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'Mela' celebrates South Asian diversity

By NOAH APPRILL-SOKOL

Co-event Coordinator Leisl Fernandes said her biggest fear in putting on Gonzaga University's South Asian Student Union cultural club banquet was members tripping during the performances.

"In the dances, I just hope we don't fall over," Fernandes said. "We have had some falling over in our practices."

Yet, no one tripped or fell during SASU's "Mela" event, a dinner celebration of cultural festivities this Saturday evening in the John J. Hemmingson Center.

Instead, in its third-ever cultural banquet, the new cultural club, created in 2023, blended education and festivities to put on an event that organizers said was intended to showcase the diversity of South Asian culture.

"Mela," the event's name, which translates to "gathering," took audience members through the theme of "a journey of dreams."

"We didn't want to be stuck in like one box," Fernandes said. "We wanted to represent the diversity in South Asian culture."

The event featured multiple spoken-word and dance performances.

In the first half of the event, club members focused on older generation traditions, performing Bhangra, a traditional folk dance, and Kathak, a classical Indian dance.

In the second half, with a more contemporary focus, the event had its only spoken-word piece of the event, titled Tree of Dreams. It also showcased a club-wide "Desi" dance that had all of the club members perform.

Additionally, the dance group from Natanam Dance School performed some dances in addition to teaching audience and club members a Garba dance, in which



LUCY BOOTH IG: @photo_b00th

South Asian Student Union's 'Mela' event featured student performers, including graduate student Sarah Ishadi Sparsha.

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Holiday tournaments get tropical

MBB prepares for Battle 4 Atlantis

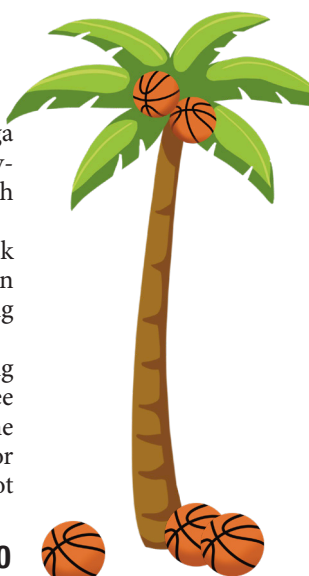
By BROOKS COLEMAN

After sweeping its early nonconference slate, Gonzaga University men's basketball will look to pick up some early-season hardware in the Battle 4 Atlantis tournament, which kicks off in the Bahamas on Nov. 27.

This provides the Zags (5-0) with a golden opportunity to pick up multiple Quad 1 wins early in the season — a major factor in NCAA Tournament seeding that can be hard to come by during West Coast Conference play.

GU has had a scorching start to the 2024-25 season, picking up three wins against potential tournament teams in its first three games. The Zags currently feature the top-ranked offense in the country per KenPom rankings, with the team's blend of interior strength and experienced guard play propelling it to the No. 3 spot in the latest AP poll.

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WBB set sights on Paradise Jam

By JOSIE KUFFNER

For the 25th year, the U.S. Virgin Islands is set to host the annual Paradise Jam women's college basketball tournament from Nov. 28 to Nov. 30.

Gonzaga University (2-2) and the other participating schools were announced in April. The Zags are bracketed in the Reef Tournament and will face Missouri State on Nov. 28, Texas Tech on Nov. 29 and Florida State on Nov. 30.

GU hasn't appeared in Paradise Jam since 2016, when it played Michigan, Florida State and Winthrop, placing third in that year's competition.

This time around, two of GU's opponents are undefeated — Missouri State (2-0) and Texas Tech (4-0). Florida State is 3-1.

In the first nonconference game, the Zags beat Montana 82-69. Top scorer for GU was freshman guard Allie Turner, who put up 18

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A new face of Foley

GU's library undergoes renovations for the first time in 30 years

By GRACE MATTERN

Gonzaga University's Foley Center Library is in the initial phases of renovations this year. GU Dean of Library Heather James said these will be the first significant changes to the building in the last decade.

James said the goal of these upcoming changes is to reimagine the learning environment to optimize student and faculty experiences and facilitate collaboration.

"There is not a dedicated space on the campus for faculty to work together across any of the disciplines," James said. "We know that we really want to build a space where faculty from all disciplines can come over and receive support that crosses the disciplinary boundaries because that is really important to us as educators."

The library was built in the 1990s, and James said the intention was for it to serve GU for many years with minimal work needing to be done. Since its construction, there have been few additions to the building.

When it comes to key issues the renovations will address, James said electricity is one of the main concerns.

"Power is one of the biggest frustrations for users because everybody has their own device



MEREDITH LEVANDOWSKI IG: @mala.115

Library construction on the lower level began Nov. 4 and will continue until January.

which requires power now, in addition to some of the lighting and ambience space," James said.

For James, one of the most exciting parts of the project is the potential addition of a digital scholarship lab. This would include a variety of technology resources, including data visualization and analysis software and media production and editing software that have been only available to certain majors.

"This will be a place where students, faculty and staff have access to specialized hardware and software that is not universally available on the rest of campus," James said.

Those in charge of renovating the library are also taking students' feedback into consideration by interviewing student employees on what they would like improved.

Tatum Leonhard, a senior who works in the library, said increasing the availability of study rooms is a priority for many students.

"Right now, there are about three study rooms down on the main floor and then 10 or 11 upstairs, but they get booked out super easily, especially around finals," Leonhard said. "Having more access to study

SEE LIBRARY PAGE 2

Campus pantry serves students

By HOLLY FIJOLEK

Addressing the food insecurity many Gonzaga University students may be facing, the Center for Cura Personalis opened a new campus pantry location this October with on site-staff to further support students' needs. The pantry offers free food and hygiene products available for all students.

The new pantry is located across from Mulligan Field, in Hemmingson 150, which was previously home to Gonzaga Outdoor's bike shop. The pantry is open Monday and Wednesday from 2-7 p.m. and Friday from 2-5 p.m., as well as by appointment upon request.

Additionally, two smaller pantries are open on campus, one in the basement of Hemmingson and another in the Humanities Building. The new location is the first to be fully staffed by CCP, compared to the other locations, which are unstaffed with 24/7 open access.

Adrian Reyes, director of CCP, said he hopes the staff can provide students visiting the pantry with information on local resources, such as SNAP benefits or other basic needs-centered programs.

"If people have questions, the staff can answer them or refer to us," Reyes said. "Even if they just have questions about different resources on or off campus, that's really what we're set up to do in the CCP. That's one of the reasons why we wanted it to be staffed, as opposed to before where students could just go and pick up the items."

Furthering the expansion of available resources, Jackie Linder, program assistant for CCP and coordinator of the new pantry, said it is available via appointment for any student looking for more support.

"We want to not only have our doors open for students, but we want them to know that we are always here to meet them where they're at in their need," Linder said. "I feel that it makes the campus pantry an intentional space. It doesn't breeze over the fact that there are students coming in here who might need more, and it connects them in multiple ways."

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Despite trying times, we can find moments of peace.

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Zag rower Amanda Triebensee excels for GU and Team USA.

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LIBRARY

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rooms, especially ones that you do not need to book where you can just walk in and then come back out of, would be great.”

James said that keeping the construction as unobtrusive as possible will be a priority for the team and that accessing the library during the process should not be an issue.

“When one space of the campus changes, potentially, it impacts other spaces,” James said. “I know that many of

the people in leadership on the campus are trying to work together to think through, ‘How do we do all of this sort of cohesively?’”

James said the process will likely take years to complete as there is always more to be done to improve students’ learning experiences. However, she said she is hopeful that these improvements will be beneficial to the university as a whole and is excited about people’s curiosity related to the library and its upcoming additions.

“I really appreciate how much attention it’s getting, and that people are noticing that there are so many things going on campus,” James said. “It is good that people are keeping it on the radar because it will help us avoid losing

momentum.”

Meanwhile, Leonhard said the library has been “a place of peace and happiness” for her.

“I love Foley Library, and I am not just saying that because they employ me,” Leonhard said. “Foley has been such a great study space and a great place to access resources. For me, it has definitely helped a lot with my college transition.”

Grace Mattern is a staff writer.

“
We wanted to represent the diversity in South Asian culture.

Leisl Fernandes, co-event coordinator

MELA

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participants danced in a circle.

The event ended with a recognition of the seniors in the student group.

All of the events touched on a variety of topics, including diaspora and generational trauma.

“For the educational portion of our festival, we do talk a little bit about generational trauma and the immigrant child guilt, the effects of knowing what your parents went through and how it funnels into how you see yourself now,” said Aanya Havens, another organizer for the event. “We also talk a little bit about the South Asian diaspora, and how there are so many South Asians spread across the world.”

The event concluded multiple months of preparation that started in September, involving every member of the student union.

Last school year, the student union hosted a Diwali celebration in the fall and a Holi event in the Spring, both which showcased South Asian culture.

Leisl said this event incorporates multiple different themes, but that most importantly, she wanted the event to help dispel a lot of the stereotypes around South Asian people.

She said that South Asian people and culture are diverse and that the decisions made in preparing the event from the dances and activities were to reflect that.

“The other day, we were just talking about stereotypes, what we want to incorporate, to add on to our educational portion,” Leisl said. “You can just go on and on and on with different stereotypes. We don’t want to drag the show down because it really is amazing being South Asian and (it’s a) fun community. We want people to know that it is fun, but also, we do have some struggles.”

The event is the last main cultural club event of the semester, which also featured a drag show, the cultural club event for GU’s Queer Student Union.

The South Asian Student Union will put on a Holi event in the spring.

“We have worked so hard, our presidents have worked so hard,” Havens said. “We just want to represent our work.”

Noah Apprill-Sokol is the managing editor. Follow them on X: @noah_sokol03.



Delight Ministry brought in Emily Stevens, who is the regional director for the group's headquarters.

Delight Ministry grows community

By SIENA CHADWICK

For the last four years, a faith-based club for women at Gonzaga University has been working to cultivate a community of faith.

Delight Ministry, founded at GU in 2021, is linked to a national nonprofit organization with hundreds of chapters throughout the country. Club Co-president Annie Fowle said the group has grown significantly and aims to create a space for women to learn about life alongside Jesus.

“My whole life, I never had a good faith community of people my age,” Fowle said. “After joining Delight, I felt welcomed, loved and seen. I needed that guidance on how to do faith in college and how to live out faith when it’s so controversial in the world.”

Club Co-president Ella Osborne said the club’s mission is to spread God’s love through community service, Bible studies and bonding events. The Delight curriculum caters its Bible studies specifically to college students by sharing the personal stories of other women around the nation, she said.

“Being a woman of Christ in college can be a challenge,” Osborne said. “But being able to have girls alongside you to cheer you up and help you through those challenges is really beautiful.”

