

# The Gonzaga Bulletin

A student publication of Gonzaga University

OCTOBER 3, 2024

www.gonzagabulletin.com

VOL. 136 ISSUE 6



## BULLDOGS ARE PAC-12 BOUND AMID CONFERENCE SHAKE UP

By ZACH WHITE

Gonzaga University formally announced on Tuesday its move to the Pac-12 conference, with membership slated to begin in July 2026.

The move will encompass all university-sanctioned sports, though the exact percentage of GU's conference revenue shares has not been revealed.

"We are delighted to welcome Gonzaga into the Pac-12 as they embark with us on this incredible path ahead," said Pac-12 commissioner Teresa Gould. "Today represents an exciting milestone for the Pac-12 as we welcome another

outstanding institution with a rich history of success into our league."

GU will depart the West Coast Conference, joining committed Pac-12 members Boise State, Colorado State, Fresno State, Oregon State, San Diego State, Utah State and Washington State in its new league.

The move puts to bed swirling rumors regarding GU's future, as the university was reportedly in talks with a handful of conferences, including the Big 12, Big East and Mountain West. Initially reported by Brett McMurphy last week, GU's joining of the Pac-12 was momentarily

rebutted by GU athletic director Chris Standiford, who labeled McMurphy's reporting as "not accurate".

It is likely that GU had not yet officially reached a deal to join its new conference, with final details and a vote from the board of trustees not garnered at the time of McMurphy's original report.

In a press release from GU athletics, the university announced it submitted a formal application for Pac-12 membership on Sep. 30, with the conference's Board of Directors and its five new member presidents voting

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RACHEL TRUSSEL IG: racheltrusselphotography

A flower display on campus honors the lives of college students who died by suicide.

## GU display touts suicide prevention

By MARY CLAIRE PHELPS

A display of flowers on the Herak Lawn last month was intended to increase comfort talking about a taboo subject on Gonzaga University's campus.

The flower display aimed to represent college students who have died from suicide, according to Claire Aigner, GSBA's health and safety coordinator.

September, recognized as Suicide Prevention Month, is dedicated to raising awareness about mental health and the importance of suicide prevention. During the last week of September, the Gonzaga Student Body Association set up a flower display to raise suicide awareness.

"The flower display is meant to shed light on how detrimental suicide is, especially within our age group,"

Aigner said. "Seeing the number 1,100 displayed across a lawn is so much more impactful than hearing the number."

Aigner said the topic of suicide tends to be taboo and that this display can help students become more comfortable talking about their struggles.

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## City founds climate committee

By HOLLY FIJOLEK

Spokane Mayor Lisa Brown has implemented a Climate Resilience and Sustainability Board to address the city's growing environmental challenges.

This board will replace the City Council's previous Sustainability Action Subcommittee, which undertook the creation of Spokane's Sustainability Action Plan.

The subcommittee was created in 2019 to address renewable energy commitments and achieve greenhouse gas reductions. This climate initiative has previously been done solely by city council without the mayor's involvement but has been supported by Brown since her 2023 election.

According to Maren Murphy, senior planner for the city of Spokane,

this new group of appointed members will take on the role of advising the mayor, city council and community on climate-related issues. Specifically, Murphy said it will address issues including land use, transportation and housing in the context of climate goals.

"The CRSB will provide advice and recommendations to achieving

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## One year of war

### GU community calls for conversation on Israel-Palestine conflict

By CLARINNE KIRK

On Oct. 7, 2023, Gonzaga University junior Elie Kornfeld woke up to the news of Hamas' invasion of Israel and broke down.

"I started crying hysterically, not only for the people that died, but I knew then what was going to be done in return," Kornfeld said. "It was just going to continue to get worse and worse, and people would die on both sides."

In the weeks that followed, watching the response by the Israeli military and the death of thousands of Palestinians, Kornfeld said he fell into a deep depression and felt a sense of isolation, due in part to a lack of conversation on campus regarding the conflict and our role within it.

Now, almost a year after the war's beginning, Kornfeld, among others, feels there continues to be a lack of open, empathy-based dialogue.

"I felt like no one really cared about the situation on either side," Kornfeld said. "There was just a complete silence."

Kornfeld joined on-campus protests calling for the divestment of the GU endowment from arms manufacturers with ties to the Israeli military.

Junior Juliana Maucione similarly involved herself with on-campus movements as a way to stand up against genocide and oppression.

Maucione said that without these conversations and activism, there is no boundary set to limit Israel's military actions. She said there has been a lack of acknowledgment of the oppression of Palestinians by GU's administration that differs from the administration's immediate condemnation of Hamas' attacks on Oct. 7.

"There's just kind of this rhetorical difference in the way they're addressing the violence against Palestinians and also Israelis," Maucione said.

Maucione added that the university's lack of conversation on Palestinian's oppression makes her feel disillusioned from GU's mission and believes the university prioritizes private interests over a commitment to the global good, a sentiment that was similarly expressed by Kornfeld.

"[The university's] interest's not in life, their interest's not in Jesuit values, their interest's in money," Kornfeld said.

Nader Shoaibi, a lecturer in the philosophy department, said the university is not doing enough to foster an environment that encourages open and empathy-based conversations about this conflict and, through the implementation of the interim protest policy, could even be potentially restricting those conversations.

"You have to live in a culture where this kind of sensitivity is fostered and is delivered to," Shoaibi said.

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# PREVENTION

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GU's Office of Health Promotion is the preventive public health office on campus that provides health education to students, according to the office's director Kylie Pybus.

"Our goal when communicating with students is to make sure that we have an inclusive and welcoming environment on campus so that students who are experiencing suicidal ideation or maybe have been touched by friends or family who have had mental health concerns or thoughts about suicide know how to care for that person," Pybus said.

According to Pybus, knowing how to care for a person who is struggling includes creating a non-judgmental and inclusive environment on campus where people can talk about their mental health and how to get support. The Office of Health Promotion is guided by a framework called the 8 Dimensions of Well-Being. The framework focuses on what holistic well-being looks like, and the office uses this to focus on the well-being of the whole person at GU.

Pybus said suicide is the second-leading cause of death among college students or 18 to 24-year-olds, yet there is a judgment associated with the discussion of suicide, which prevents people from openly talking about it.

"I think it's scary, the fear around suicide," Pybus said. "And when people open up about it, having depression or anxiety or other mood disorders or just other chronic stress, there's judgment associated with that. That fear and isolation just keeps perpetuating itself."

Associate Director of Campus Security & Public Safety Phillip Tyler has been involved in raising awareness for suicide prevention after his son died by suicide seven years ago.

Tyler said the death of his son has inspired him to spark a conversation on campus around the issue. All campus security officers wear a wristband with Devon's favorite quote on it: "Life is chaos. Be kind."

"I wish people would understand how much damage is left and if we don't have good postvention skills and resources, then we are leaving people more harmed than before," Tyler said. "We need to talk about and change this paradigm and stigma. This conversation shouldn't be limited to just this month."

Tyler said suicide is a public health crisis that has not been addressed properly. His goal is to let students know that it is OK to show emotion and that it is not a sign of weakness.

"When we suppress our emotions, we can't confess them, and when we can't confess them, we can't address them," Tyler said. "It has to be more than a singular month conversation, and then we have to normalize it."

Tyler said there needs to be more effort to raise awareness about suicide prevention at GU, including postvention resources for families who have lost loved ones. He added that individuals should use GU's resources, including the Office of Health Promotion and Health and Counseling Services.

"Don't suffer through this alone because you don't need to, and never assume that you are a burden to someone," Tyler said.

Mary Claire Phelps is a digital editor.



Signs were placed on the steps of College Hall following a spring demonstration.

LUCY BOOTH IG: @photo\_booth

# WAR

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"I feel like Gonzaga is not doing that despite the explicit mention of us being an institution that cares about these sorts of issues, that pays attention to the suffering of people around the world."

Despite experiencing a loss of faith in the university and institutions more generally, Macione said she still refuses to accept this conflict as inevitable.

"I have to hope that it doesn't have to be like this and that there are ways that we can leverage power, or relationships or the movement to push for change for the good," Macione said.

Michael Deland, an associate professor of sociology and criminology, said his relationship to this conflict is influenced by his identity as a Jewish American. He said he first started seriously thinking about the conflict between Israel and Palestine as a teenager in the '90s when there was a moment of optimism and peace that has since spiraled into increased violence and extremism on both sides.

Coming out of Oct. 7, Deland said he was disturbed both by the rhetoric of the radical left that celebrated Hamas' invasion and also by the rhetoric of the radical right who justified the destruction of Gaza. He felt that discourse became

increasingly polarized and binary, with individuals retreating into these two extreme positions, leaving him navigating the tension of not identifying with either extreme.

"[I'm] feeling like I'm living on this tight rope in my own identity between feeling not always at home in leftist, activist circles that are making really important critiques of this war ... and also feeling not home when I'm around people who are forever willing to justify whatever version of this war the Israeli government is pursuing," Deland said.

Deland said that these binary labels only further push people into their corners and perpetuate animosity between sides, creating division rather than community.

"These binary labels are bound to sustain the spiral of violence," Deland said. "I just wish that there were more opportunities for people to sit together and hear each other."

Creating an opportunity for more holistic conversation, on April 4, Deland hosted "Imagining Peace: A Conversation with Bereaved Families in Israel-Palestine," which included storytelling from Israeli and Palestinian mothers who had lost family members to this conflict but chose paths of peace rather than ones of vengeance or retaliation.

"I wanted to try to craft a conversation campus that showed a path towards peace, which to me, means Israelis and Palestinians coming together, sharing stories," Deland said.

Shoabi similarly said having

open, empathetic conversations around this conflict is crucial. To promote these conversations, Shoabi informs students on news updates and facilitates discussion on the conflict, specifically in relation to philosophical content. He said that some students' initial response is to "shut down," seeing the conflict as too complex. While Shoabi stressed the importance of recognizing the deep historical, political and religious factors at play within this conflict, he said calling out the loss of innocent lives as morally wrong should not be complicated.

"If you have 18 members of the same family in one building being targeted with a rocket where there is no legitimate Hamas target within the vicinity of that building and all 18 of them die in one go, in my mind, there's nothing complicated about that," said Shoabi, referencing a real example reported in The Guardian.

Kornfeld said that conversations regarding the conflict have created "ripples" in his family caused in part by a closed-mindedness. Kornfeld said that it is important have conversations with an open mind and be willing to change one's perspective.

"What's really important is that we change our perspectives," Kornfeld said. "If we just stay in our tribalness, we're never gonna move. We're never gonna progress and create a better world."

Clarinne Kirk is a news editor.



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BULLETIN FILE PHOTO

Displays in the John J. Hemmingson Center and Foley Library detail the past 20 years of the Lincoln Center.

## Lincoln Center celebrates 20 years

The first LGBTQ+ resource center on a Jesuit campus honors anniversary

By ETHAN VINSON

Gonzaga University's Lincoln LGBTQ+ Resource Center is celebrating its 20th anniversary and continues to serve the campus community.

