p.m.

Sunday, Nov. 6

➔Women's rowing at Head of the Lake, Seattle, WA, all day

➔Men's rowing at Head of the Lake, Seattle, WA, all day

➔Men's rowing at Princeton Chase Princeton, NJ, all day

Monday, Nov. 7

➔Men's basketball vs. North Florida, 6 p.m.

Home games in bold

I know we can go pretty far," Maxwell said.

As a player, Maxwell wants to maintain her high work ethic and competitive energy. With her time at GU, she hopes to evolve into the best player she can be.

"She's going to impact our team positively just by being on the floor because you have to be aware of her and we have a lot of people who can score, but with her when that ball touches her hands, it will be up before you can adjust," Fortier said. "That's I think one of the best things she has going for her right now."

Sydney Fluker is a news editor. Follow them on Twitter: @sydneyfluker.

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A ball and a vision: Bria Cade lives out her dream thanks to McLendon

By TOMMY CONMY

Although Bria Cade wasn't present for the Gonzaga University men's basketball game against No. 11 Tennessee to open the season, she is a big reason the teams met in the first place.

The charity pay-per-view game was the first event of its kind on the college basketball landscape as it leveraged the brands of each respective school to raise money for the John McLendon Foundation, which was established in 1999 to honor McLendon's legacy as a trailblazer, pioneer and the first African American professional head coach.

Cade was part of the John McLendon Foundation's Minority Leadership Initiative (MLI), which aims to provide minorities with a jump-start to their careers through practical experiences, opportunities to build their network and instilling the values of John McLendon, according to the foundation's website.

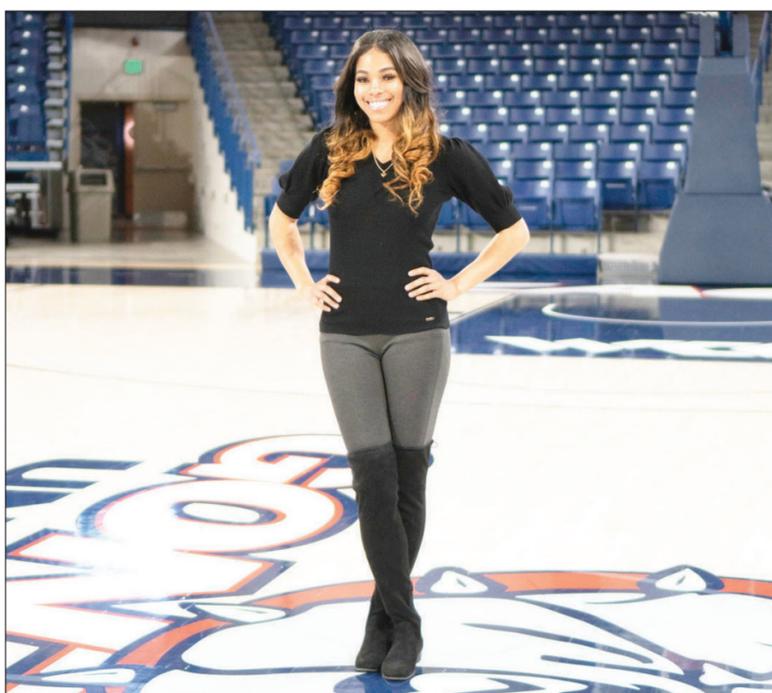
GU head coach Mark Few championed MLI at GU as one of 35 program ambassadors drawn from collegiate head coaches from across the nation. This meant the creation of a role within the GU athletic department for an underrepresented minority to further their career goals thanks to sponsorship from Few and oversight from the foundation.

"The thing I love about this, is that this is action," Few said on the Coffee with Cal show when the partnership was announced. "And we're finally doing something."

Cade's role as a marketing and communication assistant for the athletic department is the initial result of the initiative at GU. A graduate of North Carolina A&T, Cade was one of hundreds of applicants who underwent multiple rigorous rounds of interviews before being selected as one of the foundation's Future Leaders for 2021-22.

"I'm just extremely grateful that I'm selected to be a Future Leader at GU, and honor them through the foundation that represents John McLendon," Cade said. "[McLendon] was a pioneer in college athletics, he's the inventor of the fast break and he's responsible for the integration of college basketball."