As a co-president, Fowle said she has worked to adjust the club to create a welcoming environment for all incoming and current members.

“I feel like this year, especially, things are going really well,” Fowle said. “Girls are coming back and bringing friends, and it’s sweet to see the impact that it has had, especially on freshmen and sophomores.”

Osborne said that this fall, a large wave of first-year members has brought a newfound energy to the group. She said that, through Delight, these underclassmen are given the chance to create bonds with each other that will last through college and beyond.

“The relationships that we build at Delight are something that sets us apart,” Osborne said. “I truly think that the friendships and the Christ-centered relationships that are formed here are something you can’t get anywhere else.”

Fowle said that while some clubs on campus require knowledge and experience, this is not the case in Delight.

“Our club is really unique in that you can show up having no previous knowledge of Delight and still get something out of it,” Fowle said. “And then you can not come for six weeks and return feeling like you have a

community.”

Osborne said the mission of Delight has created a diverse community of women with various faith backgrounds within the GU chapter.

“At Delight, you can come with any religious background or none,” Osborne said. “There are no prerequisites or anything that you need in order to join.”

As a faith-based organization, Fowle said, Delight offers its members a unique community that many young women don’t have.

“There’s something special about being in a group that understands what it means to be a young woman in the world right now,” Fowle said. “Being able to connect that to how we live our lives through the lens of faith is impactful and powerful. It is something we can go out and spread to other communities, whether they are people of faith or not.”

Osborne said this specific group inspires her own faith journey.

“Seeing all these girls who have their hearts on fire for God makes me excited to see what they’re going to do in the future,” Osborne said.

Siena Chadwick is a staff writer.



SAM RAINS IG: samuel.rains

The pantry helps alleviate food insecurity for students.

PANTRY

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Reyes said alleviating some of the basic food insecurity that students face is an important aspect of caring for the whole person, a key aspect of CCP’s mission.

“We realize that students who are under basic needs stress often aren’t able to concentrate on academics,” Reyes said. “They need to have their basic needs met, like water, food and shelter.”

This emphasis on caring for students’ entire well-being is what Reyes said drives the continual efforts to have access to resources like the pantries on campus.

“We talk a lot about, here at Gonzaga, in terms of the Ignatian spirit and how we need to care for each other, mind, body and spirit,” Reyes said. “So that really is what we’re set up to do in CCP. And, if students come to us with whatever they’re needing, we want to try and address that.”

The shelving that lines the pantry walls is quickly filling up as donations are flooding in. Linder said they have collected many donations from the staff of on-campus organizations.

According to Linder, the Lincoln LGBTQ+

Resource Center has donated many of the personal hygiene products that are stocked. Linder said the support to lift the new location off the ground has been overwhelming.

“It has been amazing to witness on-campus organizations and staff provide products for our students,” Linder said. “It just really shows how the community comes together in support of each other at GU.”

Donations are additionally collected from a drop box located in Crosby Student Center and on request from notices in the Morning Mail or hosting events like “Pack the Pantry,” which is taking place this holiday season.

As the doors have opened and shelves have filled, Linder said the space has been busy with students taking advantage of the new resource.

“We’ve been able to witness the utilization of our space, whether it’s for students to come to check it out or to actually get some items too,” Linder said. “The growth of product has made it really amazing to watch how everyone has given to them.”

Holly Fijolek is a staff writer.

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When Michael Larson stepped foot on Gonzaga University's campus as a first-year student in 2017, he entered undeclared but knew he wanted to make a positive impact and help people. All it took was a sociology class his first year for him to fall in love with the field and guide him to where he would end up making a difference.

"[I] just kind of fell in love in an interesting way with sociology because I was being exposed to all these different social issues, like racism and classism and sexism, and kind of all these underlying issues," Larson said. "It felt like the curtains were being pulled back on a lot of these [issues], and I was getting to dive deeper into them. So, I just fell in love with learning about different social issues and also learning about social justice."

This love for social justice would fuel Larson through his four years at GU and inspire his latest endeavors in forming a nonprofit and creating a documentary film surrounding those experiencing homelessness, which is currently on tour.

For 10 years of his life, Larson and his two siblings were in the foster care system. Larson said they lived in seven different homes and experienced things "that no kid should ever have to go through." At 12 years old, Larson and his siblings were adopted by a single mother who had two children of her own and a "village of support" surrounded his family.

Fast forward to a GU classroom and a sociology class. Larson learned statistics that moved him to care more about the issue of homelessness and volunteer with Meals In The Margins, a nonprofit that serves meals to the unhoused in Mission Park.

"I remember learning about the foster system and that 3% to 4% of foster youth will ever earn a bachelor degree and about 40% of kids who age out of foster care will experience homelessness," Larson said. "The more stories that I continued to hear, and the friendships that I developed with people who are experiencing homelessness, the more that I just realized that I could have so easily been one of these people."

The stories he learned while serving the unhoused community in Spokane contributed to his decision to create a student-led documentary film called "Humanizing Spokane," which told the stories of four people experiencing homelessness in Spokane. Larson said he had previously made two other films surrounding social justice and took that experience with him while working on this project.

Matt McCormick, an associate professor in the integrated media and art departments, taught Larson in his documentary filmmaking class and was an adviser on the project.

"Michael was a kind of student who wanted to do a good job, not just in order to meet the expectations of the course but because he truly believes in what he's doing and wanted his work to be the best it possibly could," McCormick said.

Larson said that "Humanizing Spokane" was shown on campus as well as at various locations across Spokane, bringing awareness to the issue of homelessness. At the end of the project, Larson said he and other students led a march of 400 people through Spokane to advocate for expanded access to affordable housing and policies

GU alum crafts film for change

By KAYA CRAWFORD



EMMA LARSON IG: @3mmal Larson

GU alum Michael Larson held a screening of his new documentary on campus.

that would help reduce homelessness in Spokane over time. At the front of that march was a sign that read "Humans For Housing."

"[Larson] is such an excellent example of a Gonzaga student," McCormick said. "Students come here with big ideas. They're hard-working, and I think so many of them do want to make a positive impact on the world, and he is the epitome of that."

Larson graduated from GU in 2021 and went on to continue to do advocacy

work. He said he wanted to continue to use storytelling as a means of advocacy.

"Storytelling, in essence, is a tool for advocacy, because by humanizing a group of people, you increase the likelihood that the general public and lawmakers create better policies that affect that population," Larson said. "And so the hope is that storytelling is able to help catalyze a continued change of the narrative to create a more positive cycle of policy change for individuals who are experiencing homelessness."

After spending time working in the nonprofit sector and being mentored on how to start his own nonprofit, Larson created Humans For Housing, an organization based in Portland, Oregon, which has a mission is "to uphold the inherent worth of all humans through storytelling, community engagement and advocacy for stable housing."

Larson said the organization's name came from the sign that led the way for the march two years prior. The first project that Humans For Housing took on was a documentary film on what Larson said was the fastest growing demographic of those entering homelessness — those ages 55 and older. The film, "No Place To Grow Old," premiered in September and focused on three individuals who were experiencing homelessness in Portland within that demographic.

The film and Larson have been on tour in the Pacific Northwest for the past two months. Most recently, the film was shown at the Myrtle Woldson Performing Arts Center on GU's campus followed by a conversation led by Larson.

McCormick, who remained an adviser for Larson in his creative process, said that films like "No Place To Grow Old" are powerful storytelling tools.

"Some of the most powerful and important documentaries are those that look at these smaller stories," McCormick said. "That's the real power. We all have our own stories. We all have access to stories that might not at first glance seem incredibly important, but when you really boil it down and look at it, you actually recognize that not only is the direct subject an important one, it ties into larger stories."

Larson said he hopes that Humans For Housing can expand to continue to tell more stories and serve those experiencing homelessness in the Portland area. He views service to others as a calling.

"There's just so many people who poured into me over the years that it kind of feels like a no brainer to give back and to use now the resources and opportunities that I have," Larson said. "I think it's both a responsibility that I feel, but it's also a joy of how lucky I feel to be able to get back in the ways and do the work that I get to do, to get to hear these stories and to share them with people and have these conversations."

Larson said he recognizes there is still work to be done to create positive change in the world and offered advice to GU students to take actions themselves.

"I just want to encourage Gonzaga students that if you have that passion in your heart of an issue that you care about or a thing that you want to do or like, don't let that fire go out," Larson said. "I think this world is in a really challenging point in time. But this world needs you. We need people who are going to work on these massive issues, and it's going to be hard and it's going to be disheartening, but there's nothing more fulfilling than chasing that passion and finding the way that you get to give back to the world and in using your gifts and talents for the benefit of others."

Kaya Crawford is a news editor. Follow her on X: @kayad Crawford.



EMMA LARSON IG: @3mmal Larson

UW's expanded dentistry program will be held in UW-GU Health Partnership Building.

GU hosts expanded dentistry program

By KAITLIN SMITH

The University of Washington's School of Dentistry made expansions this year to its Regional Initiatives in Dental Education, a Spokane-based program aimed at providing dental care to underserved and rural communities in Washington.

The RIDE Program is a part of the UW School of Dentistry in Seattle. The program currently differs from a traditional dental school experience at UW in that students spend their first year of school based at Eastern Washington University's Riverpoint Campus in Spokane. After this first year, students are placed in rural dentistry

practices to assist with the care of patients before returning to Seattle to finish their dental training, said Dr. Frank Roberts, RIDE chair and associate dean of the UW School of Dentistry. During their last year of dental school, students return to rural placements to begin practicing dentistry.

"We're very interested in getting dentists into rural communities all over the state," Roberts said. "Rural white, Hispanic and Native Americans are the primary groups in Washington."

The Washington Legislature, which has funded the RIDE program since 2007, approved funding this spring to expand the program in both resources and class sizes,

according to a UW press release. With the new expansions, the program will be based on Gonzaga University's campus in the UW-GU Health Partnership Building, a partnership between GU and UW School of Medicine. These expansions included doubling the class size from eight to 16 people per cohort and allowing students to stay in Spokane for the first two years of their dental training as opposed to just one. The funding is also going toward a simulation lab on the fourth floor of the building.

"We're creating a lab and creating it big enough so that dental hygiene can use it for their simulation as well as expansion of the class and for Spokane to serve as a sort of regional training center," Roberts said.

Garrett Lloyd, a first-year student in the RIDE program and native of Pullman, Washington, said he decided to apply for the track through UW because of the program's alignment with his career aspirations.

"The RIDE program gives us the opportunity to learn dentistry where we have roots, and that increases the availability of dental care in these underserved communities in rural Washington," Lloyd said. "This is where I have roots, and it's where I want to practice."

While students are formally enrolled at EWU, with the expansion, all of their training will be done in the GU-UW medical building on GU's campus. Lloyd said his class will be the first to stay in Spokane for an additional academic year, and that the program will become more centralized for students.