According to Program Manager Matthew Barcus, the Lincoln Center is the first LGBTQ+ center located on a Jesuit campus and its mission is to provide a safe space for students and staff of all backgrounds and sexual orientations within the LGBTQ+ community to engage in identity conversations.

### Lincoln Center Events

Oct. 11:

Lavendar Mass

Oct. 12:

Anniversary Gala

Twenty years ago, the Lincoln Center was started through funding from an AmeriCorps grant and the work of GU's Unity Multicultural Education Center.

After the two centers were opened, they grew as more students were engaging and more space

was needed. Eventually, it was deemed necessary for the Lincoln Center to move and add more staff members for support, said Joan Iva Fawcett, dean for Social Justice Leadership and Community Engagement.

"For a higher education institution of our size, it is rather impressive that we have two professional staff members when departments like this are typically one-person operations," Fawcett said. "Through student advocacy and supportive institutional leadership, [the Lincoln Center] moved from a rather small space on the third floor of Hemmingson to a much more visible space on the second floor that is at least three to four times larger than its original square footage."

Barcus said he has seen the center engage with many students on various topics.

"We work to do a lot of different programming that is both collaborative but also community-centric for students to have these conversations around sexual orientation and gender identity in a way that allows people to express differences but still offers an opportunity to learn from and

with each other," Barcus said.

By hosting different events and programs such as Out To Lunch With Allies or queer movie screenings, the Lincoln Center remains engaged with the GU community.

According to Barcus, there are presumed challenges due to the Lincoln Center being the first of its kind on a Jesuit campus. However, the Jesuit mission speaks to being supportive and serving others, he said, and as a result, the mission has been working in tandem with the Lincoln Center.

"We have found a lot of support from individual Jesuits on campus, as well as various folks from Mission Integration or University Ministry to be collaborative partners," Barcus said. "And so it hasn't ever been a barrier."

Barcus said a barrier the Lincoln Center is facing is how some students are still closed off from the conversations being held in the center for a multitude of reasons.

"I'm sure that there are students who are uncomfortable having these conversations because of either their identity or their religious component," Barcus said. "I think that that's unfortunate, and I think that it does sometimes impact students' desire to come into the center."

According to the Director of UMEC Jessie Mancilla, students are becoming increasingly diverse and adapting to create an environment that everyone can assimilate to is invaluable.

"I think it's crucial, especially being in a Catholic, Jesuit and humanistic institution," Mancilla said. "Whenever I think of the Jesuits, it's always the Jesuits are people at the frontier, the front lines. The fact that we were the first Jesuit institution to have a Lincoln Center, I think, it's something to be proud of."

In celebration of the Lincoln Center's 20th anniversary, the center will host events for students and the GU community.

On Oct. 11, the annual Lavender Mass hosted by the Lincoln Center will occur with a gala celebration the following day. The Hemmingson Center Rotunda and Foley Library will also have a visual gallery available for viewing until Oct. 14 commemorating the past 20 years.

Ethan Vinson is a staff writer.

## CLIMATE

Continued from Page 1

sustainability and climate goals related to climate planning that mitigates greenhouse gas emissions and builds community resilience," Murphy said. "The CRSB will also focus on prioritizing environmental justice to avoid worsening environmental health disparities."

Larry Luton, chair of the subcommittee steering committee, said that this close proximity of the board to the mayor's team should be an improvement.

"The key part is now we're part of the implementation," Luton said. "We're going to be working with the people who administer these programs. That's really important for the history of sustainability action in Spokane."

The board will have 15 members, a contrast from the SAS's 40-member list and seven subgroups. These appointed members will tackle broader issues and projects, including updating the city's Comprehensive Plan to include climate resilience actions. Murphy said the board's responsibilities will set it apart from previous sustainability work.

"[The CRSB] will bring a level of focus within city government to help build connections on climate and sustainability through the various city departments to advance local actions," Murphy said. "The new board has a unique focus on climate, sustainability and environmental justice that fills a gap in addressing the interconnectedness of these topics with city departments like planning."

Luton said the board is an important step for the future of climate action work that is necessary in Spokane as well as around the world.

"Climate action is something that needs to be done globally," Luton said. "It needs to be done nationally, statewide, in the counties, in the cities and in the neighborhoods by families and individuals."

Larry said that working on issues that the CSRP will address like increasing walkability, bike lines and improving public transportation will contribute to a greater vision of a sustainable life. According to Luton this is how tackling the climate crisis starts for many environmentalists.

"When you add climate, sustainability and resilience all together, some of it's aimed at trying to protect us from the impacts of climate change, obviously, but some of it is a vision," Luton said. "A lot of people see environmentalism and climate concerns as people who are saying we're doing all this wrong and complaining about it. But really, it's a vision of a better life."

Applications are open to community members in Spokane that are interested in being involved. Mayor Brown will soon nominate a list of people to the city council to vote on their appointment, and then the board will begin meeting.

According to Murphy, youth involvement is a key component of this new group of decision makers.

"We are looking for representation on the board for youth/young adults, particularly students of secondary and postsecondary education institutions," Murphy said. "What we do today will have impacts for future generations, so having this voice and participation on the CRSB and in climate planning is important to ensuring we are understanding values, priorities, anxieties and opportunities for taking action."

Part of the delay in appointing the CRSB is due to the effort to diversify the voices represented on the board, Luton said.

"You have to do some significant outreach to communities that don't usually get engaged in this kind of thing," Luton said. "You have to convince somebody from those communities that it's worth their time to come and be part of this."

Applicants must be at least 16 years old and available to serve a two-year term in their position. There are no other requirements, leaving the opportunity open to many in the Spokane community, including GU students.

According to Luton, Spokane looks ahead to a more sustainable future and passionate residents are encouraged to bring their green perspectives to the city government.

Holly Fijolek is a staff writer.

## New dean embraces GU culture

By NATALIE KELLER

Jacqueline Van Hoomissen would not be here without her mother.

The new dean of Gonzaga University's College of Arts and Sciences said she did not originally plan to study biology and neuroscience, and it was her mom's encouragement that led her to the medical field.

Today, after 22 years of teaching biology and serving in several leadership roles at the University of Portland, Van Hoomissen's journey has now brought her here, with her being in her early months as a GU leader.

As she prepares to take on the school year ahead, Van Hoomissen said she has three tenets of leadership.

"I promise to the college that no matter what we go through or what we work on together, I will always try to be clear," Van Hoomissen said. "I'll always be thoughtful and I'll always be honest, and if we all do that with each other, I think we can achieve more together."

Van Hoomissen said she has a strong work ethic that she developed at a young age. Raised on a multigenerational family farm in a small town in Oregon, Van Hoomissen said the tight-knit community helped shape her character.

"[I learned] to take care of your family and the community around you," Van Hoomissen said. "Everybody kind of spoke a similar language around seasonality of harvest, work ethic and having to get things

done whether you wanted to do them or not."

When she was 4 years old, Van Hoomissen was introduced to playing piano by the music teacher at her Catholic grade school. Playing piano has become a lifelong hobby, and the teacher was the first of many who helped guide her.

"All the way through education, through high school and college, I had teachers who kept saying, 'Oh, that's what you're interested in. Here's a door to it. Let me help you get through that door,'" Van Hoomissen said. "Experience really brought to my perspective what was possible."

Helping her students and fellow faculty members realize their full potential is Van Hoomissen's proudest accomplishment from her previous experiences, and she said she hopes to have a similar impact on GU.

Van Hoomissen has several goals for herself and the college, including forming relationships on campus, continuing to implement the university's strategic plans and educating others on the value of a liberal arts education.

"When you start your liberal arts education, you might be a couple dots on the painting, but not quite understand the full painting, but by the time you're done, you filled in this painting, all these beautiful colors, and that's now

your view of the world," Van Hoomissen said. "That's that foundation that liberal arts gives students — to be able to really fully immerse themselves and to see things that other people might not be able to see."

Stacy Taninchev, associate dean for the college, said Van Hoomissen has demonstrated great leadership.

"It's an honor to be able to work with Dean Van Hoomissen," Taninchev said. "She's been, already, a good mentor to me."

Taninchev also said Van Hoomissen strikes a balance between being decisive and considering input from others.

"She makes a good decision, and she makes people feel valued as part of the team," Taninchev said. "She exhibits the cura personalis that is so important to us as a Jesuit university for students, staff and faculty."

GU's Catholic mission and values are another reason why Van Hoomissen said she is excited to be working at the university, and she said she plans to be involved in the faith community by playing piano at the St. Aloysius church on campus.

"I think that mission, its articulation and its accessibility, is something unique to Catholic higher education," Van Hoomissen said.

Van Hoomissen said she also intends to spread a message of hope through her work.

"There's a lot of stuff going on that will try to pull you away from hope," Van Hoomissen said. "But if we are called, as the Jesuits were called to teach, we are the beacons of hope in the world. We got to savor in that and work with each other."

Natalie Keller is a news editor.



COURTESY JACQUELINE VAN HOOMISSEN  
Jacqueline Van Hoomissen

“

**When you start your liberal arts education, you might just be a couple dots on the painting ... but by the time you're done, you filled in this painting, all these beautiful colors, and that's now your view of the world.**

Jacqueline Van Hoomissen



# Find your spaces and places in Spokane

When I first moved to Spokane for my first year at Gonzaga University, I was a complete stranger to the city aside from campus grounds. Even then, I relied on Google Maps just to find my way from my first dorm, Dooley, to Hemmington, the RFC or anywhere else on campus.

It's natural to feel lost when moving someplace new. However, I have found that immersing yourself not only in GU's community but also in Spokane's can make the transition much easier. With an open mind, discovering and navigating a new city can be a lot of fun.

As a self-proclaimed enthusiast of all things vintage — especially music, pop culture, fashion and decor from the 1960s through the 1990s — my all-time favorite activity when returning to Spokane for the school year is thrifting.

An often affordable way to exhibit my creativity and passions, grow my wardrobe and add more finishing touches to my bedroom, spending hours looking through racks of gorgeous dusty old clothes and perusing vintage furniture and artwork is my true happy place. Even if I come out of the store empty-handed, I am always satisfied and inspired with what I see.

In my experience, Spokane has an impeccable thrift and vintage market that, surprisingly, beats my hometown of Seattle.

Conveniently located just half a mile south of campus, Global Neighborhood Thrift is my No. 1 go-to. With an impressive selection of clothing, a solid furniture and home decor section and an adorable vintage shop, Global has it all. Compared to a lot of other thrift shops I've been to recently, Global also has some great finds for an even greater price.

Another cherished spot that's walkable from campus is Chosen Vintage. Just across the river, Chosen Vintage



By LAURA ERICKSON

offers a plethora of gorgeous vintage clothing, accessories and shoes spanning a wide range of decades from a variety of vendors. While some of their pieces tend to be on the pricier end, if you dig deep, you're likely to find some affordable hidden gems.