Originally from Atlanta, Cade grew up surrounded by athletics. At 4 years old, she began cheering and playing basketball,



HAYATO TSUJII IG: hayatoarchive

Cade was the first Future Leader from the McLendon Foundation to work at GU.

following in the footsteps of her brother and cousins who played hoops as well. It was in seventh grade when Cade noticed ESPN anchor Sage Steele broadcasting the NBA Finals. The rest is history.

"I saw Sage Steele and it just clicked," Cade said. "She's talking about sports, she's on TV, like that's what I want to do."

Steele's role as a Black woman on a national broadcast became a goal of sorts for Cade, who stayed involved in sports throughout college. Her freshman year, she managed the men's basketball team on its way to a conference title and NCAA Tournament appearance while cheering for the football team in the fall. Thanks to her job as the play-by-play announcer for NC A&T, she received a recommendation from her athletic director that helped get her foot in the McLendon Foundation door.

After enduring a rigorous application process that included over 500 applicants, Cade got to choose what school she wanted

to work for as part of the initiative. She landed on GU, as the role was structured primarily around communications, Cade's main interest. It didn't hurt that the Zags made a national impression on her and her family when they watched the 2017 national championship game, either.

"For me, it was, Gonzaga is interested in somebody for communications, am I interested in Gonzaga?" Cade said. "Am I really committed to moving across the country for this position? You're darn skippy I was."

When she received the phone call that her role at GU was secured, she booked a flight to Spokane immediately without knowing where she would stay or what snow looked or felt like. The only level of familiarity she had with the small Jesuit school in the Pacific Northwest was from watching the team play in nationally broadcast games. Still, like much of her experience at GU, she's found her niche on

the fly.

The MLI encourages future leaders to shape their respective roles in a way that encourages curiosity and development towards their ultimate career. As a result, Cade has done a bit of everything for GU athletics. Her broadcasting responsibilities include color commentating the GU women's basketball team to sideline reporting for the Mark Few Show. When she's not broadcasting, Cade moonlights as a photographer, videographer and photo editor for marketing, doing her part to make the most of her stint in Spokane.

"I'm extremely grateful that coach Few saw opportunity with the McLendon Foundation," Cade said. "That has resulted in a meaningful employment experience for myself. I'm trying to be a sports broadcaster in the future and I want to work in athletics and sport. For him to be interested in being an ambassador and a mentor to myself, I am extremely grateful for coach Few."

Cade not only hopes to make it as sports broadcaster but use her platform to inspire change. In the short term, she wants her presence on sports broadcasts to motivate and empower others that they, too, can pursue their dream. In the long term, Cade wants to host her own show highlighting women's athletics, specifically giving female athletes a platform to talk about themselves, their lives and journeys.

"Representation matters, you have to see somebody else like you to give you the motivation and make you feel empowered like, hey, 'I can do that too,'" Cade said. "I want to tell your story about who you are, so my goal and my role that I have right now is definitely to bring more awareness to women in sports."

Though Cade departed from GU this past spring, she will further her education at the Louisiana State University Marship School of Mass Communication while working as a reporter for Southern University athletics.

"I didn't know anything about [Gonzaga]," Cade said. "But I knew what I wanted, and I knew the program, and the program stuck with me."

Tommy Conmy is a sports editor. Follow him on Twitter @tommyconmy.

XC men finish 2nd, women 4th at WCC Championship

By TOMMY CONMY

The Gonzaga University men's cross-country team finished second at the West Coast Conference (WCC) Championships, beating No. 14 Portland behind sophomore Wil Smith's third place finish Friday morning in Portland.

Kristen Garcia and Rosina Machu finished five seconds apart in sixth and seventh place, respectively, to lead the GU women's team to a fourth-place finish behind nationally-ranked No. 5 BYU, San Francisco and Portland. BYU took home the team crown in the men's and women's division.

"It was a great day for the women," said women's head coach Jake Stewart. "Having two women in the top 10 is a huge accomplishment. Kristen and Rosina both worked really hard to get there. We're excited for Regionals in two weeks and to continue to move forward as a team."