"We're all going to appreciate that it's going to be centralized," Lloyd said. "Right now, we're in three different buildings. So with everything centralized, we're going to have a simulation lab in the same location as the cadaver lab in the same location as where we're doing our lectures."

The RIDE program is one of the most successful rural dentistry education programs in the world, Roberts said.

"We have 80 to 81% [of graduates] returning to rural and underserved populations in the state and in the region, and that's pretty much unheard of," Roberts said. "It's the highest return rate probably anywhere in the country and maybe anywhere in the world."

Even with these new expansions, the program is still looking to grow further and impact more communities in the future.

"We've been working with Montana for a long time to build a program there," Roberts said. "Maybe one day Alaska is on our wish list, so we're working to grow the program in those areas currently. All areas that have unmet need in rural and rural parts of the states."

Kaitlin Smith is a staff writer.

On finding peace in trying times

In a world that seems to move faster and faster with each step, and times that make the room spin, finding a moment of peace can feel out of reach.

With the current state of things, calming down from the election, getting ready for finals and just trying to hold on until Thanksgiving, it is very easy to feel overwhelmed.

Though peace seems like some elusive unreachable state, there are ways that it can be achieved throughout everyday life.

For me, peace isn't just about silence or that sense of stillness that usually comes to mind after hearing the word. A lot of the time, I find some peace when I'm moving. This can come from a calming walk, weather allowing, with my earbuds in.

Having time to shut out the rest of the world, listen to some music and take the time for myself. Taking walks around campus by myself is a perfect time to just breathe and take a step back from everything. Having this small blip in a busy daily routine can be a perfect opportunity to find a small glimmer of peace.

Others may find peace in doing a specific activity or hobby, but I often find peace in the act of doing nothing. Sometimes just taking the day, or even just a few hours to truly do nothing can



By MACKENZIE ESTEP

be relaxing.

This can be hard to achieve if there are a lot of things weighing on me that I am trying to avoid, but there are times where an afternoon rotting in bed is peaceful. This moment has to come sparingly; having too much of it can take away from its impact and possibly have an opposite effect.

Another way I've often found peace is by taking a long drive. Either alone or with good company, getting in the car and driving with no particular destination in mind is always a good way to spend your time.

If the weather is nice, rolling down the windows and singing along to some good driving tunes is always so peaceful. Exploring new areas and really

just pushing the worries away just for a moment usually calms me down, making the waste of gas worth it.

A similar small task that brings me peace is simply just taking a shower. Taking a moment under the steaming water, letting it run over your face and letting everything wash away.

With dorm life, sometimes the shower is one of the only times I find myself truly alone, so taking advantage of that and just using that time to breathe is really nice. It works well to have a moment to yourself, but also just getting clean usually helps me feel a lot better.

While having my time of solitude often has a large role in finding peace, there are also times where connecting with others is peaceful. Being with those people who offer a calming presence can bring some balance. Taking a walk or getting a meal with those friends or loved ones and having those small conversations serve as a perfect distraction, even if just for a short time.

Having a good laugh or even a deep conversation helps not only connect with that person but also can feel a bit healing to my soul. If you're with the right people, I think spending time with them can be a perfect way to find some peace.

Baking is also a great way to escape for a bit. Having a set task, going through

the steps of the recipe and just letting the process fill the time can be very peaceful.

It is good to still have something that uses a bit of brain power but is not super challenging or stressful. It can be a good way to let off steam and feel accomplished when it's done and you get to enjoy your masterpiece.

A few of these recommendations do rely heavily on escapism, but finding peace doesn't necessarily have to involve getting away. I think that there are a lot of peaceful small moments that happen in our everyday lives that we overlook when focusing on all the big stuff.

Taking the time to appreciate those small moments like the crisp air in the morning or the view of the sky walking to class can bring at least some small sense of peace.

Peace seems like such a big word with a very specific definition, but I think it can really mean whatever you want. With the rush of many of our lifestyles, daily tasks can often feel very heavy and overwhelming.

Taking a step back and really allowing ourselves the opportunity to take a break and find that peace is something that is important for everyone. Even just one small moment of peace a day will eventually start to add up.

Mackenzie Estep is a staff writer.

Not just another election reflection, but a call for careful objectivity and understanding

When I was writing this piece, I still didn't know who would win the election. It was looking like Donald Trump would win the presidential race. But I didn't want to write about the implications of him winning, or losing or anything of the sort. Instead, I wanted to write about the United States.

United States politics is incredibly polarized. Our political divisions will not end in this election. We can expect hate and fear to rule us for a long time to come. I think that we must recognize that these next years are going to be tough ones, no matter the result of the election. With tensions flaring across the globe, including climate change impacting areas all over the United States, our lives are going to be difficult.

What is the cause of all of our anger and strife? I believe it comes from a fundamental lack of understanding or an unwillingness to understand opposing viewpoints. It also comes from the fact that we now live in a post-truth landscape, where reality itself is subjective.

When we stray from a shared reality, we lose the ability to reconcile with other people. We can no longer disagree with someone on policy, but rather we attack others ad hominem because their view on policy is so attached to their very self.

We need to become closer together as a nation. If not, I fear that we will continue to spiral into our different corners until our very idea of country-hood is no longer viable.



By SEAMUS MCCARTHY

Our weakened systems will pave the way to isolationism, a geopolitical stance that has been disastrous in the past (allowing much of Europe to fall under Adolf Hitler's rule in the Second World War, before the United States finally got involved) and will likely be disastrous in the future.

It will be incredibly hard to recover from this post-truth, isolationist society. The internet and social media is most certainly fueling it. First, you must take care of an objective reality. Read news sources across the political spectrum, consider other viewpoints and be careful about what you believe from social media.

Next, take care of others. While it may seem naive to say that you should be kind to strangers because we lack perspective on other citizens, we must come into any political interaction with empathy. Be kind to your

friends and family as well. They might be going through a hard time.

If you're going through a hard time, don't turn to isolation or parasocial relationships through social media. Our society is going through a loneliness epidemic. Social media is making it worse.

I know that because I am a student at GU and I feel isolated at times as well. Scrolling through social media platforms doesn't help me and instead frustrates me. What does help me is talking to my friends, walking outside and calling home.

Thirdly, become involved at a local level. Much of politics starts in the cities and towns across America, where local issues become national ones. Indeed, many of the divisions that we face start at the local level as well.

If you go to city council meetings or just read local news, you will be better prepared to address the issues that face us as a country. Additionally, if you make your voice heard at the local levels, there's a good chance that you could be listened to.

Our nation is hurting. We hurt each other. We hurt ourselves. But we are not lost. Divisions can be healed, even if what divides us seems insurmountable. It will take time, yes, but healing is worth the effort.

Reach out to friends, try to understand strangers and become involved in your towns and counties. Together, we will move forward. Together, we will win.

Seamus McCarthy is a staff writer.

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Sound of a generation: 1970s

Although I was born decades later, I think the '70s was a prime era of music. From disco to rock, the sound of the '70s has yet to grow stale.

As I write this in my dorm, looking at my Fleetwood Mac poster, it only feels right to start with the iconic British-American band. The band is one of my most streamed artists, so it's hard not to rave about the band without end.

One of the groups most iconic and well-known albums, "Rumors," is a staple of '70s music. This timeless album came out in 1977, selling millions of copies and charting on the US Billboard Hot 100.

To me, the songs on this album almost feel magical. I have listened to the band so many times, and it never gets old. This 11-track album features themes of love, heartbreak and the emotional roller coaster that comes with romantic relationships.

However, these themes aren't just referencing any romantic relationship. The majority of these metaphorical lyrics are written by both Lindsay Buckingham and Stevie Nicks, about their shared love. Their feelings are highlighted throughout many of the songs on the album, almost as if they are communicating to each other through their music.

Through their songs, the listener see their troubled relationship. Upon first listen both "Dreams" and "Never Going Back Again" are catchy and classic songs.

However, when you listen to the lyrics, you can get a sense of the tribulations of Nicks and Buckingham's eight-year relationship. While the band's



By MIA STILLMAN

sound in the album is consistent, the range of emotion within all 11 songs is unique.

Fleetwood Mac has mastered the balance of blending the contrast of vulnerable and emotional lyrics with an upbeat melody of guitar and drums.

The angsty energy in "The Chain" and "Gold Dust Woman" complements the reflective melodies in "Silver Springs" and "Songbird," making the album possess a diverse range of sounds.

Venturing into disco territory, the Bee Gees are always a fun listen. If you want an example of popular men's hairstyles back in the '70s, a quick Google search of the Bee Gees provides you with all you need to know.

Both "You Should Be Dancing" and "Stayin' Alive" make me want to dance. These 1976 and 1977 songs feature very catchy disco beats. Although I can't help but feel like the lyrics of "More Than A Woman" are slightly sexist and backhanded, it's a great sounding song nonetheless.

Featuring strings and piano, "How Deep Is Your Love" has an entirely different feel from the rest of the Bee Gees disco dance discography. This single came out in 1977, the same year as "Rumors."

This song has a soft rock sound to it. The lyrics are pretty straightforward, but I mostly enjoy the fluid melody of the track.

When it comes to R&B and soul from the '70s, Marvin Gaye is my go-to listen. "What's Going On" is Marvin Gaye's 11th studio album and a favorite of mine. I guess the 11th time's the charm in my book.

It was released in 1971 and is considered to be his most successful album. It was Motown's best-selling album at the time.

Most of the songs on the album segue into the next, which I find satisfying. "What's Going On," "What's Happening Brother" and "Mercy Mercy Me (The Ecology)" are my favorites off the album.

Similar to Fleetwood Mac, Gaye's songs feature deep and thought-provoking lyrics, with an upbeat melody offering a unique contrast.

The title single off of Gaye's 14th studio album "I Want You" is another favorite of mine. This song was less on brand for Gaye at the time, fusing different genres, including disco that Gaye had not yet explored.

If the song sounds familiar, you might recognize it from Kendrick Lamar's song, "The Heart Part 5." This track samples Gaye's "I Want You." As a big fan of Lamar, I love to listen to these two songs back to back, comparing his modern take on the melody over 30 years later.

Overall, the '70s offer top tier and quality music across a span of artists and genres. If more modern artists like Lamar still are pulling tunes from the '70s, so should we.

Mia Stillman is a staff writer.

ARTvocacy shows refugee art



KAHLOMO CUNNINGHAM

Afghan refugee artists' work on display at the International Rescue Committee's exhibit at the Jundt Art Museum.

By CARRERA GUERTIN

A night of stories, artistic opportunities and a discussion of resettlement, the International Rescue Committee put on an event at Gonzaga University's Jundt Art Gallery to feature art revolving around resettlement.