Located near the Spokane Arena, Boulevard Mercantile is a charming vintage and antique shop with a lovely collection of furniture, home decor, artwork and vintage clothing. They also have a great used music section, which is where I'll spend most of my time. Just last week I scored The Beatles' "Abbey Road" on cassette for \$8 and a Buffalo Springfield record for \$14.

Another hobby I get excited to return to when returning to Spokane for the school year is outdoor running. I wouldn't consider myself to be a particularly athletic person, but last spring I got really into running — not just for exercise but also as an excellent stress reliever. My athletic drive also tends to dissipate during the summer, so creating a workout routine is essential for me as I return to school.

One of my favorite spots to run is the Spokane River Walk, partially located on campus. A roughly 2-mile paved walking, biking or running loop along the Spokane River, the Spokane River Walk circles around GU's Lake Arthur, nearby hotels, Upper Spokane Falls and Riverfront Park downtown, then crosses the Centennial Trail Engineering Bridge connecting the path back to GU's law school.

This fairly flat loop is a great way to familiarize yourself with Spokane in relation to GU's campus while taking in the beautiful views of the Spokane River and its surrounding nature.

Just this past week, I ran in Manito Park for the first time and was very pleased with my experience. A gem of Spokane's South Hill neighborhood, this 90-acre park provides an extensive network of paved and wooded trails, picturesque ponds and a variety of elegant gardens, such as its rose and Japanese gardens. Not only is Manito Park a great place to walk or run, but there are also plenty of lush grass patches to relax, picnic or study.

Exploring Spokane's music scene is another fun way to immerse yourself in the city, connect with like-minded people and potentially discover your new favorite artist. While most of us are familiar with the Knitting Factory, another great venue to check out is The Big Dipper. With tickets usually priced at \$20 or less, it's a budget-friendly option for a night of live music. Additionally, if you're 21 or older, the Zola Lounge downtown hosts live musicians from Wednesday through Saturday.

Whether it's through thrifting, exploring local parks, enjoying live music or something entirely different that you enjoy, getting out and engaging with Spokane's community is key in making the most of your time here.

Laura Erickson is a copy editor.

## Refrain from raining on the cosmic parade

Ever wondered why you can't stop scrolling through your daily horoscope? It's not because you're secretly a stargazer trapped in the digital age — it's because astrology has been serving cosmic tea long before it was cool. Welcome to a world where your fate might just be written in the stars ... or at least in your Instagram feed.

Astrology, with its 12 signs and celestial predictions, has been captivating the human imagination for thousands of years. But in an age where empirical evidence and data-driven decisions dominate, it's worth asking: Is there something more to astrology than just a charming diversion? Or are we simply indulging in a sophisticated placebo effect?

On one hand, astrology is about as scientifically validated as a Magic 8 ball. The idea that your personality and future are dictated by the positions of planets is, frankly, laughable when held up to rigorous scientific scrutiny.

Studies consistently fail to show any real correlation between astrological signs and personality traits or life events. The Forer effect — a psychological phenomenon where vague, general statements feel personally accurate — explains why horoscopes often seem spot-on. It's not that the stars are aligning for you; it's that the descriptions are intentionally ambiguous to fit anyone.

But here's the twist: astrology can be surprisingly accurate, and not just in



By ELLE PRATT

a cosmic coincidence kind of way. For about a year now, I have been subscribed to the app Co-Star and the number of times I've read my horoscope and thought, "Wow, that's exactly what I needed to hear today" is hard to admit.

It's almost as if the universe has a way of delivering just the right message at the right time. Maybe this isn't about celestial bodies influencing our lives but rather about how we interpret and find meaning in them. If astrology helps you make sense of your life and provides comfort, is that really so bad, even if it's all just a glorified placebo?

Sure, the scientific community scoffs at astrology, and with good reason. The idea that your destiny is written in the stars doesn't hold up under rigorous scrutiny. But let's not throw out the cosmic baby with the bathwater.

Astrology's ability to resonate with

people — whether through vague affirmations or seemingly insightful reflections — speaks to something deeper. It taps into our innate desire for connection and understanding, providing a way to frame our experiences in a more meaningful context.

So, let's be honest, astrology is not going to give you a crystal-clear roadmap to your future nor is it likely to offer real answers about your life's big questions. It's not a science, it's an art; a cultural artifact that has evolved over millennia. But that doesn't mean it is without value.

From the whimsical traits of your "Leo" friend to the infamous "Taurus" stubbornness, astrology offers a delightful framework for understanding ourselves and others. It's easy to see why horoscopes are so addictive. They provide a sense of predictability in an otherwise unpredictable world, wrapped up in a tidy celestial package.

Consider astrology as some sort of cosmic metaphor. It's not about predicting the future with pinpoint accuracy; it's about offering a framework for self-reflection and connection. It's a playful, often surprisingly insightful tool for navigating life's uncertainties, and it doesn't need to be scientifically validated to serve its purpose.

If you can approach astrology with a sense of fun and curiosity, while also recognizing its limitations, then you can enjoy its benefits without getting lost in its more outlandish claims.

Here's the real issue: the snarky critics and armchair scientists who dismiss astrology with a scoff and a sneer. If you're one of those who feels the need to belittle others for their belief in astrology, maybe take a step back. Dismissing something that brings joy and meaning to others as mere superstition reveals more about your own intolerance than about the validity of the practice.

Astrology might not be everyone's cup of tea, but that doesn't mean it's deserving of ridicule. People are drawn to it for a reason, and that reason often has to do with a fundamental human desire for connection and understanding.

So, next time you catch yourself swiping through horoscopes or debating star sign compatibility, remember this: astrology's value isn't in its cosmic accuracy but in the way it makes you feel and connect with others. It's a playful, introspective tool in a world that could use a little more wonder and a little less skepticism.

Embrace the fun, acknowledge the limitations and maybe, just maybe, let the stars be a whimsical guide rather than a serious oracle. And if you can't find it in yourself to appreciate astrology for what it is, at least don't be the one who rains on someone else's cosmic parade.

Elle Pratt is a staff writer.

## The Gonzaga Bulletin

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## Learning to use nostalgia

There is a saying that you are a mosaic of the people you surround yourself with and, while I resonate with that ideology, I also believe that we are a mosaic of all of the past versions of ourselves as well.

One of the most commonly referenced contributions of our past selves is the idea of experiencing nostalgia — a sentimental longing for the past. Nostalgia comes with an almost guaranteed serotonin boost and can be a good method of combating negative emotions. While this should be practiced in moderation, taking the time to incorporate nostalgic elements into your day is a good method to improve your overall quality of life.

The comfort zone in which nostalgia lives is a space that should be visited, but not lived in. What makes nostalgia so powerful is the sentiment in reminiscing about the past. Living in the past isn't a progressive or formative way to live, but visiting and acknowledging the past to better appreciate the present is a great way to counteract the stresses of day-to-day life.

As is true for many college students, I work multiple jobs and have many extracurriculars on top of my schooling. While I have been able to find a way to balance all of these commitments, it often feels like there is no end in sight. I often use nostalgia to combat stress while still being productive.

My family was big on watching movies together when I was growing up, and while I no longer have the free time to watch them all the time, I put on nostalgic movies every once in a while when I need a pick-me-up.

My favorites were typically Studio Ghibli and other feel-good



By SHEI MCLAUGHLIN

animated movies. We would also watch some movies seasonally — running a Harry Potter marathon during the fall.

I now often put on Studio Ghibli movies in the background to incorporate the good feelings brought about by nostalgia to combat more stressful tasks, such as homework. One of the key ways to use nostalgia is to recognize it as a tool to bring balance to our lives, not euphoria. While these movies won't help me with my homework and shouldn't completely distract me, it makes the hard things a little easier.

In the same vein as movies, incorporating nostalgic pop-culture into your life is another feel-good way to navigate the day-to-day. The walls of my apartment are covered in posters and other decor that reference different pop-culture elements I enjoy as well as other nods to parts of my past.

Another way to incorporate nostalgia into your everyday life is to eat nostalgic foods. This isn't always the most accessible method of sentiment, but being intentional in putting aside the time and energy to make something that takes you back to a happy time in your life is how nostalgia can be used beneficially. I have more recently

discovered a love for baking and have found myself baking things my mom used to make: blueberry buckle, zucchini bread and chocolate chip, butterscotch cookies. Not only has this hobby allowed me to reminisce about my mom's baking, but I also get to create something I can share with my friends.

Nostalgia is often a result of social connections, fueling the extraverts to meet new people and introverts to rely on those they already know. Leaning on the introverted side, I know that a quick call with my best friend from back home is the perfect dose of nostalgia to get me through all that I have laid out in front of me.

If the act of experiencing nostalgia involves recalling the past, then such should also be recognized as an opportunity to learn from such experiences. I'm not necessarily suggesting self-reflection, although that is also a great practice to implement into one's life, but rather nostalgia is a recall on simpler times.

Life doesn't always have to be 100 miles per hour — getting perfect grades, securing successful internships and jobs, attending social events. There was a time in life where we found contentment with morning cartoons, the toys that came in cereal boxes and really anything that sparked a little joy into our lives. Nostalgia is about finding ways to achieve that same joy, no matter how small it may seem.

Shei McLaughlin is a copy editor.



# Meet Henry Krueger: Fall editor-in-chief

By NOAH APPRILL-SOKOL

Gonzaga University senior Henry Krueger has a long history with journalism.

His uncle is a sports talk show host and his dad was once the editor-in-chief of University of California Berkeley's student publication. Krueger even started a newspaper during his fourth grade class.

The four-year Gonzaga Bulletin editor will be at the helm of the paper as the editor-in-chief this fall semester, bringing into the space this experience.

## Gonzaga Bulletin (GB): How did you find your start in journalism?

Henry Krueger (HK): I got into journalism after a pretty tough start in high school. During my freshman year, I was actually put up for expulsion, and part of the reason I was let back in was because I promised my principal that I would get more involved in extracurriculars if given a second chance. I discovered that writing for my school's newspaper opened up parts of campus I'd never explored and introduced me to people I wouldn't have met otherwise. It really helped me mature in a lot of ways, having to approach people for interviews and build relationships across various facets of my high school's community. I would definitely say the decision to pursue journalism changed my life.

## GB: What was your first article about for The Bulletin?

HK: I actually wrote my first Bulletin article on the drive up to college before my freshman year, with my mom kindly taking over the driving for several hours while I typed away in the passenger seat. The story was about three men's basketball players — Chet Holmgren, Hunter Sallis and Nolan Hickman — competing in The CrawsOver Pro-Am League in Seattle, hosted by former NBA player Jamal Crawford. It was a cool moment for me because then I arrived on campus, visited The Bulletin table at Zag Fest and met the editor-in-chief and managing editor for the first time.

## GB: How have you changed and grown as a writer?

HK: I think I've definitely branched out beyond sports. Initially, my freshman year, I wrote about 80 stories, about 68 to 69 of them were about sports, and one of them was about the mass of the Holy Spirit. I think for me, it's allowed me to kind of explore other interests. I like food and making food, and so I enjoy writing restaurant features, and I am passionate about comedy and have started writing about them.