The women toed the line first under a persistent rain at Fernhill Park. Garcia and Machu got off to a slow start, running in 40th and 59th through 1.2K as freshman Kate Donaldson ran in 12th for the Zags.

By the midway mark of the women's 6K, Garcia and Machu had surged into the top 10, running a second apart with Alicia Anderson and senior grad transfer Caramia Mestler following behind in the top 25.

Garcia entered the latter stages of the race in hot pursuit of BYU's McKenna Lee in fifth, but was unable to close the gap entirely as Lee finished three-tenths of a second ahead of Garcia and five seconds ahead of Machu.

"I feel really good about it," Garcia said. "It was great to have Rosina back and to work together as a team. I'm looking forward to seeing what we can do at Regionals."

After transferring from Wisconsin to GU, Garcia collected her third straight All-WCC finish and the highest WCC finish of her career in addition to being the highest finish for a GU woman since Claire Manley's sixth place effort in 2019.

Stewart's squad placed two runners in the top 10 for the second straight season. Anderson (21:01.9) and Mestler (21:19.3) placed 21st and 30th overall, followed by Makenna Edwards (21:41.9) in 34th to round out the scoring five for GU.

On the men's side, head coach Pat Tyson had his entire team running at the same time for the first time all season. Standout senior James Mwaura made his season debut after finishing second at last year's WCC Championship meet and crossed the line 17th overall in 22:49.9.

"We had a good day in Portland," Tyson said. "Certainly not perfect, but a terrific race by Wil Smith. He went out hard and mixed it up with very good BYU guys. Really proud of Yacine Guermali, James Mwaura and Cullen



PHOTO COURTESY: GOZAGS.COM

Wil Smith (center) and Kyle Radosevich (left) race in the rain at the WCC Championships in Portland last Friday.

McEachern. All three have dealt with some health issues and got through the mud bath coming from far back to put the Zags into second against Portland."

BYU and Santa Clara were dominant 2K into the men's race with eight Cougars and two Broncos in the top 10. Smith and redshirt senior Cullen McEachern ran in 15th and 16th before Smith made a major surge in the middle part of the race to run within a second of eventual winner Casey Clinger.

Santa Clara threatened to kick GU down the standings with 72 points to GU's 69 at the midway mark before the Bulldogs surged as a unit to overwhelm the Broncos over the course of the race.

Clinger separated himself from the chase pack after 4K as Smith and the BYU contingent battled for second place. BYU's Brandon Garnica eventually outlasted Smith to take runner-up honors by three seconds.

After falling out of the top 30 in the U.S. Track & Field and Cross Country Coaches Association poll on the tails of an underwhelming performance at the Nuttycombe Invitational in Madison, Wisconsin, the Zags overcame No. 14 Portland to put themselves back in the national picture with regionals on the horizon.

"The big goal was to get to Portland, because we needed a point back after Nuttycombe," Smith said. "Things didn't go perfectly, but it's definitely a step in the right direction — and if we keep putting the pieces together, things can go

pretty well for us at regionals and hopefully nationals."

The Zags will need a better showing at regionals should they hope to qualify for the National Championship meet for a second straight season. Mwaura placed 36th at that meet last season to pace GU.

"It definitely says a lot about where we're headed," Smith said. "All those guys can race better and I feel like that's kind of a testament to who we are as a team. If we put everything together on the right day, we're super deep and we can compete with a lot of the best teams in the nation."

Behind Smith was Guermali in 15th (22:42.7), Mwaura in 17th (22:49.9), McEachern in 18th (22:50.3) and Kyle Radosevich in 20th (22:51.9) to place five Zags in the top 20.

The Zags will lace up their spikes and toe the line next at the NCAA West Regionals in Tacoma, Washington on Nov. 11 at 10 a.m. PST. Both the men's and women's teams will face uphill battles to qualify for the National Championship meet.

The top two teams in each regional race automatically qualify for the NCAA Championships in Stillwater, Oklahoma, while the rest of the field is selected as at-large competitors.

Tommy Conmy is a sports editor. Follow him on Twitter: @tommyconmy.

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