This event had multiple focuses, featuring two Afghan refugee artists through the 2024 art advocacy program, along with a spotlight on the IRC's "Flight Portfolio" and the Jundt Art Museum's "the PLACE Collection" of Ben Joyce.

Shah Hejran, one of the Afghan artists featured, discussed his passion for his art. Hejran said he uses different mediums, including charcoal, oil, pastels and paint, which were all on display at the event. He discussed his challenges as an artist in Afghanistan and said he doesn't want to have people dictate what he can do. He said there are worse obstacles for women as artists there, but it still was difficult.

"I need to be free when I'm painting. I need to be free," Hejran said. "I don't want to have boundaries."

Hejran said the refugee organization has been a major supporter of his success here as an artist and helped him through experiencing culture shock.

"The IRC organization is a big supporter

of me and I am honored," Hejran said. "I have a second home through the IRC."

Veeda Niaz, the other Afghan artist featured. She said her art focuses on portraits of faces and she works on it constantly. One of her pieces specifically is about love and peace. In another one, featuring a woman with blue eyes and a blue butterfly over her lips, she said she placed an emphasis on nature.

"I'm happy. I want to draw my feelings on paper, and I want to share my feelings with people," Niaz said.

Niaz discussed her experience as a female artist in Afghanistan, saying she was forced to change paths and chose to get her degree in social sciences. She has been in Spokane since 2023 and said her goal is to become a successful and famous artist.

Not only did the event feature Niaz's art, but she said it was her husband's birthday. During the question-and-answer portion with the artists, she gifted her husband a bouquet of flowers in thanks for his support. Curry also recognized that not only was it Niaz's husband's birthday but said the event occurred on Niaz's due date for her baby.

Another person attending the event and a refugee who has been helped by the IRC, Moses Lwakhugo, discussed the

IRC's role in resettlement and what it does for the community. He said there are many programs that the refugee organization offers, including housing, employment, mental health and youth support.

"There is so much stuff that IRC does provide for refugees here in Spokane, and I'm so proud to be part of IRC," Lwakhugo said. "It's a great program — all the activities the IRC does for refugees, it isn't only for a job."

Margret Hinson, the director of the committee, said this is the first event in the IRC's art advocacy series, with the next one looking to highlight musicians from refugee backgrounds. Hinson said this exhibit features the artists, allowing them to speak on their journey and what changed in the resettlement process in the US.

Areej Almahmoud, a volunteer for this specific event for the IRC, works for the committee with those seeking asylum.

"These kinds of events can help us keep our work and help more refugees," Almahmoud said. "Our resettlement program always needs more volunteers to help resettle families in Spokane to just start a new life and a new home here."

Kimmie Curry, the community engagement manager of the IRC, discussed the donated "Flight Series" that

was also featured at the event. She said that this portfolio was directed by Varian Fry, originating from artists who were rescued by the IRC in the 40s from Nazi persecution.

Twenty years later, they came together to create the collection and raise awareness for IRC, said Curry.

Six out of 11 of the lithographs were donated to the event. Curry said this event is especially exciting as it combines IRC's history with its present.

"The artists that were rescued and resettled in the past, in the '40s, and then the artists have continued to be rescued today from other countries," Curry said. "It's really neat to combine those because it shows that the crisis is still real."

Curry discussed how this event is also asking for continued support. She said there are always opportunities for volunteers and ways to help refugees.

"Displacement is still a huge issue globally," Curry said. "It's really great that, not just the IRC, but here locally in Spokane, we're all coming together, not just for this event, but to do something for refugees."

Carrera Guertin is a staff writer.

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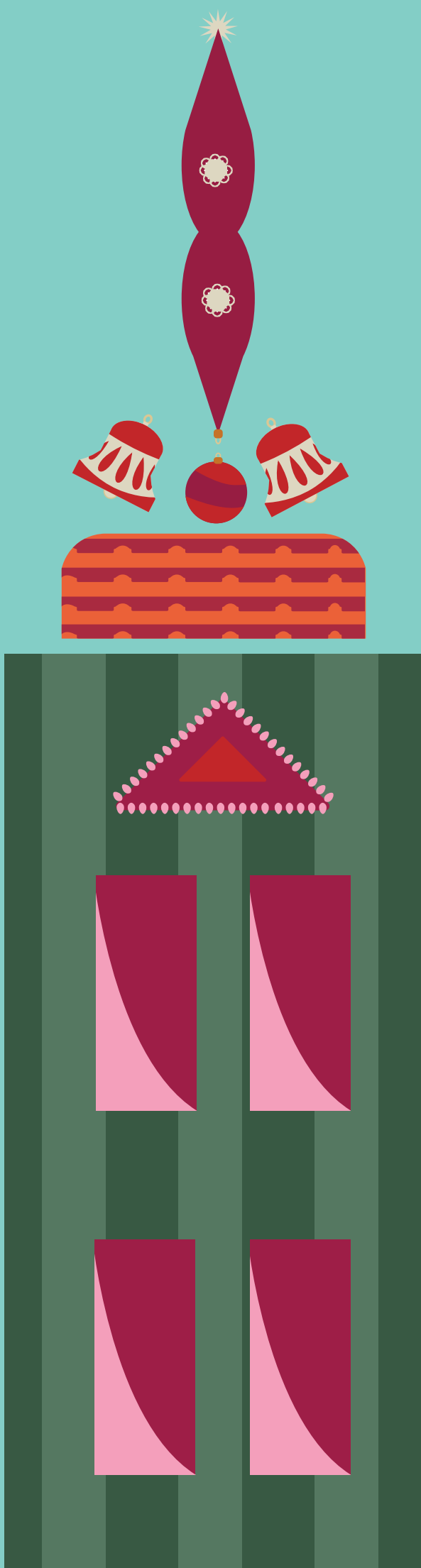
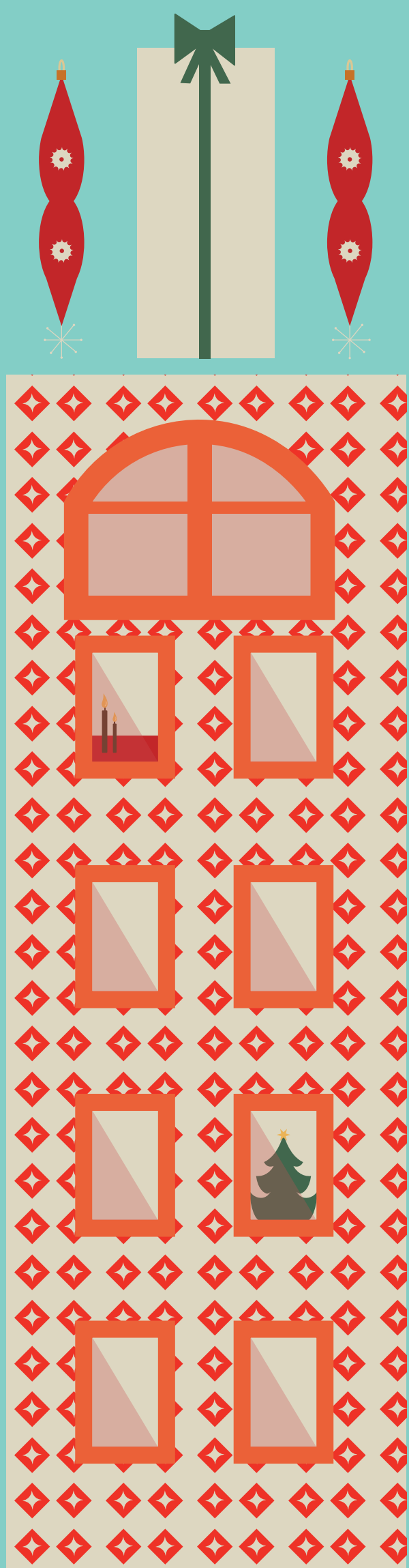
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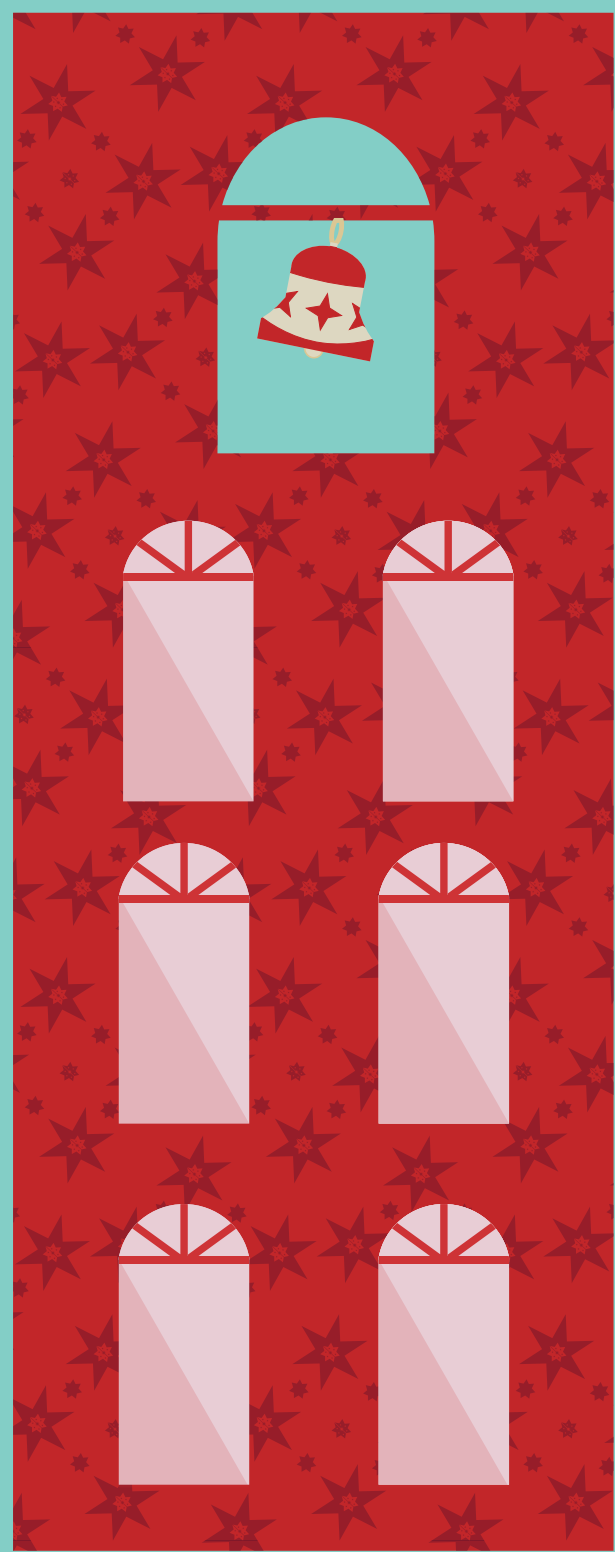
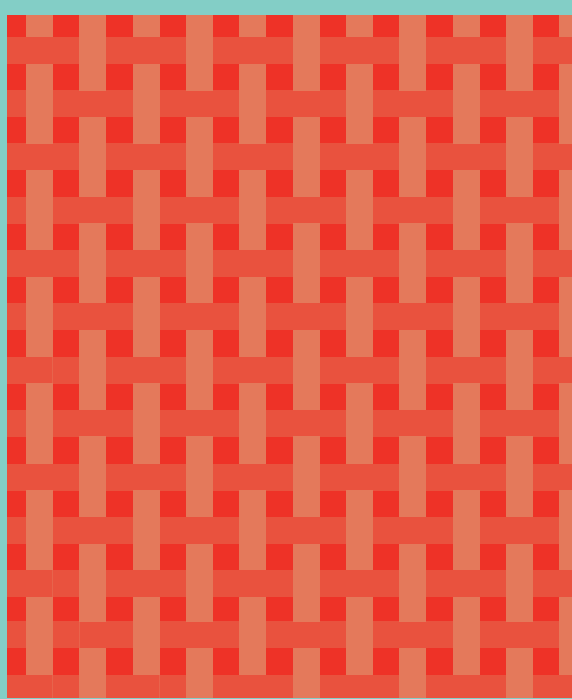
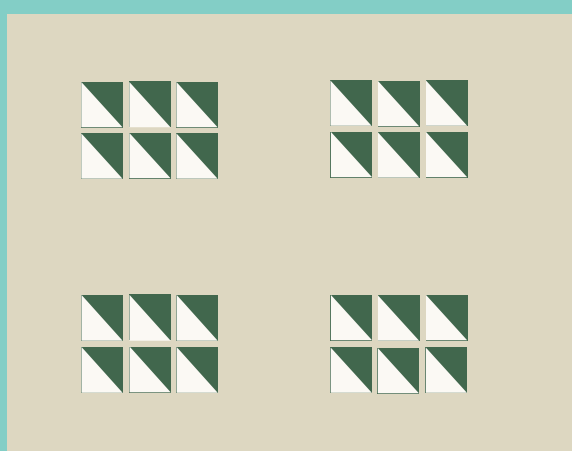
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Looking fashion forward