## GB: Talk about your other experiences in journalism outside of school newspapers.

HK: I have been involved in a few journalism opportunities outside of the Bulletin. I am working as a public relations intern for the Zephyr and Velocity soccer programs, and I have worked for Sports Illustrated and the Associated Press for GU's basketball coverage. I've learned a lot about how to conduct myself like a professional, just the way I carry myself, and I have become a better writer, becoming faster and learning to write from different angles. For the AP, I have to publish an article 10 minutes after the final buzzer or less, and then when I interview the coach of both teams and update it with quotes, then a bigger, more extended story is sent out 30 minutes after the final buzzer. I've covered hundreds, maybe 500 games in my life, from high school journalism to now, but it's really another step up when you're having to finish it that quickly, especially when there's a buzzer beater or the game goes into overtime.

## GB: What's your leadership philosophy here at the Bulletin?

HK: I've always aimed to lead more through my actions than my words, but I've tried to focus more on the mentorship side of The Bulletin this semester. While we strive to run like a professional newspaper, I recognize it's a learning experience for students, both in and out of journalism. I remember being a freshman on The Bulletin, and the senior editors really showed me the ropes, which I now try to pass on.



LUCY BOOTH IG: @photo\_booth

Krueger wrote his first Bulletin article on the drive up to college before his freshman year.

## GB: What are you most excited for this year?

HK: I think that on the news side, it's an election year. It's also President McCulloh's final year in office. I think both of those are two topics that we want to cover pretty deeply. For sports, I mean it's a transformative year for the athletic department, as GU prepares to leave the West Coast Conference, changing the entire landscape of athletics here. Lastly, I would say a really big thing for me is covering Spokane. I observe a lot of really good college newspapers who also serve as the city's newspaper or at least as a local neighborhood paper. Even though we have a great newspaper, the Spokesman-Review, I think it's great to have a student publication writing about things that are happening around town. I think off campus coverage is important to me.

## GB: Why do you think journalism matters?

HK: I think journalism plays a really important role in keeping the public informed and ensuring democratic processes go through. The biggest example of that is places that don't have prominent news coverage or no news coverage at all where local governments are corrupt, police stations and other groups that are operated by the city are also corrupt. It's really important — there's no one else besides a

journalist who's independently going to check facts and independently going to hold someone accountable. Journalism — it's public service. At the end of the day, that's really what motivates me. I'm doing something to help the community, whether it's keeping them informed about an event that's coming up, or it's writing an obituary about someone's life. I think it's integral to society.

## GB: When was your very first start in journalism?

HK: When I was in fourth grade, I had a newspaper. I don't remember what it was called, but I had a newspaper, and I would write about local sporting events. I do remember writing about the Cal-Stanford football game, which is called the "Big Game." It's a rivalry game, and it's a big deal in Northern California. I had a friend who would design comics for me, and then I think I had people write a few different articles as well. Then my dad and I would go to Kinko's, which is a printing place, and we then printed out the papers. I'd put them in the Friday folders of all the kids at my school, and they would take them home.

Noah Apprill-Sokol is the managing editor.

Henry Krueger is the editor-in chief. Follow him on X @henrykrueger

## Spiritual Film Themes in a Secular Age

Faith, Film & Philosophy 2024  
October 7-11, 2024

GONZAGA UNIVERSITY | Faith & Reason Institute

Mon., Oct. 7  
7:00 pm  
Brian Clayton, (Philosophy Emeritus, Gonzaga)  
"I See Dead People": Spiritual Quests in the Films of M. Night Shyamalan"  
WOLFF AUD JEPSON 114

Tues., Oct. 8  
7:00 pm  
FREE film screening and panel discussion: *Barbie* (Gerwig, 2023)  
HEMM AUD 004

Wed., Oct. 9  
7:00 pm  
Spiritual Film Themes in a Secular Age  
Student panel discussion  
WOLFF AUD JEPSON 114

Thurs., Oct. 10  
7:00 pm  
Michael P. Foley (Honors College, Baylor University)  
"A Secular Stage: Religion through the Lens of Hollywood"  
WOLFF AUD JEPSON 114

Fri., Oct. 11  
7:00 pm  
Duane Armitage (Philosophy, University of Scranton)  
"The Displacement of the Sacred in Modern Film: Film Nihilism from Nietzsche and Heidegger to Barbie and Deadpool"  
WOLFF AUD JEPSON 114



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# The calm before the Kraziness storm

By AIDEN BRAATEN

The Gonzaga University men's basketball team will showcase its 2024-25 roster for the first time at Kraziness in the Kennel on Saturday afternoon. The annual team kick-off event will begin at 3 p.m. and doors will open one hour before.

Events at Kraziness will include player and coach introductions, a skills competition, a dunk contest and a 3-point contest. To finish, the main event will consist of a 5-on-5 intrasquad scrimmage for one 20-minute half with a running clock.

Bomb Squad and Dance Team will both perform at the event, and there will be a student half-court shot challenge. New GU students will get their first opportunity to experience the "Zombie Nation" tradition, among other Kennel Club festivities.

GU returns four of five starters from a Sweet 16 run in 2023-24. Seniors Ryan Nembhard, Nolan Hickman, Ben Gregg, and Graham Ike will hope to capitalize on their experience during the upcoming season.

Anton Watson, the lone departing starter, was taken in the second round of the NBA Draft in July. He begins his rookie season with the Boston Celtics on a two-way deal in late October.

At Kraziness, GU fans will see four new transfers in action for the first time in a Zags uniform. Guard Khalif Battle from University of Arkansas, guard Braeden Smith from Colgate University, forward Michael Ajayi from Pepperdine and forward Emmanuel Innocenti from Tarleton State will take part in the festivities.

Smith will redshirt during the 2024-25 season to develop behind the current backcourt. If Ajayi takes the final spot in the starting five, GU will have an all-senior starting lineup.

Battle is a strong addition to GU's offensive rotation. In his 2023-24 season, he averaged 14.8 points in 24.7 minutes per game for the Razorbacks. In the last seven

games of overall SEC play, he averaged a staggering 29.5 points, including a 42-point performance against Missouri on Feb. 24.

Another new face at Kraziness this year is Ismaila Diagne, a 7-foot center who most recently played for Real Madrid's U-18 squad. Diagne, a freshman and native of Senegal, is only 17 years old.

Other notable returners include junior forward Braden Huff and sophomore guard Dusty Stromer. As a redshirt freshman in the 2023-24 season, Huff averaged 9.3 points in 13.3 minutes per game while shooting just shy of 60% from the field.

Stromer averaged 4.8 points in 23.5 minutes. He started 15 games as a true freshman before coach Mark Few slid Ben Gregg into the starting lineup.

Other returning players include Steele Venters, Jun Seok Yeo, Joe Few and Joaquim ArauzMoore. The remaining new faces at Kraziness will be junior preferred walk-on Noah Haaland and freshman preferred walk-ons Cade Orness and Graydon Lemke.

Five-star recruit Kingston Flemings will be visiting GU over Fall Family Weekend and will attend Kraziness. He is the third-ranked point guard nationally in the class of 2025.

GU basketball preseason traditions will continue the following Saturday. On Oct. 12, the GU women's basketball team will host FanFest at 3 p.m. with doors opening one hour before.

The 2023-24 women's squad hosted and won two NCAA Tournament games in the Kennel against UC-Irvine and Utah en route to their first Sweet 16 appearance since 2015.

After graduating five seniors, GU will look to replicate their recent success behind fifth-year star Yvonne Ejim.

Kraziness tickets are free. Zags fans and anyone visiting for Fall Family Weekend can collect limited tickets beginning at noon on Wednesday.

Aiden Braaten is a staff writer.



In past weekends, families have taken photos at the photo booth that was present outside of the...

# What's up Zags

Fall Family Weekend welcomes families back to campus

By ABBY STRADER

Gonzaga University is gearing up to welcome families of students back to campus this weekend for Fall Family Weekend.

The New Student and Family Programs office has organized events for this weekend all day for families and friends to gain a glimpse into campus life.

Fall Family Weekend is the first weekend of October each year and is designed to integrate Zag families and friends into the community along with their students.

There are pre-planned events that families can sign up for such as the cornhole tournament, as well as sporting events, campus tours and socials happening all weekend. To conclude the weekend, there will be a Fall Family Mass at St. Aloysius Church on Sunday at 11 a.m.

Kendall Adams is the family events coordinator at the New Student and Family Programs Office and a senior at GU. She was involved with planning Fall Family Weekend.

"I tried to think about if I were a family coming to Spokane, what would excite me, and allowed that to guide me," Adams said.

Adams began the planning process by looking at documents and organizing for this weekend back in April, even spending some time over the summer preparing. In August, the New Student and Family Programs office was able to hit the ground

Seeing my family for the first time is special, and even more so for first generation college students. It's so nice to see them proud of all that we've accomplished, the world, and I'm so grateful for their support.

Isabelle Kennedy, GU junior

running with event preparation. They were also heavily involved in the success of Welcome Weekend, when first-year students were first arriving on campus with their families, making the first weeks of school their busiest time.

Some planned events for the weekend include Numerica's Kraziness in the Kennel to introduce the campus community to the men's basketball team, Zag athletic events including soccer and volleyball and Zag Day at the Spokane Zephyr FC match Sunday against Dallas.

There are also performances including a choir concert Saturday at 7:30 p.m. at the Myrtle Woldson Performing Arts Center and a performance of the theater show "The One and Only Sarah

## Fall Family Weekend Itinerary

### Friday 10/4

- 12-6:00 p.m. Parent & Family Check-in, Hemm Rotunda
- 4-4:00 p.m. Department Open Houses, Various locations
- 3-5:00 p.m. Study Abroad Fair, Hemmingson Center
- 4:30-7 p.m. Fall Family Weekend Social, Foley Field
- 6 p.m. Men's Soccer vs. San Diego, Luger
- 6-7:00 p.m. 60 x 60 Dance Performance, Woldson
- 7-8:00 p.m. Big Bing Theory Concert, Cataldo

### Saturday 10/5

- 9-12:00 p.m. Academic Sessions, Various locations
- 9-2:00 p.m. Army ROTC Exhibit, Herak Quad
- 9:30-10:30 a.m. Alumni Social, Hemmingson 310
- 10-1:30 p.m. Family Cornhole Tournament, RFC
- 10-4:00 p.m. Jundt Art Museum Opens, Jundt
- 11-2 p.m. Pep Rally, Foley Field
- 12 p.m. Volleyball vs. Portland, Martin Center
- 3:00 p.m. Kraziness in the Kennel, McCarthey Center
- 6:00 p.m. Women's Soccer vs. Pepperdine, Luger
- 7:30-9:00 p.m. Choir Concert, Woldson
- 3:00 p.m. Kraziness in the Kennel, McCarthey Center

### Sunday 10/6

- 8:30 & 11:00 a.m. Family Weekend Mass, St. Aloysius
- 2:00 p.m. Zags Day at Zephyr FC, ONE Spokane Stadium
- 7:30-9:00 p.m. Choir Concert, Woldson
- 3:00 p.m. Kraziness in the Kennel, McCarthey Center

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# ag families?

campus with a series of events and entertainment

a weekend is really more meaningful as a college student. Seeing what I'm doing means I'm grateful for their

said. "I think it just helps them feel more connected to me even though I'm not at home anymore and brings my parents comfort knowing I'm someplace safe."

Originally from Tacoma, Kennedy said she enjoys giving her annual tour of campus and offering a peek into student life.

"Seeing my family for a weekend is really special, and even more meaningful as a first generation college student," Kennedy said. "Seeing them proud of all that I'm doing means the world, and I'm so grateful for their support."

This weekend, Kennedy is eager to reconnect with her family, while Adams is preparing for a busy but rewarding few days. She will help host activities across campus with the help of her fellow coordinator in the New Student and Family Programs office and orientation leaders.

Adams, who was also an orientation leader this summer, said her passion for working with first-year students continues to inspire her work.

"The days are long, but we always say that we don't do this for the money," Adams said.

Whether you spend your time on campus or out and about getting to know Spokane, the weekend promises a wonderful time catching up with loved ones with many events geared toward just that. Adams said she encourages families to register and sign up quickly for events as they fill up quickly.

Abby Strader is a contributor.

# The best restaurants to try with your parents' wallet

COMMENTARY  
By HENRY KRUEGER

Put away the Top Ramen and microwavable mac and cheese — it's Fall Family Weekend, and if you're in luck, your family will treat you to a few meals out. When they ask for restaurant recommendations, it's tempting to suggest one of Spokane's most popular spots, but that often means waiting in line for hours as everyone grows increasingly hungry.

Here are four alternatives for the weekend, offering a variety of cuisines and dining styles. For spots that accept reservations, it's best to book ahead.



BULLETIN FILE PHOTO

Birrieria Tijuana offers a variety of foods, including tacos.

### Birrieria Tijuana (2018 N. Hamilton St.)

If you're not from Spokane and didn't expect to find a delicacy like birria in the city — think again. Birrieria Tijuana's owner Fredy Zavala, who operates multiple locations across Washington, specializes in this slow-cooked Mexican stew.

Traditionally made with goat, birria was transformed by Tijuana street vendors who began using beef. This Tijuana-style birria is what you'll find at the new restaurant, where Zavala offers it in various forms.

The most popular item is the birria tacos, served on their own or dipped in consommé, a rich flavored broth that enhances the tacos. Other birria-inspired dishes include pizza, ramen, nachos and more.



BULLETIN FILE PHOTO

Wooden City's Spokane location opened in 2020 and resides in the historic Genesee Building

### Wooden City (821 W. Riverside Ave.)

If you're a pizza lover — or just appreciate good food — Wooden City is a downtown gem offering a selection of wood-fired pizzas. But it's not just about pizza. The menu includes salads, shareable plates, burgers and pasta, along with an extensive lineup of beer, wine, cocktails and mocktails.

Wooden City provides a laid-back yet upscale atmosphere, perfect for families looking to spend quality time together. It was voted third for best interior design in the Inlander's 2024 Best of Food list, so you won't be sacrificing ambiance for a quicker meal.

### Nudo Ramen House (818 W. Sprague Ave.)

I know I suggested putting away the ramen, but Nudo Ramen House goes far beyond anything you can cook in a dorm room. Awarded "Best Ramen" in Spokane by The Inlander, Nudo serves deep bowls of Japanese noodles, barbecued pork, braised bamboo shoots, seaweed and a flavorful broth, topped with bean sprouts and hard-boiled eggs.

For non-ramen fans, the menu includes smaller plates featuring skewers of shishito peppers, rice cakes, bacon-wrapped scallops and tender lamb or chicken. Just a short walk from Wooden City, both restaurants are ideal if you're planning a night out at the nearby Fox Theater or Bing Crosby Theater.

### Baba (1242 W. Summit Pkwy)

Located in the vibrant Kendall Yards neighborhood, Baba specializes in Mediterranean-inspired comfort food. Curated by Chef Adam Hegsted and his team, Baba earned third place in The Inlander's annual ranking for best Middle Eastern food.

Start with a variety of spreads and dips, including hummus served with fresh pita. For the main course, Baba offers lots of items including chicken and lamb skewers, pomegranate-glazed salmon, oyster mushroom souvlaki and a selection of salads and soups.

Henry Krueger is the editor-in chief. Follow him on X @henrykrueger

Stonely" each day at Magnuson Theatre. The annual 60x60 dance performance in which there are 60 dance performances each 60 seconds long is on Friday at 6 p.m at the Myrtle Woldson Performing Arts Center.

Families will receive a full schedule of the weekend when they check in on Friday Adams said.

Beyond Fall Family Weekend activities for students and families, the Office of Administration and the Center for Student Involvement is offering programs throughout the weekend.

The first preview day of the year coincides with the first day of Fall Family Weekend due to the high request for tours from younger siblings and other prospective Zags already being on campus.

GU junior Isabelle Kennedy has given her family a campus tour both years they have attended Fall Family Weekend.

"My family loves seeing campus and I love showing them around," Kennedy

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By HOLLY FIJOLEK

**B**right swirls of flowers, plants, mountains and trees fill the mind and canvases of Vanessa Swenson, a Spokane-based artist who can bring people on a hike or on a visit to her farm with a stroke of her paintbrush.

Swenson brought some of her depictions of Spokane's natural beauty to Gonzaga University's campus with a mural on the Bulldog Board outside of College Hall. The New Student and Family Programs department at GU reached out to her in the spring to paint the wall for the arriving students in the fall.

"They pretty much fully entrusted me to just paint and dive in out there, which is always pretty awesome," Swenson said. "It was also one of the most dreamy locations to paint a mural because you have these beautiful shady trees."

The painting took place over three days during a July weekend, and Swenson said she spent around seven to eight hours working each day. She said she came in with some ideas, like the river that flows throughout the painting but allowed her mind to wander creatively as she went.

"I'm always pretty antsy to just get that first mark on the wall, so I actually don't dwell much on the planning," Swenson said. "Once that happens, it feels like it starts flowing a lot better by being in the space of actively painting as opposed to thinking about it."

Swenson began painting murals five years ago when she was offered a chance to paint her first mural at Eden Salon.

"It was this huge outdoor mural, or huge for me, on Monroe Street," Swenson said. "And I was like, 'Oh, I've always wanted to try it, but I have never done anything like that before.' But I instantly loved it."

Swenson previously had a career in graphic design

after graduating from Montana State University with a degree in art history and graphic design. She worked in Montana doing art digitally until moving back to Spokane, her hometown.

"I definitely thought moving back would just be a brief thing," Swenson said. "But I was pleasantly surprised to tap into the arts scene here early on. I liked it because instead of Seattle or Portland where everything was already established, it was like we're making this scene happen. It felt like you were in something from the beginning and forming that culture."

Swenson started a design agency called Treatment with a group of artists in Spokane, and she eventually moved from doing design to her freelance career.

"I always gravitated towards wanting to do a lot of things by hand," Swenson said. "My early art started with this fusion of doing things by hand, but then bringing them into the computer. Computers are still a great tool, but I really never wanted to lose that actual feeling of a paintbrush or pen in my hand. That was always the piece of art that felt most natural to me and being creative."

Terrain Gallery on North Monroe was recently home to Swenson's show called "A State of Awe." The show was open for three weeks in March, and Swenson said it featured a range of pieces, from medium-sized canvases to large wood slabs.

"It was about our connection with nature and that feeling of awe that can be found in experiences in vast mountain landscapes and also in your backyard flower garden, finding a bumblebee," Swenson said. "The whole scale of these experiences can really make us feel connected with our place in nature."

Swenson said that among the pieces, something particularly special to her was the wall of inspiration that

“

**It was about that feeling of awe that can be found in vast mountain landscapes and also in your backyard flower garden.**

*Vanessa Swenson, local artist*



RACHEL TRUSSELL IG: @racheltrussellphotography

Vanessa Swenson's art was displayed on the Bulldog Board on Gonzaga's campus.

she included.

"It was all my photographs, sketches and reference notes that I took in the field," Swenson said. "Photos of backpacking trips, or camping trips and all of the reference photos I used. It was pretty much my mind on a wall, so people can see all the pieces that were created from those experiences."

Jackie Caro, operations director of Terrain Gallery, said Swenson was able to conceptualize the gallery space well and her inspiration wall left viewers with something unique.

"Showing how Vanessa was inspired by the places she'd been and the nature that she had encountered, and then sharing that with visitors and people who came to her show," Caro said. "That's a really special thing."

Swenson's art collection is for sale in her online shop, at the "From Here" storefront in River Park Square and at her business, Wildland Co-op, in Green Bluff. She currently sells both prints and original artwork, along with screen prints on other items including sweatshirts.

"I love the way that she thinks about how she's going to share her art with people," Caro said. "Putting it on a sweatshirt or a print is more accessible to somebody than a \$500 painting or \$1,000 painting. That's always great to see, and an example of how she steps up every time someone needs something."

As Swenson continues her career as an artist in Spokane, she said she remains rooted in her surroundings and experiences to drive her work.

"Making art about nature is what feels like my best way to understand the world around us," Swenson said. "The inspiration is endless outside."

*Holly Fijolek is a staff writer.*

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# The hunt for treasure is on at Coollectibles

By **ABBY SCHREUDER**

Sports jerseys hang down from the ceiling, posters, records and DVDs are stacked waist-high and various trinkets cover the countertops. Vintage board games are stacked floor to ceiling, beer and shot glasses decorate shelving, and an entire case is dedicated to miniature figurines.

These treasures and trinkets fill the inside of Coollectibles, located at 612 Garland Ave. and open Wednesday to Saturday from "11ish-5ish." Owner Jim Mackenzie has single-handedly owned and operated the store since it opened in 2012.

"I feel blessed that I've been in this business all this time and I don't sell a single thing that anybody needs," Mackenzie said.

Mackenzie had always enjoyed hunting for treasures at yard sales, estate sales and thrift stores and selling them to friends, but eventually was introduced to selling on eBay as a way to make extra money. Although he had frequently talked about opening his own shop, Mackenzie said he never thought that dream would become reality until he was given money from a friend to start Coollectibles.

Each of the store's items are curated by Mackenzie, who still finds most of the merchandise at yard sales and often trades with customers who have established a relationship with him.

One longtime customer of the store, Wayne Ashby, said he was drawn into the store because of its name and the beer memorabilia it sold. Ashby said Coollectibles differs from other vintage stores because of its unique content.

"You can come in like five or six times and not see something, and come in again and it's like, how long have they had that?" Ashby said. "If you dig, you can always find something."