Visionary Vault's exhibition features local creatives

By CARERRA GUERTIN

The Visionary Vault's local artist exhibition at the Montvale Event Center featured two designers who showcased their sustainable designs on the runway.

Hailey LaRosa, the event coordinator, said she does a lot within Spokane's creative community. She said she wanted to create an event that had local designers and artists, which included the models, videographers, photographers and the DJ, Lily Baxter. LaRosa said all of the looks were sustainably sourced, thrifted and secondhand, and that while Spokane has Terrain featuring local artists, there aren't any fashion events.

"I wanted to have a very collaborative event because sometimes in the creative industry, people are very competitive," LaRosa said. "Because it's my niche, I want it to be shown that everybody can work together and have a good time."

The first designer whose designs were showcased, Alphonso Williams Jr., is a local artist and fashion designer in Spokane, originally from Liberia. He said his mother owned a successful clothing business there and his father was a refugee who moved here. Williams moved here when he was 11 and said his mother moved his family here for a better life. He said fashion has always been something that has naturally interested him.

"It's a form of recycling fashionably," Williams said. "But also recycling in my family circle."

Williams had the models use props as they walked down the runway, one of which held a laptop, one a nail file and one wearing a backpack. He said that he wanted to bring an element of comfort and normalcy through his line "Recycling Fashion Sustainably."

Williams said that he really turned to fashion four years ago with his friend Miles Mitchell in his first year of college. He said that as he thrifted more, inspiration struck. He said he wants everybody to be able to develop their fashion sense, but unfortunately, clothes are expensive.

"In reality, we can just go to our neighborhood Goodwill, get an item thrifted or embroidered, or put your brand on there. You can look fly and you're doing a good deed," Williams said. "That's really my whole mindset, I'm trying to make everybody look fly, while creating a brand with it, too."

Williams said his whole thing is recycling, buying stuff at a low price and putting in time to create things himself. He said going to a manufacturer for his designs takes the value out of it. He said he wanted to teach himself how to use machines to embroider, sew and hand spray paint.

"Long story short, don't believe everything you see on social media or on the internet," Williams said. "When it comes to fashion, you don't have to buy expensive stuff to look fly."

The second artist to have her designs shown, Sharnae St. Clair, is an artist from Seattle. LaRosa said St. Clair's brand, SCSC, is redefining something from the perspective of creativity and repurposing something that once had a significant purpose. The collection shown was titled "Flourish."

St. Clair's designs for this collection were inspired by the hand-knitted rose centerpieces for tables and old grand-



DYLAN SMITH IG: d.smithphotos

Designers display some of their looks at the end of the runway at the Montvale Event Center.

like patterns which she turned into modern street wear. She said she has only been creating fashion like this for the past two years. She said in comparison to her first runway designs featuring brown and dark green colors, these colors were more feminine with florals on all of the models.

"There is something about flowers, floral and making something that's really supposed to be mundane, like your grandma's couch, turning it into a runway piece," St. Clair said.

St. Clair said she has always been into fashion and just started to learn to sew. She said she has always been into thrifting and sustainability, and she remembers going to thrift stores or swap meets every Sunday when she was really young.

"Sustainability has always been at the forefront of my life," St. Clair said. "It's cool to see something and then turn it into something like that."

St. Clair said it is important to thrift and find secondhand items, especially considering how fast fashion contributes to a large part of our waste. She said fast fashion brands like Zara and Fashion Nova are not only bad for our planet but also for the ones pushing it out.

"We are not consuming it fast enough to get rid of it," St. Clair said. "What sucks is that this stuff is not biodegradable. It isn't going anywhere. It's important for people to understand, thrifting is more than just going and picking through other people's unwanted items."

She also said she wants to create a nonprofit for kids to teach them about fashion and design through an afterschool program. Her goal for that idea would be to educate kids how to source sustainably and everything that goes into putting on a fashion show, intending to teach them skills that will help them in life.

"It's important not only to teach our youth about sustainability, but also that creative freedom exists," St. Clair said. "It doesn't have to look any sort of way and you can make it however you want."

Christina Sosa, an audience member at the event, said that it was a neat way to showcase local artists with a great atmosphere and a great way to uplift local artwork.

"I will say that CeCe (St. Clair) had such an amazing showcase and anything from the way that they repurposed the vest and the flowers incorporated into their designs was incredible," Sosa said. "I have to say Cece's collection was my favorite."

Along with the fashion show, the event featured local artists showcasing their art and photography including Audrey Lysette, James Williams, Hailey LaRosa, Rose Honey, Dawn Hatchett, Mindy Keddington and Esto.

Carrera Guertin is a staff writer.

Handmade, heartfelt art

33 Artists Market highlights Spokane creators

By LORIANNE SERVIGNAT

Dozens of local artists came together on Saturday to showcase their paintings, jewelry and other projects with the public at the Woman's Club of Spokane's 33 Artists Market.

The market, in its third year, was held at the Woman's Club of Spokane and hosted by Gwyn Pevonka, who aspires to give artists' opportunities to share their creations with an audience of customers.

"The market itself is a big happy family," Pevonka said. "I came from the South and it was very market heavy, and here I felt like there weren't a lot of opportunities. So, I would say, I saw the hole and I filled the hole."

Each of the artists had a table displaying all of their creations. The art included paintings, prints and handbags, all handmade. The artists sat behind their stations spread throughout the room so that customers could easily maneuver to different vendors. There was also a DJ on the stage, which created a fun atmosphere for all in the building.

There were many artists selling jewelry, such as earrings, necklaces, bracelets and more on display. One artist, Michele Bournonville, founder of Michelle Bournonville Jewelry, loves to make pieces out of copper and uses molds made in the 1800s that she bought before they were thrown away.

"I get inspired by all kinds of things, everything actually," Bournonville said. "I like texture and color, and do a lot of flame painting."

A lot of her work incorporated beads and wire to create different patterns and textures, and many pieces also encompassed elements of nature.

This was Bournonville's fifth time at the 33 Artists market.

"These people are wonderful to work with, beautiful artists," Bournonville said. "Everything is high quality and original, it's great."

Paintings and prints were also a common sight at the market in an array of different styles.

There were works with watercolors and prints that used acrylic. Stefanie Hunsaker creates acrylic paintings and mixed-media collage. Her paintings had pictures of faces and were made with scrapbook paper or fabric, which Hunsaker compared to embroidery on a canvas.

"What inspired me was my own journey or exploration to love myself better and be better to myself," Hunsaker said. "I was drawn to faces that looked like (how) I wanted to feel. Faces that look really confident or have expressions of being, kind of, unapologetic."

Her paintings have words in the background that are written over and over. Hunsaker hopes the messages she writes will stick with her and send messages of confidence to her customers.



LUCY BOOTH IG: photo_b00th

Michelle Bournonville and her art on display at the market.

"I like talking to people about my work, and when they tell me that they get the same feeling from it that I did when I was making it always makes me feel empowered," Hunsaker said.

One vendor, Tom Sterrett, was selling completely handmade leather handbags with vibrant designs crafted into them. The handbags were a variety of colors and had designs that ranged from simple to intricate.

This was Sterrett's first time selling his work at the market.

"I've been paying attention to the show's Gwyn (Pevonka) put on and I thought I'd give it a whirl," Sterrett said.

Vendors were also selling colorful glasswork, plants and pottery.

"I really like meeting other artists and seeing their work, this is a really inspiring event," Hunsaker said.

The venue was able to showcase all of the work that the artists had done.

"I love the vibe. It's a very neighborly-community-grassroots vibe that you have here at the Woman's Club," Pevonka said.

Surge Coffee Co. had a truck outside the event where customers could purchase refreshments and treats before going in to look at all the creations.

Pevonka has done shows every month to give local artists a chance to sell their work on a regular basis and will continue to do them quarterly in the following year.

"I love hanging out with all these people and I want to create opportunities for artists to make a living at what they're doing and not just be starving artists," Pevonka said.

Another 33 Artists market will be held on Nov. 30 at the Woman's Club of Spokane at 1428 W. 9th Ave. for all interested in touring these beautiful creations and getting to know some local artists.

Lorianne Servignat is a staff writer.



LUCY BOOTH IG: photo_b00th

Handmade jewelry available for purchase at a booth.



Bulletin File Photo

Shala Living Yoga's guided class with stretching attendees.

Finding a place of zen

COMMENTARY
By HANNAH BROWN

As the days begin to grow shorter and course work continues to pile up as finals loom on the horizon, it's easy to feel exhausted and overwhelmed and for good reason. It can be frustrating, being so close to the finish line and still having a mountain of work to deal with.

During this time in the semester, I often find myself feeling like I can't take a full breath until exams are finished and I'm home free. While in the thick of it, it feels like every second not spent working is a second wasted.

To rejuvenate my body and soul during these times, I turn to movement, one of such practices being yoga. In the end, I find that my head is clearer and my body rested, allowing me to finish the semester strong.

Spokane has a plethora of yoga studios that can cater to whatever your needs may be, and what better time to start exploring than now?

Just across the street from campus on Hamilton, Empire Fitness is a great option for incorporating a yoga practice into your day. Being so close, you don't have to stray far from your studies while still taking an intentional break. They offer a 45-minute Vinyasa yoga class, which is focused on flow and coordinated breath. The cost is \$25, but your first class is free.

If you're looking for something dynamic, Coil Studio offers many unique yoga experiences. Bring a friend and try acro-yoga, which their website describes as "a merging of communication and movement with a partner." Or, for a solo venture, have a go at Aerial yoga, which offers a twist on traditional yoga practices

by using aerial silks. All classes are beginner friendly and have a drop-in rate of \$25.

Located a short distance from campus on Boone Avenue, Shala Living Yoga offers a diverse range of classes to cater to your needs. Some of its class offerings include Kundalini, Vinyasa and Yin yoga, each of which provide a different experience depending on your needs. When booking, pay attention to the description as some of the classes are infrared heated while others are nonheated. The drop-in rate is \$25, but they offer 30 days of unlimited classed for \$49 for new students.

If hot yoga is what you're looking for, BEYOUTIFUL offers all hot classes including Hatha, Vinyasa and Power yoga. The closest location to campus is on the South Hill. The listed drop-in rate is \$34. However, college students can get half-off if they present proof of active enrollment.

The Union has two locations — one on Division Street and the other on First Avenue. Because it's not explicitly stated on the website, the best way to find what classes they are offering is by browsing its class schedule. The studio hosts Vinyasa, Power and Recovery yoga classes to fit whatever your needs may be. Classes range from 45 to 60 minutes. Their drop-in rate is \$23, but your first class is free.

While finals can be exhausting and nerve-racking, yoga may be able to provide a moment of reprieve. With such a vibrant yoga community, Spokane offers a diverse range of options to partake in whatever form of movement fits your needs best.

Hannah Brown is a staff writer.

'The Big Bang Theory's' true emotional depth

COMMENTARY
By MARY CLAIRE PHELPS

Everyone has their favorite sitcom that they can rewatch without it ever getting old. There are so many amazing shows out there that have become iconic, whether it's "Friends," "Modern Family" or "New Girl."

While these shows are great sitcoms with hilarious characters and great one-liners, there is one that stands out among the rest. "The Big Bang Theory" has everything you could ever want in a sitcom. It will make you laugh and cry and probably make you feel extremely confused when quantum mechanics or string theory is brought up.

"The Big Bang Theory" premiered in 2007 and followed the lives of roommates Leonard Hofstadter and Sheldon Cooper, physicists at the California Institute of Technology, and their friends. When Penny, an aspiring actress, moves in across the hall from Leonard and Sheldon, she is integrated into their friend group, meeting Raj Koothrappali and Howard Wolowitz.

Right off the bat, you notice that it is an incredibly well-thought-out show. Among the other sitcoms in the world, "The Big Bang Theory" has a unique premise centered on scientists and nerd culture. As someone who loves comic books and science fiction, I have a deep appreciation for this show.

The comedy on the show is top-tier. I have never laughed so much while watching a show. The social awkwardness of the men with Penny, and any woman for that matter, add a different type of humor that isn't just telling jokes. We are able to cringe at the awkward interactions while also probably relating to having a similar situation ourselves. While the majority of the characters on the show are male scientists with doctorate degrees, Penny presents a contrasting personality. She is outgoing, bubbly and very different from her shy and awkward neighbors. She creates so many memorable, comedic moments in the show when she teases Leonard and Sheldon for misunderstandings surrounding science and anything "nerdy."

The best part of this show is not the funny moments or unique storyline, though — it's Sheldon Cooper. There are many incredible characters from other sitcoms out there, like Chandler Bing from "Friends" and Nick Miller from

"New Girl," but Sheldon Cooper will always hold a special place in my heart. At first, he may seem a little odd and eccentric, but that is exactly why he is the best part of this show.

Besides the fact that he is a child genius, his personality separates him from the rest of the characters. He does not understand social cues very well, which creates many comical moments with his friends and anyone he interacts with. Despite his social awkwardness, he is able to form meaningful friendships, specifically with Leonard and Penny, that will make anyone's heart melt. He may not always express his appreciation and love for his friends, but when he does, it is enough to make anyone cry.

His character development is one of the reasons why I adore his character so much. In the beginning, he may seem rigid or like he is a know-it-all, which he is. However, as time goes on, you can see the effects that his friends and eventual love interest, Amy Farrah Fowler, have on his character. His robotic-like persona at the beginning starts to open up emotionally.

The show has an emotional depth to it that people may not realize. While it is hilarious, the relationships formed, especially the romance between Penny and Leonard, add an emotional depth that puts this sitcom over the top. We are able to see these nerdy scientists transform and develop beautiful friendships and romantic relationships.

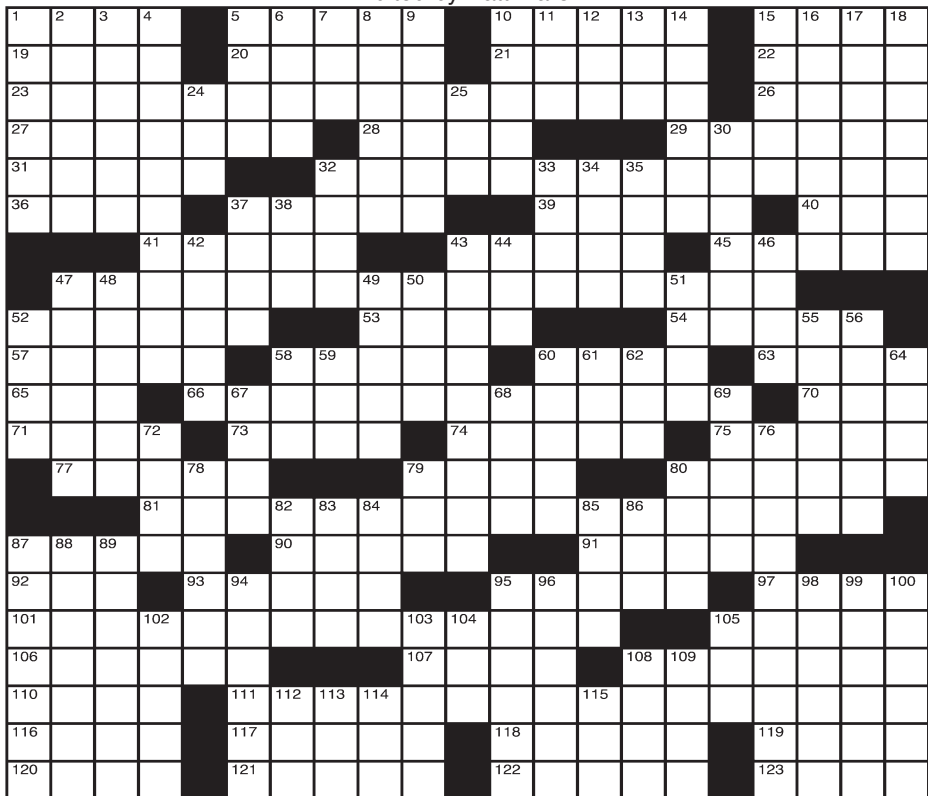
One scene that I will never forget is when Sheldon Cooper and Amy Farrah Fowler are accepting the Nobel Prize in Physics. Sheldon's speech is so incredibly heartfelt, and it is the first time that Sheldon expresses his emotions and love for his friends. After watching 12 seasons of this amazing show and finally seeing Sheldon acknowledge his appreciation and love for friends, I was incredibly nostalgic, and the scene touched very strongly at my heartstrings.

The truth is no amount of words can describe how amazing this show is. With a creative storyline, endearingly awkward characters, laugh-out-loud moments and heartwarming friendships, "The Big Bang Theory" has it all.

Mary Claire Phelps is a digital editor.

Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol



- MUSICAL INTERLUDE**
By Mark MacLachlan & John MacLachlan
- ACROSS**
- 1 Tiny amount (of) Pie
 - 5 Celtic Sea country
 - 10 Harbor service vessel
 - 15 Hawk
 - 19 Temperament
 - 20 Trilling event, often
 - 22 "Say Anything ..." star
 - 23 The celebrity triangle player
 - 26 Not very exciting
 - 27 Future residents?
 - 28 Puts (down)
 - 29 Touches up a text
 - 31 Put on
 - 32 The organized drummer
 - 36 Loch with a legend
 - 37 Country Music Hall of Famer
 - 39 "Downton Abbey" daughter
 - 40 Short way?
 - 41 Goes soft
 - 43 "Hey, that's enough!"
 - 45 Surgical beam
 - 47 The jovial maraca player
 - 52 Move like a mouse
 - 53 Consoles with Nunchuks
 - 54 Wipe out
 - 57 "The Christmas Song" composer
 - 58 Field
 - 60 Tennis icon
 - 63 "If This Is a Man" author
 - 65 Pt. of NATO
 - 66 The irresponsible trumpet player
 - 70 Take the gold
 - 71 One up, e.g.
 - 73 Biblical paradise
 - 74 Helpful
 - 75 Teller's offering?
 - 77 First island in The Beach Boys' "Kokomo"
 - 79 German auto pioneer
 - 80 Bully's arsenal
 - 81 The influential harpist
 - 87 Made the shot?
 - 90 Salty expanse
 - 91 Pipework fastener
 - 92 Food Network's "Be My Guest" With ___ Garten
 - 93 Bath depletter
 - 95 A bit pickled
 - 97 Person named in a will
 - 101 The careless trombone player
 - 105 Chicken run border
 - 106 Early mainframe
 - 107 "Buona sera!"
 - 108 Former name of a 3D X-ray technique
 - 110 Frog kin
 - 111 The thoughtful guitar player
 - 116 Piedmont blues guitarist
 - 117 Bring to mind
 - 118 Come clean about
 - 119 Comic strip canine
 - 120 Future growth opportunity?
 - 121 Bishops' gathering
 - 122 In need of a rinse
 - 123 Sign of age
 - DOWN**
 - 1 Fireplace receptacle
 - 2 Darling
 - 3 Trees in the birch family
 - 4 Discussion to assign culpability
 - 5 N'Djamena's country
 - 6 Runs smoothly
 - 7 Pal in Poitiers
 - 8 Arrive at last
 - 9 Sheet music threesomes
 - 10 Best opposite
 - 11 Distracted Driving Awareness Mo.
 - 12 Aromatic necklace
 - 13 Seaside flyer
 - 14 Most wise
 - 15 Hit back?
 - 16 Least gooey brownie pieces
 - 17 Out to dinner, maybe
 - 18 Creditographer lexed with standardizing American English
 - 24 Nourished
 - 25 Author Flaubert
 - 30 Composer Gustav
 - 32 Lyric of "The Daily Show"
 - 33 Restaurant guide
 - 34 Hep "Roger that"
 - 35 "Star Wars" order
 - 37 Like many a Chardonnay
 - 38 Site opening?
 - 42 Exodus mount
 - 43 Get into, as a bunk bed
 - 44 Some Energizer products
 - 46 Central Asia's North Sea
 - 47 Nova
 - 48 Bullpen member
 - 49 Clemens handle
 - 50 Knight's handle
 - 51 Swarm (with)
 - 52 "Quickly!"
 - 55 Upholsterer's task
 - 56 Forces out
 - 58 One of two colors on Poland's flag
 - 59 "Baa-ram-___": "Babe" chant
 - 60 Quick on one's feet
 - 61 The Blues of the NHL, for short
 - 62 Zoom off, quaintly
 - 64 Stamp pad refills
 - 67 Sharon of "Dreamgirls"
 - 68 Collector's ___
 - 69 Cyberbusiness
 - 72 Fool
 - 76 Lead
 - 78 Subject of a 233-foot statue in Leshan, China
 - 79 Female bear, in Spanish
 - 80 Priam's kingdom
 - 82 Source of extra dough
 - 83 Vaping product
 - 84 Cub Scout groups
 - 85 Apartment honcho, familiarly
 - 86 Network with some MLB postseason games
 - 87 Makes juice from concentrate, say
 - 88 Monotonous
 - 89 Fill to excess
 - 94 Fortune
 - 95 Princess toppers
 - 96 Enthusiastic reply to "Who wants ice cream?"
 - 98 Privatize?
 - 99 Aegean island
 - 100 Melt down, as fat
 - 102 Jack Pearson of "This Is Us," e.g.
 - 103 Asst.'s responsibility, often
 - 104 Tell a whopper
 - 105 Consumer protection agcy.
 - 108 Crockery defect
 - 109 Paralegal employer, for short
 - 112 "The Holly and the ___": traditional British carol
 - 113 Slew
 - 114 Bout ruling, briefly
 - 115 Early ABC program, for short

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

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

Solution to Last Week's puzzle

10/20/24

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



SAM RAINS IG: samuel.rains

GU men's basketball will compete in the Battle 4 Atlantis in the Bahamas, starting with West Virginia in the first round on Nov. 27 at 11:30 a.m. PST.

MBB

Continued from Page 1

Success in the Battle 4 Atlantis is far from a given for the Zags, as they face a tough West Virginia (2-1) squad in the first round. The Mountaineers became a nationally renowned program under head coach Bob Huggins, who led WVU to 11 NCAA tournament appearances and a Final Four trip during his time in Morgantown thanks to his signature full-court press — leading fans to dub the program “Press Virginia.”

In recent years, WVU's program has faltered, with Huggins having been unceremoniously ousted in 2022 after a DUI arrest. Now, the Mountaineers are helmed by Darian DeVries, who enters his first season with the program after having built Drake into a perennial Missouri Valley Conference contender during his six seasons there. DeVries is joined by his son Tucker, who averaged 21.6 points per game as a junior last year at Drake.

The Mountaineers have stumbled out of the gate, losing 86-62 at home to Pittsburgh last week, but the presence of a three-level scorer like DeVries gives them a chance against anyone. GU tips off against WVU at 11:30 a.m. PST on Nov. 27, with the game airing on ESPN. The Zags are 5-0 all-time against the Mountaineers, with the last matchup resulting in an 87-82 home victory for GU in 2020.

If the Zags defeat WVU, the team will likely face No. 16 Indiana (3-0) in the next round, the second-highest-ranked team in the field. After a disappointing 2023 season that saw the Hoosiers miss the NCAA Tournament, head coach and former IU basketball player Mike Woodson enters the 2024 season on the hot seat without several key contributors from last season, including center Kel'el Ware, who was drafted in the first round by the Miami Heat.

Fortunately for Woodson, he may have constructed a roster capable of saving his job in the offseason, pulling in the second-ranked transfer portal class in the country per 247Sports. The crown jewel is ex-Arizona and GU big man Oumar Ballo, who arrives in Bloomington for his fifth and final collegiate season after averaging a double-double for the Wildcats last year. Woodson also revamped his backcourt, adding Washington State's Myles Rice and Stanford's Kanaan Carlyle.

However, IU's best players thus far have been its

two frontcourt returners. McKenzie Mgbako has been dominant to start the year, averaging 63% from beyond the arc to go along with an average 22.0 points and 7.7 rebounds.

Forward Malik Reneau has also added 15.0 points per game from the power forward position, giving Indiana a dangerous trifecta under the basket with the addition of Ballo. Given its infusion of talent and returning experience, the Hoosiers figure to be a serious contender to take home the Big Ten title this season.

Indiana will face off with a new-look Louisville (2-1) in the first round, with the Cardinals boasting an entirely different roster from last season. After a disastrous 2023 campaign, new head coach Pat Kelsey completely cleaned house, with walk-on Aidan McCool the sole returner among 13 transfers.

Kelsey previously coached at Charleston, where he helped the Cougars become March staples due to their up-tempo offensive attack that prioritized shooting 3s as often as possible. At Louisville, Kelsey seemingly has no plans to deviate from that style, as 57.1% of the team's attempted field goals so far this season have been 3s — good for fourth in the country per KenPom.

Louisville has not been able to convert those opportunities so far, having shot just 25.6% from 3 on 39 attempts during a 77-55 home loss to Tennessee (3-0). However, its roster is full of prolific shooters from last season, such as ex-Washington guard Koren Johnson and former James Madison star Terrence Edwards, indicating that this shooting drought may not last long. If the Cardinals can make a run in this tournament, it'll go a long way toward revitalizing a once-proud college basketball blue blood.

On the other side of the bracket, No. 17 Arizona (2-1) is undoubtedly the favorite to make the tournament's title game. Led by ex-GU assistant Tommy Lloyd, the Wildcats entered the season ranked inside the AP top 10 before losing to Wisconsin on the road, causing the team to fall nine spots. The Badgers hung 103 points on Arizona thanks to 47 free-throw attempts and forcing the Wildcat frontcourt into foul trouble.

The Wildcats are led by guard Caleb Love, who took home Pac-12 Player of the Year and second-team All-American honors last season. While Love suffered through a disastrous performance against Wisconsin (3-0), scoring just six points on 2 of 13 shooting, it's reasonable to expect his play to pick back up, especially considering his experience and athletic ability.

While Love, KJ Lewis and Jaden Bradley make up a fearsome backcourt, the Wildcats also have plenty of size underneath, boasting two 7-footers at center in Montejus Krivas and Henri Veesaar.

Under Lloyd, Arizona's offensive scheme has essentially been GU's system on steroids. While Few prefers to slow things down on occasion and run his offense through the post, Lloyd is all about pushing the pace and getting his athletic guards out in transition for easy layups, resulting in a high-octane offensive attack that has ranked inside the top-20 nationally in adjusted tempo every season since Lloyd's arrival in 2022.

Davidson (3-0) will look to play spoiler against Arizona in an opening-round matchup. While fans may remember the Wildcats as NBA superstar Stephen Curry's alma mater, the program has lacked success recently, with just one NCAA Tournament appearance in the past decade.

The Wildcats will look to run most of their possessions through star forward Reed Bailey, who's averaging 17.7 points per game and ranks 41st in the nation in usage per KenPom.

Oklahoma (3-0) and Providence (5-0) round out the tournament field. Sooner head coach Porter Moser enters a make-or-break season in Norman, as he has yet to make the NCAA Tournament in his three seasons at the program. OU's roster features plenty of experience, as every member of the Sooners' starting five is a senior. Moser also brought in highly-touted freshman guard Jeremiah Fears, who arrived in Norman by way of Arizona's Compass Prep.

Meanwhile, Providence is looking to start 6-0 for the first time since 2016, which would represent a huge step forward for a program looking to rebuild after the loss of head coach Ed Cooley to Georgetown. The Friars have been excellent defensively so far, ranking 28th in defensive efficiency per KenPom, but the team is still looking for a scorer to step up and fill the shoes of guard Devin Carter, who departed for the NBA after last season.

The tournament's first round will be broadcast throughout the day on Nov. 27, with Indiana and Louisville kicking off the action at 9 a.m. PST on ESPN. Semifinal action will commence the following day starting at noon PST, and the championship game will take place on Nov. 29 at 5:30 p.m. on ESPN.

Brooks Coleman is a copy editor.

WBB

Continued from Page 1

points in her first game as a Zag. GU then lost to the Cal Golden Bears 86-65. Fifth-year forward Yvonne Ejim led the way in this game with 27 points and fifth-year forward Maud Huijbens had nine rebounds and four assists. Prior to this, the Zags fell to Stanford 89-58, with Turner tallying 18 points.

Most recently, the Zags beat Wyoming 62-51 at home. Junior guard Inès Bettencourt was the top scorer on the night, tallying 17 points. Ejim grabbed 11 rebounds and Huijbens had two assists.

The Zags will take on Rice and New Mexico before heading to the U.S. Virgin Islands for the Paradise Jam.

“I think that the message to our team is we have to learn quick,” said head coach Lisa Fortier after the Cal game. “And we just have to keep learning and we can't afford to make the casual mistakes. We have to grow up a little bit.”

Looking at the field, the Zags will have some tough battles when competing at the Paradise Jam.

Missouri State (2-1) has beaten Tulsa and Wichita State in close contests, with its one loss on the season coming against UT Martin. The Bears will take on Saint Louis before the Paradise Jam. Top scorers to watch out for are Paige Rocca, who scored 15 against Tulsa, and Kyras Daniels, who scored 16 against Wichita State.

GU has played Missouri State three times in its program history, winning all three in matchups. The two teams haven't played each other since 2019, when the Zags defeated Missouri State 64-52 at the McCarty Athletic Center.

Missouri State's form and solid guard play from Rocca and Daniels signal a competitive game. The Bears' physicality

and defensive tenacity will require GU to play a disciplined game, limiting turnovers and controlling the tempo.

GU's second Paradise Jam opponent, Texas Tech, (4-0) has defeated Incarnate Word, Houston Christian, New Mexico and Washington State to begin the season undefeated.