According to Mackenzie, first-time customers will sometimes complain that the interior is messy and cluttered, some even leaving without browsing any further.

"I try really hard to pull things out and change things, and I donate stuff all the time," Mackenzie said. "It's mostly me doing the work, so I just do the best I can and hope for people that come in and say 'this store is awesome,' and then it's more fun for me."

While the store has had some success, Mackenzie has had to adapt to challenges, streamlining the items that he puts in the store and limiting its hours based on his availability as a single owner.

"You have to make a certain amount



to be able to pay somebody too, and some days you might not sell anything, so that part's tricky," Mackenzie said.

The store isn't reserved solely for those experienced in collecting rare and vintage items.

Ashby said he has sent a lot of friends to Coollectibles over the years when they're searching for birthday or Christmas presents.

Coollectibles sells grab bags full of mystery objects for those looking for the perfect gift. Mackenzie said they are a huge hit, especially for white elephant gift exchanges. Gift certificates are also available for purchase.

Mackenzie said that one of the business' goals is to prepare for the holiday season, and that it is usually the best time of the year for his shop.

Mackenzie said he has customers of all ages come through the door, from 5 to 85, and even offers a complimentary "kid discount" if young customers are paying with their own allowance money.

Gonzaga University students also stop by looking for gifts and vintage treasures, and Mackenzie said he wants more GU students to visit his store. Students are drawn to specific items that the store sells, such as sports memorabilia and wall decor.

"They will almost always find something fun, especially posters," Mackenzie said. "They love stuff for when they first move in to set up the dorms."



Jim Mackenzie has operated Coollectibles in Spokane for nearly 13 years.

Mackenzie said that people often come in looking for a memory, and said several older customers have bought toys that they used to love when they were younger.

"It's always fun for me when somebody finds something and they get as excited about giving the gift to someone or getting it for themselves as I do finding it for them," Mackenzie said.

Mackenzie said that he tries his best to be kind to his customers, no matter what

his mood is for the day. "Not to sound cocky, but I think part of what makes my store different is me," Mackenzie said. "I try to be fun with everybody who comes in and help them find what they're looking for."

Abby Schreuder is an arts & entertainment editor.

## SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

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

Solution to Last Week's puzzle 9/22/24

7	2	8	1	5	6	9	3	4
1	6	3	7	4	9	5	2	8
9	5	4	3	2	8	7	1	6
3	4	5	2	8	1	6	9	7
8	9	2	5	6	7	1	4	3
6	1	7	4	9	3	2	8	5
4	8	6	9	1	5	3	7	2
5	7	9	8	3	2	4	6	1
2	3	1	6	7	4	8	5	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](http://sudoku.org.uk)

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## Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18										
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115															116	117						118	119				
120															121							122					
124															125							126					

- "EV CHARGING" BY ZHOQUIN BURNIKEL**
- 1 April, May, and June
  - 6 Some briefs
  - 10 Street
  - 14 Rack up, as expenses
  - 19 Tea party guest
  - 20 Senate staffer
  - 21 Expand the staff
  - 22 Bang or whimper
  - 23 Televangelist's weekly staff meeting?
  - 26 Lavished love (on)
  - 27 Car emissions check
  - 28 "Borderlands" director Roth
  - 29 Martial art created by Morihei Ueshiba
  - 30 Gadget with all the bells and whistles?
  - 35 Comes together
  - 40 "When will u b here?"
  - 41 Flat fee?
  - 42 Chaotic state
  - 46 Skating jumps with 1 1/2 air turns
  - 47 Only known warm-blooded fish
  - 49 Service station shops
  - 50 From scratch
  - 51 Series of self-help books for really ambitious copy editors?
  - 54 "But maybe I'm alone in thinking this?"
  - 56 Vessels on a frozen lake
  - 57 Beltway Series
  - 59 Vacationing
  - 60 Cryptology org.
  - 61 Breaks down
  - 63 Some pop
  - 65 Secret rendezvous
  - 66 "I'm game!"
  - 69 "Go ahead, I'm listening"
  - 71 Draft choice?
  - 72 Fallon of late-night
  - 74 Malice
  - 75 Not mucho
  - 77 Defib expert
  - 80 Fried pastry filled with mashed potatoes
  - 82 Baba ghanoush bread
  - 84 Lack of approval
  - 87 Stuff inside
  - 89 Rum drink served exclusively in Vegas casinos?
  - 91 Place for a pad
  - 92 At an impasse
  - 94 "One more thing ..."
  - 95 Directed (at)
  - 96 Puts into words
  - 97 Ceramic stewpot
  - 98 "Dios ..."
  - 99 Pass by
  - 100 Blossom on a pair of 501 jeans femme?
  - 104 Ninja in a shell
  - 108 Kirigami or origami
  - 109 Loan repayment figure
  - 115 Pong Quest developer
  - 116 Formally promised that a tax rate was accurate?
  - 120 Cookie cutter?
  - 121 Give and take
  - 122 Not again
  - 123 Perez of "Birds of Prey"
  - 124 One in a notepad
  - 125 Homes for foxes
  - 126 Cereal in party mix
  - 127 Like a disciplinarian
  - 1 Catches red-handed
  - 2 Many a school donor
  - 3 Soybean paste similar to doerjang
  - 4 Vaper's choice
  - 5 No longer in the drafts folder
  - 6 Deep opera voice
  - 7 Panoramic view
  - 8 Arcade game featuring colorful floor arrows: Abbr.
  - 9 "What did I say!?"
  - 10 Minor character
  - 11 Nice beach area
  - 12 Important stretch
  - 13 Tierra \_\_\_ Fuego: archipelago in South America
  - 14 Not mainstream
  - 15 Cozy corner
  - 16 New York's \_\_\_ Field
  - 17 Secondhand
  - 18 Make over
  - 24 Snaky fish with transparent babies
  - 25 Sanskrit scripture
  - 29 Is a cast member of
  - 31 Part of CODA
  - 32 Actor Hawke
  - 33 \_\_\_ Beach, Florida
  - 34 Opening remarks
  - 35 County north of San Francisco
  - 36 Corporate VIPs tickets do?
  - 37 What winning lottery scratch tickets do?
  - 38 Supremely superficial
  - 39 Fuel sponsor of Hockey Canada
  - 42 \_\_\_ d'hôtel
  - 43 Complete overhaul of a diary passage?
  - 44 Tourney rounds
  - 45 Won every game
  - 47 Quattro x due
  - 48 Like surgery
  - 49 "Samesies!"
  - 52 Hearing things?
  - 53 Coconut vendor's tool
  - 55 Completely gratified
  - 58 Pig's supper
  - 62 Pass over
  - 64 In disagreement
  - 67 Chews the scenery
  - 68 Dating preference
  - 70 Smell awful
  - 71 Brown-skinned pear
  - 72 Lowest face cards
  - 73 Rugby star Maher
  - 74 Resolve out of court
  - 76 "See ya!"
  - 78 Video game settings
  - 79 Fantasy maneuver
  - 81 Oxford part
  - 83 Be of use to
  - 85 Newborn horse
  - 86 "RRR" actress Bhatt
  - 88 Shipmate of McCoy, Spock, and Kirk
  - 90 \_\_\_ vera gel
  - 93 Group of travelers
  - 98 Allocate, with "out"
  - 99 East, in Ecuador
  - 100 Tease playfully
  - 101 Tap problems
  - 102 Vaughn of "Bad Monkey"
  - 103 Textbook section
  - 104 Bar pickups
  - 105 Snowbasin's state
  - 106 Landscaping tool
  - 107 China fir, e.g.
  - 110 Makes a misstep
  - 111 Ginseng, e.g.
  - 112 Lack of difficulty
  - 113 Mix with chopsticks
  - 114 Subsequently
  - 116 Psychedelic drug first synthesized in 1938
  - 117 Mama sheep
  - 118 Grumpy friend
  - 119 Granite State sch





Gonzaga men's basketball celebrates winning the WCC tournament in 2022.

DYLAN SMITH IG: @dsmith.photo

## End of an era

### GU announces departure from WCC after four-decade partnership

By HENRY KRUEGER

After 45 years in the West Coast Conference, Gonzaga University is elevating its athletic program to a larger stage amid the turbulence of NCAA conference realignment.

On Tuesday morning, the Bulldogs accepted an invitation to join the Pac-12, finally securing their place in a Power Five conference after years of negotiations with several major leagues.

With GU's Pac-12 membership set to begin in July 2026, the WCC faces uncertainty, losing its premier basketball program in a conference that does not sponsor football.

WCC Commissioner Stu Jackson addressed GU's departure in a press release issued shortly after the university's announcement.

"Gonzaga has been a valued member of the WCC for more than four decades," Jackson said. "During this span, GU has represented the Conference on the national stage with postseason success across several sports."

Speaking at a media session held at the McCarthy Athletic Center on Tuesday afternoon, GU President Thayne McCulloh echoed Jackson's sentiments, expressing appreciation for the WCC's long-standing collaboration with the university.

"The West Coast Conference has been an exceptional conference for us to be a member of," McCulloh said. "Commissioner Stu Jackson has been an unfailing supporter of Gonzaga

University and our membership in the WCC."

McCulloh also serves as the chair of the WCC Presidents' Council, a leadership position among all the presidents of schools in the conference.

GU's membership in the WCC began in 1979 after departing the Big Sky Conference. The Bulldogs won their first WCC women's basketball regular-season title in 1988, followed by their first men's league title in 1994.

In 1995, the men's basketball team won its first WCC Tournament championship, defeating Portland, earning their first NCAA Tournament berth, though they fell to Maryland in the first round.

That same year, the women's cross country team took home its first WCC title, a feat they most recently repeated in 2015.

In 1997, GU secured its first men's soccer and women's rowing championships. The men's soccer team won again in 1998, while the women's rowing program has since amassed 22 league titles.

The 2000s marked a period of transformation for GU athletics, including the opening of the McCarthy Athletic Center and the Patterson Baseball Complex in 2004. In 2008, Luger Field was completed, becoming the home for both men's and women's soccer matches.

GU's success in the WCC has continued in recent years, with the Bulldogs capturing their first

conference titles in men's cross country and women's soccer in 2023.

While the Bulldogs' rise in the WCC has been gradual, students today are accustomed to watching their school compete on the biggest stages of collegiate athletics. The most prominent example is the men's basketball team, which has made 25 straight appearances under head coach Mark Few.

However, GU's standing in WCC was once in question by other member programs, according to former Athletic Director Mike Roth.

"There were years when members wondered why Gonzaga was in the conference as far as, were we good enough to be in the (WCC)?" Roth said to the Spokesman-Review. "Of course, that changed and Gonzaga athletics was able to change the whole university."

Fast forward more than four decades and now GU is joining one of the premier conferences in collegiate athletics.

"This is the result of many months of reflection and exploration," McCulloh said. "... Now is the right time because the invitation comes at a time when the evolution of the Pac-12 is clearly moving quickly and, as we look at the landscape, we're not altogether sure that an opportunity like this would offer itself again for some time to come."

Henry Krueger is the editor-in-chief. Follow him on X: @henrykrueger.

## GU's WCC Timeline Through The Years

**1979** GU departs Big Sky, joins West Coast Athletic Conference (later renamed to the West Coast Conference).

**1988** Women's basketball wins first WCC regular season title.

**1994** Men's basketball wins first WCC regular season title.

**1995** Men's basketball wins first WCC Tournament, defeating Portland 80-67, and women's cross country wins first WCC title.

**1997** Men's soccer and women's rowing win first WCC title.

**2001** Baseball wins first WCC division championship.

**2002** Dan Dickau becomes first men's basketball player since John Stockton to be drafted in the first round of the NBA Draft.



Bulletin File Photo

The atmosphere in McCarthy Athletic Center is considered among the best in the country.

**2004** McCarthy Athletic Center and Patterson Baseball Complex both open and start hosting games.

**2007** Women's basketball makes first NCAA Tournament appearance, loses to Middle Tennessee in first round, 85-46.

**2008** Luger Field opens, starts hosting men's and women's soccer games.

**2017** Men's basketball makes first Final Four, loses to North Carolina in national championship, 71-65.

**2021** Men's basketball makes second Final Four, loses to Baylor in national championship, 86-70.



Courtesy of @zagwsoccer on X

GU set new single season scoring (56), assist (44) and point total (156) program records in 2023.

**2023** Men's cross country and women's soccer win first WCC titles.

**2024** GU announces its move to the Pac-12.

## So long WCC...

Zach White is a sports editor.

## Revamped Pac-12 offers new opportunities

By CAM MCCANN

With Gonzaga University set to join the rebooted Pac-12, its financial and athletic outlook changes dramatically. The Pac-12 offered its first football-less Jesuit University a "better situation financially without question" than the West Coast Conference, according to GU Athletic Director Chris Standiford.

The aftermath of the Pac-12's initial fallout saw numerous Western universities moving away to join conferences that are mostly based in the Midwest and East Coast, leaving Washington State and Oregon State as the final teams left from the previous Pac-12. Both programs temporarily joined the WCC and Mountain West for their athletic programs.

The 2023-24 athletic calendar ended the conference's run for the time being, and though the conference has already puffed its numbers back up to eight, it still needs two more universities with football programs to meet the NCAA minimum requirement. Should the conference obtain two more football schools, there are multiple GU athletic programs set to benefit from the conference maneuver.

Basketball will be the biggest change for the Zags. Out of the eight Pac-12 universities, six of the men's basketball programs were in the top 50 of the NET Rankings as of March 17, 2024. GU sat at 17th at the time, with San Diego State close behind at 20th, Boise State at 26th, Colorado State at 36th, Utah State at 38th and Washington State at 44th. Each of those teams made the NCAA Tournament, which would have tied the Big 10 with the second-most

teams represented. The Pac-12 teams at the time only took four bids, and the WCC only saw a single at-large bid.

As for the women's side, OSU was the only other program that made it to the NCAA Tournament. OSU's run in the tournament was impressive, making it to the Elite Eight before falling to eventual champion South Carolina.

While the conference's basketball scene should be a major improvement for both the Pac-12 and GU, other sports may see a regression in national prestige.

Looking at the ongoing fall sports season, both women's volleyball and men's soccer don't have a single newly-added Pac-12 team in the top 25, according to the most recent polls used by the NCAA. Only Utah State is ranked within the top 25 for women's soccer, currently at 12th on the newest poll.

A fall sport that GU has come to national attention in is cross country. The men's team has made the NCAA Championships in each of the past four seasons, and the women's squad has made it two of the last three seasons. GU is the top team out of all the rebooted Pac-12 teams in both men's and women's cross country according to the recent USTFCCCA poll, as the men received votes and the women rose to 18th.

Looking past the current athletic standings, the Pac-12's financial opportunities could look to improve recruiting and grow each program beyond what GU witnessed in their time with the WCC.

Cam McCann is a sports editor.

## PAC-12

Continued from Page 1

unanimously to approve GU's move.

"Following discussions with Pac-12 member presidents, I believe membership will represent an opportunity to participate in building a conference that imagines new, forward-thinking ways to support student-athletes in a rapidly changing collegiate sports landscape," said university president Thayne McCulloh.

By acquiring GU, the Pac-12 has signaled its intention to have the premier basketball conference on the West Coast. All conference members have made the tournament within the last eight years, with newly emerging conference foe SDSU having made the title game in 2023. Additionally, GU will regain a new regional rival, as the Zags are now set to face WSU at least once a season in all sports.

"This is a great day for Gonzaga University," Standiford said. "We are excited to join a new conference with great tradition and a commitment to innovating during this evolving time in college athletics."

In the meantime, GU athletics remains dedicated to WCC competition, with Standiford talking about the university's mindset during its last two years in the conference.

"We are moving forward towards the Pac-12, not away from the WCC," Standiford said. "The leadership that we've had, at the presidential level ... and the commissioner level has really put together a great conference that we're very proud to represent. We're going to battle like crazy for the next two seasons to win some more championships."



# Cross country program set up for successful season



The women's team moved up to 18th in the national poll after the Nuttycombe Invitational.

COURTESY OF @ZAGRUNNING ON X

## Rosina Machu and team setting program-bests

By CAM MCCANN

Despite multiple athletic programs setting school records in 2023-24, the Gonzaga women's cross country team may be the biggest team on the rise heading into crunch time of the newest season.

Since their runner-up performance at last year's WCC Championships meet, the Zags have been on an upward trend, losing only Alicia Anderson from last year's top seven. Head coach Jake Stewart made two major signings, including one of four GU Preseason All-WCC members, Willow Collins, and a former Washington Cross Country Gatorade Athlete of the Year recruit, Logan Hofstee.

Hofstee recently debuted in the Cougar Classic, finishing second with a time of 20:08, good for the sixth-best time in program history.

"I knew when she was coming on the team that she was going to be a really good person to work with, because she knows what she wants and she's going to get it," said sophomore Jessica Frydenlund. "She's very determined on her goals and it's really fun to train with somebody like that."

As another member of the Preseason All-WCC Team, Frydenlund turned heads last season, ending her first collegiate season with a fifth-place finish at the WCC Championships and a 36th-place finish at the NCAA West Regional meet. After a dominant first-place finish in her season debut race at the Clash of the Inland Northwest, she was named WCC Women's Cross Country Runner of the Week.

Even with the new additions, the team's top runner remains Rosina Machu, who is coming off a 16th-place finish at NCAA XC Nationals, the second-best placement

in that race in GU history. The 2023 WCC Women's Runner of the Year has become one of GU's greatest distance runners and looks to lead the team once again in her senior year. Machu is currently ranked the seventh-best in the nation, according to FloTrack.

"It's always good when you know that you have a multi-time All-American in your program that works as though she's trying to prove something every day," Stewart said. "She sets the tone with what the expectations are, how we're going to work, how we're going to carry ourselves, and I think that's an incredible advantage to our group."

The team's most recent meet, the Nuttycombe Invitational, saw the women come in a program-best eighth place, while Machu made her season debut with another program-best, placing third individually.

Behind her was Hofstee in 43rd place, then Frydenlund and Collins in back-to-back fashion, coming in 56th and 57th respectively, and Sadie Tuckwood rounded out the scoring with a 101st place finish.

Machu's efforts won her WCC Women's Cross Country Runner of the Week, and the team moved up five spots from 23 to 18.

GU will run in the local Whitman Invitational on Saturday before traveling to another meet hosted by Texas A&M, the Arturo Barrios Invitational on Oct. 18. Those who don't travel will race in the Inland Empire Classic in Lewiston, Idaho, the next day. The last regular-season meet will be on Oct. 25 in Spokane, the Sasquatch Invitational.

Cam McCann is a sports editor. Follow him on X @CamMcCann253

## Men's XC seeks fifth straight national meet berth

By HENRY KRUEGER and NOAH APPRILL-SOKOL

After winning the conference title and placing 28th at the national meet last year, the Gonzaga men's cross country team is hoping to end this season on an even higher note.

The team returns all five of last year's national meet squad, including three All-West Region XC runners: Wil Smith, Bryce Cerkowniak and Drew Kolodge.

The season, which began on Aug. 30, has already showcased some of the talent of the team, including from both veterans and new runners of the team, with the men's running program podiuming in the first two meets of the season.

The most recent and third meet of the season was the highly competitive Nuttycombe Invitational, where the top runners of GU's program debuted and knocked off three nationally-ranked programs to place 18th in the 24 team race.

"We do have some experience, but I think we got some fresh faces mixed in there too, which is really good," Smith said. "I think we're relying a little bit on our experience and hopefully being able to stay composed amid a big, stressful atmosphere like that. But I think those younger guys are helping us bring the excitement and making it a little bit more fun."

The team's strongest assets this season will be its leadership and depth, which have helped the program chase down some top results.

One of these top results is hoped to be making the program's fifth appearance at the national meet and extending its national appearance streak, only currently matched by one other West Coast school.

"We've done something four years in a row that only Stanford has done," said head coach Pat Tyson. "It's still pretty amazing that these kids believe and keep doing the things that we feel is important to be able to line up against Wisconsin and Notre Dame and Syracuse and Colorado and BYU."

Smith, who is in his last year of eligibility and has raced in all of the past four national performances, added that he wants the program to feel confident about their ongoing talent in the national meet.

"I think hopefully ending with the team on a note where we (are) really start[ing] to figure it out on the national level, really [feeling] like we're confident and meant to be there," Smith said. "I think hopefully what I can leave behind is that experience for the team."

To accomplish this feat, the program will have to compete well against other top programs in its region and conference, including strong Portland and Santa Clara teams.

"We were picked to be co-leaders in the conference, but I'm going to give the edge to Portland right now because their depth is really, really good," Tyson said. "We're seeing where our depth is. I think we were pretty deep before, but we have to have a fifth (runner) and a fifth particularly (that can) run close to our top four if we're going to be Portland."

The next meet for the Zags will be the Whitman Invitational this Saturday.

Henry Krueger is the editor-in-chief. Follow him on X @henrykrueger.

Noah Apprill-Sokol is the managing editor. Follow him on X @noah\_sokol03

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# USL Spokane filled with Zag spirit

By OLIVIA MOWAD

Spokane soccer fans have welcomed two new clubs to the city, with supporters lining the stands for the debut seasons of Velocity FC and Zephyr FC.

Zephyr competes in the USL Super League, the top tier of women's soccer in the United States; while Velocity competes in USL League One, the third tier of men's soccer in the country. Both teams debuted this year, with the clubs quickly ingraining themselves in Spokane's culture.

"Our players really like the strength behind [the club]," said USL Spokane Community and Media Relations Manager Reilly Harnetiaux. "They're the ones [who] want to go out into the community and represent who we are. The biggest part of that is being a part of a community, and that is not something that's light for any of us."

Born and raised in Spokane, owners Katie and Ryan Harnetiaux have placed importance on giving back to the community through their clubs. In 2021, Katie became the only female president of a professional soccer organization that includes both a men's and women's club.

"[The Harnetiauxs] started this, and that's why it means so much to them," said Vice President of Marketing and Communications Dave Sonntag. "Knowing what kind of city Spokane is and what kind of opportunity this is — [which is] to create a whole new thing to rally around in the city — we feel that it's going to help the city grow in different kinds of ways."

Both teams operate on what USL calls a youth-to-pro pathway, meaning that they seek to develop youth prospects into first-team players. Academy teams for Velocity and Zephyr play in elite youth leagues such as Super Youth League as well as the USL Academy.

In addition to a link to the city, both clubs have strong ties to GU. The university now has two former Zags competing for Zephyr in Jodi Ülkekel and Sophia Braun.

Behind the scenes, three out of the four owners of USL Spokane are GU graduates. Many club employees from GU have a background in marketing, communications or broadcast media, with several having worked with GU Athletics or GU Student Media.

"I worked at GU for 15 years heading up marketing and communication, so I know the quality of students and also the



COURTESY OF @SPOKANEZEPHYRFC ON X

Spokane Zephyr FC is fifth in USL Super League standings, with a record of 1-3-1.

quality of person," Sonntag said. "That's what our organization has been about from day one, having the right people for the right reasons that care about community or [being] respectful to one another, and about growing the diversity of our region. We find that characteristic in GU students."

USL Spokane is seeking to integrate itself as a part of the GU student experience, with several Zags holding internship opportunities with the club.

Cruz Galm, a GU student, is putting his internship experience toward pursuing a master's degree in sports and athletic administration.

"With USL Spokane coming to Spokane to form two professional soccer teams, and in my area of study, it just was a perfect opportunity for me to see what it's like to work in a professional sport, especially the sport that I love," Galm said.

The clubs have developed plans to appeal to college students who want to support the team, with Velocity having discounted tickets for as low as \$16. Similar to the GU Kennel Club, both Zephyr and Velocity have their own group of supporters in fashion with soccer traditions.

Meeting at the Rotary Fountain in Riverfront Park to march to every game, the group's job is to bring the energy and "set the tone and make our stadium a fortress," as stated on its website.

"I think wherever you go [within USL Spokane], Zag energy follows," Galm said. "With there being two former GU players on the women's side, I think that is a contributing factor to some of the success that they've been having. The atmosphere

“

**Wherever you go [within USL Spokane], Zag energy follows.**

*Cruz Galm, USL Spokane intern and GU student*

is great in USL Spokane, and part of that is because a lot of interns are Zags."

Over the past four years, the USL community has played an integral part of not only the local college experience, but the Spokane city culture. The club is hoping to establish a sports community that feels as though the professional team is synonymous with Spokane.

The next home match will take place on Sunday, where Zephyr will play Dallas Trinity FC on GU Alumni day. Students and staff are encouraged to come watch as the GU mascot, Spike, will be leading the "Rumble" tradition and GU women's basketball head coach Lisa Fortier will be a "Brave" honoree for Breast Cancer Awareness Day.

*Olivia Mowad is a staff writer.*

## GU SPORTS CALENDAR

**Thursday, Oct. 3**  
 ➔ Volleyball vs. Pepperdine, 7 p.m.

**Friday, Oct. 4**  
 ➔ Men's soccer vs. San Diego State, 6 p.m.

**Saturday, Oct. 5**  
 ➔ Cross country at Whitman Invitational, Tacoma, Washington, (all-day meet)  
 ➔ Volleyball vs. Portland, Noon  
 ➔ Men's basketball, Kraziness in the Kennel, 3 p.m.  
 ➔ Women's soccer vs. Pepperdine, 6 p.m.

**Monday, Oct. 7**  
 ➔ Men's golf at Oregon State Invitational, Corvallis, Oregon, (two-day tournament)

**Wednesday, Oct. 9**  
 ➔ Men's soccer vs. San Francisco, 6 p.m.

**Thursday, Oct. 10**  
 ➔ Volleyball at Saint Mary's, Moraga, California, 7 p.m.

**\*Home games in bold\***



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# Fall Dining Guide

*huckleberry pie*



*cinnamon rolls*



*tomato soup*



*salmon, lemon, asparagus*



*pad thai*



*cucumber and tomato salad*



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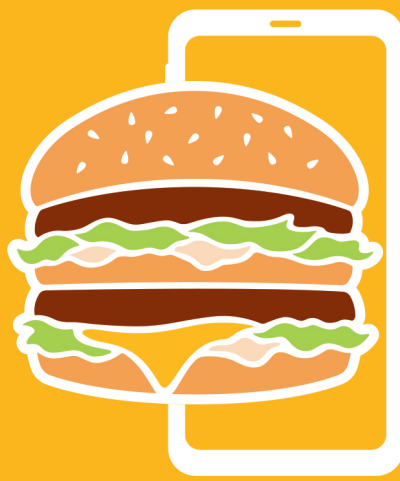


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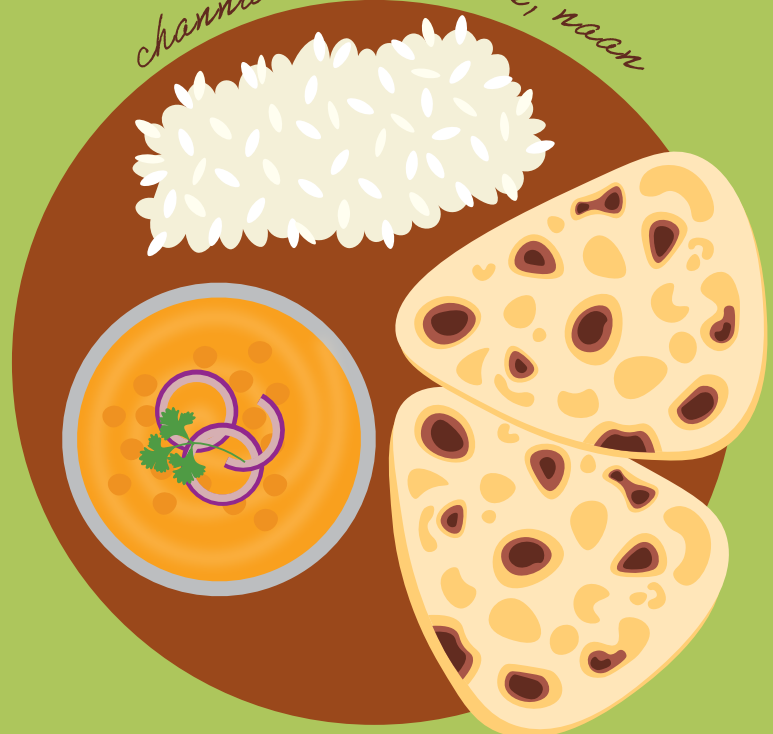
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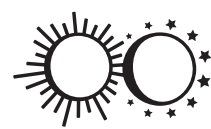
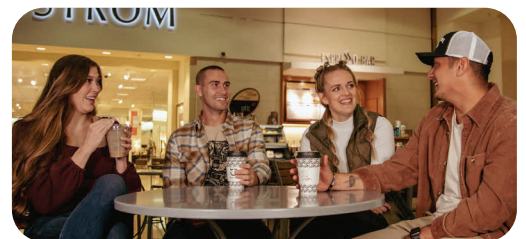
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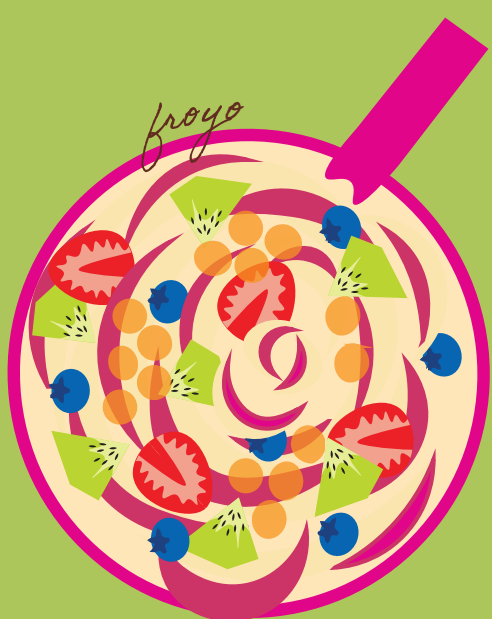
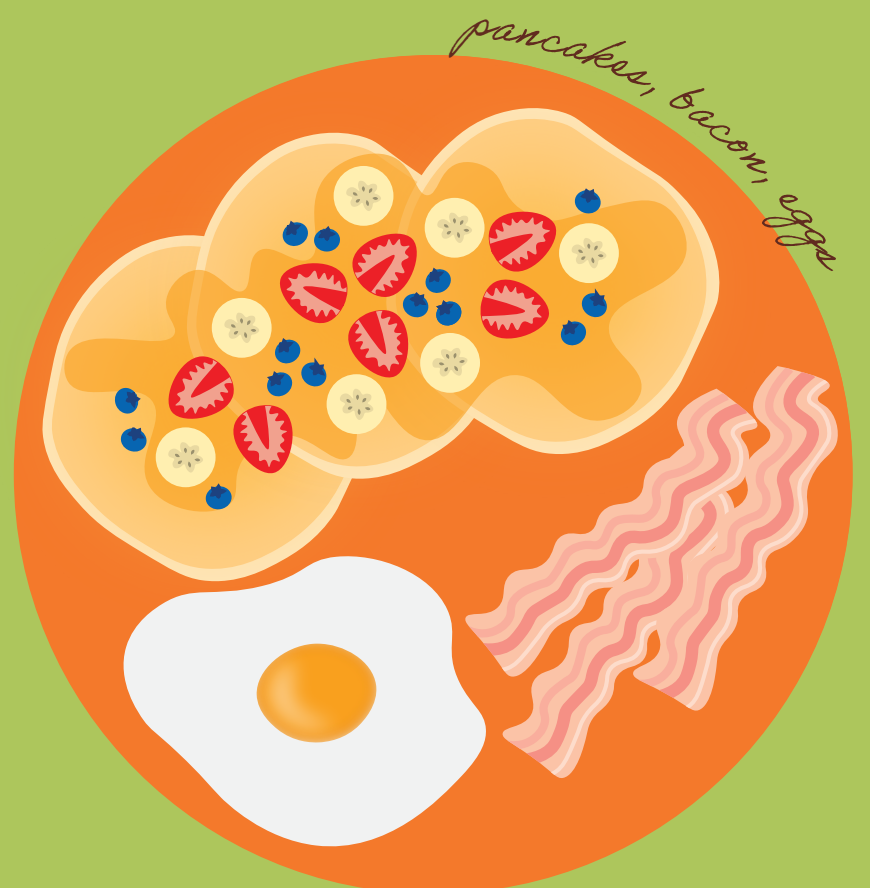
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