Top performers for Texas Tech have been Adlee Blacklock, who scored 14 points against Incarnate Word, and Jasmine Shavers, who produced 17 points against Houston Christian, 18 against New Mexico and 13 against WSU. The Zags' matchup with Texas Tech will represent the first time the two programs have ever met.

This match between GU and Florida State will be a rematch of a previous Paradise Jam matchup where the Zags lost 87-69. Florida State has defeated North Florida, Florida A&M, Samford and most recently North Carolina Central. Their one loss this season has come at the hands of Illinois.

Florida State standout Ta'Niya Latson scored 27 points against both North Florida and Illinois, 21 against Florida A&M and 34 in the team's game against NC Central. Senior forward Makayla Timpson scored 38 against Samford. Latson and Timpson have combined to average over 40 points per game, making them one of the most potent scoring duos in the nation. Defensive pressure on these two stars will be critical for GU's chances.

The Paradise Jam from 2016 marks the most recent matchup between GU and Florida State, where FSU won 78-69.

Preparing for their next few matches before Paradise Jam, the Zags look toward their upcoming matches against Wyoming (1-2), Rice (3-1) and New Mexico (1-2).

“Starting this season off and figuring out how this team looks and our identity on the court, stuff like that is gonna happen,” said Ejim after GU's loss to Cal. “We're



LUCY BOOTH IG: @photo_b00th

GU women's basketball will make its first appearance at the Paradise Jam since 2016.

going to get turnovers because we're trying to make the right reads like they're there. It's just that we're not connecting, but that just takes time, it takes groove, and I think we're still getting there.”

The Zags are shooting 43.7% from the field and 44.8% from the 3-point line. In comparison to the rest of the Reef bracket, Gonzaga is shooting better from the field than Florida State (41.3) and GU is shooting better from the 3-point line than all three teams.

“We're just trying to build their confidence and make sure that they know that we're doing the right things,” said Fortier.

As the Zags prepare for this high-profile tournament, their journey promises to provide thrilling matchups and insight into the team's potential this season. Viewers can stream the tournament on ESPN+ and FloHoops.

Josie Kuffner is a staff writer.

Wil Smith and GU women's XC ready for nationals

By BRIAN KENNEDY

The Gonzaga cross country program is looking to finish up its 2024 season on the national stage on Saturday at the NCAA Championships in Madison, Wisconsin.

At the NCAA West Regional meet on Nov. 15, the women's team finished fourth and received an at-large bid to nationals the next day from the NCAA selection committee. The men's sixth-place finish was not enough to qualify as a team, but redshirt senior Wil Smith earned an individual bid after taking sixth individually.

In a particularly stacked West Region, the women's fourth-place result came behind three teams ranked in the top eight nationally, according to the USTFCCA NCAA National Coaches' Poll. Led by senior Rosina Machu's fourth-place individual performance, the women's team secured its first NCAA Championships appearance since 2015 and the first under head coach Jake Stewart.

As a team, the Zags are ranked No. 20 in the nation, according to the coaches' poll, with Machu ranked 15th as an individual by FloTrack.

The rest of the field looks to be fiercely competitive in their own right, with BYU and Oregon ranked No. 1 and No. 2, respectively. On the individual side, it is projected to be a razor-thin margin between Hilda Olemomoi of Florida and Doris Lemngole of Alabama.

On the men's side, the sixth-place regional finish wasn't enough to earn them a selection to the national meet. However, Wil Smith's sixth-place finish ended up securing him an at-large selection to run as an individual



COURTESY OF GONZAGA ATHLETICS

The women's team will make its first NCAA Championships appearance since 2015.

in Madison. As the lone Zag on the men's side, Smith has big race experience, placing 59th at the 2022 NCAA Cross Country Championships and 13th at the Olympic Trials in the 10K this summer.

"Our goal is top 40, be All-American," said men's head coach Pat Tyson of Smith's individual aspirations. "It's not like we haven't done that before with James Mwaura. He went [as an individual] a couple times."

Smith's All-American ambitions will prove to be a tough endeavor, as the field shapes up to be remarkably competitive this year, with national champion Graham Blanks of Harvard favored to repeat his title. Blanks appears to be in top form after winning the Northeast Region and adding the title of Olympian to his resume this summer by placing ninth in the 5K at the Paris Olympics.

On the team side, Oklahoma State and BYU have asserted themselves as the consensus top two men's teams, boasting incredible depth with multiple runners on each team projected to earn All-American honors.

The 2024 NCAA Cross Country Championships is this Saturday at the Thomas Zimmer Championship Cross Country Course in Madison, Wisconsin. It will air on ESPN, with the women's race set to start at 7:20 a.m., and the men's race starting at 8:10 a.m.

Brian Kennedy is a staff writer

Club tennis team reaches nationals for first time since 2020

By JONATHAN PETROGEORGE

Gonzaga University's club tennis team is continuing a historic run of success this season, having qualified for its sixth national tournament in the 11th season since its founding.

This will be their first appearance on the national stage since 2020, with the achievement creating quite a bit of excitement within the team.

The Zags competed in the Pacific Northwest Tennis On Campus Sectional Championships in Beaverton, Oregon, from Nov. 1-3. In order to qualify for nationals from this competition, GU had to finish as one of the top two teams. The Zags finished second and secured a spot at nationals.

Sophomore Jake Scalzo and senior captain Tohma Sugimoto, two of the board members for the club, spoke on the season thus far, discussing the preparations the team will take before nationals in April.

"The engagement has been great," Scalzo said. "Honestly, the vibes as a team as a whole have been great, it's been less about just showing up, and more about actually having a drive to improve and make all of our tennis games better."

Rian Murphy, a freshman on the club tennis team, spoke about her experience coming in as a new member amid a successful season for the club.

"It really is a family," Murphy said of the GU club tennis team. "With all of the practices and team events, people really want to be involved and make an effort to develop a really nice community."

The last time the Zags qualified for nationals was 2020, so there is no experience on this team when it comes to the big stage. With this new experience, comes lots of excitement within the team.

"I'm a senior, and I've been pretty involved in the club for all four years, so it's really exciting," Sugimoto said.

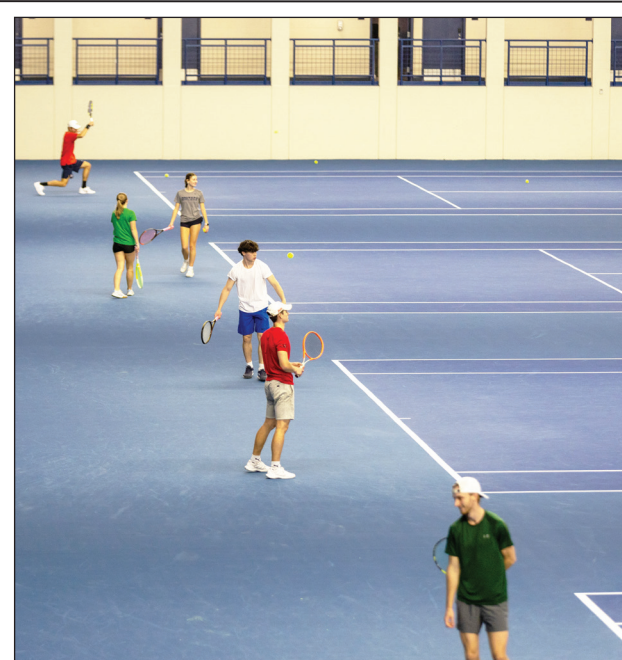
To prepare for the competition level at nationals, club tennis leaders are looking to wisdom from past members to help in the club's preparations.

"I've reached out to a lot of the old players and captains that used to run the club, just to hear about their journeys and experiences," Scalzo said.

The Zags are one of 64 teams in the country that have qualified for nationals, and with this level of achievement comes high expectations. Scalzo said this year's team is going into this experience with its sights on riding its underdog label and making a name for GU.

"We're really just trying to go out there and have both a fun time and a great experience but also be as competitive as possible," Scalzo said. "Top 20, I think is kind of the goal we've established."

The Bulldogs will send nine club members to Rome, Georgia, to compete at nationals from April 3-5. The team will consist of freshmen Mariella Rigales and Cole Balen, sophomores Scalzo and Jacob Oie, junior Jillian Hines, and seniors Jared Zaugg, Vincent Hsu, Marissa Uribe and Emily Even.



JOSHUA GARCIA IG: @flamedmedia

The team practices in the Stevens Center.

Georgia, to compete at nationals from April 3-5. The team will consist of freshmen Mariella Rigales and Cole Balen, sophomores Scalzo and Jacob Oie, junior Jillian Hines, and seniors Jared Zaugg, Vincent Hsu, Marissa Uribe and Emily Even.

Jonathan Petrogeorge is a staff writer.

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Gonzaga rower earns national honors

By SIENA CHADWICK

For Gonzaga University's All-American rower Amanda Triebensee, defying the perceptions of others drives her excellence.

Growing up in Plymouth, Wisconsin, Triebensee was exposed to rowing at a young age. The town on the shores of Lake Michigan was also home to family friend and Olympic gold medalist rower Beau Hoopman.

Despite this connection, Triebensee's rowing career didn't begin until the fall of 2019 when she walked on to the women's rowing team at the University of Wisconsin. According to Triebensee, she had some initial misconceptions about the sport that were quickly dispelled.

"When I started rowing, I came into it thinking it was going to be an easy D1 sport," Triebensee said. "And I got my butt kicked."

Following her time at the University of Wisconsin, Triebensee was unsure of what role rowing would play in her life. With two years of eligibility still remaining, she began reaching out to programs all over the country.

During the recruiting process, GU head coach Andy Derrick said that Triebensee stood out not only for her athletic ability but also for her presence among other top athletes.

"Amanda had been through college already and was more emotionally mature," Derrick said. "She was prepared to step in and be a difference-maker on day one."

Throughout her recruitment, Triebensee said a positive team environment was a necessity for her in a collegiate rowing program.

"When I found Gonzaga and chatted with a bunch of the girls, it seemed like a great team culture," Triebensee said. "That honestly is what sold me on the school."

After joining the GU team in 2023, Triebensee's drive and work ethic inspired her coaches and teammates.

"Amanda helps raise the bar for our team," Derrick said. "She rows hard all the time, every stroke in the boat and that type of intensity and attitude is infectious."

As a leader on the team, Triebensee said she strives to be there for her teammates while also increasing expectations around performance standards.

"My thing is it never gets easier, you just get faster," Triebensee said.

Triebensee said her success comes from her resilience and her desire to defy stereotypes.

"I'm a very small rower, so I think people look at me and think I won't make it very far," Triebensee said. "Proving people



COURTESY OF GONZAGA ATHLETICS

Triebensee won a gold medal with the United States at the FISU World University Championships in Rotterdam, Netherlands, over the summer.

wrong is something that drives me to continue to get better every day."

It is this mindset that led Triebensee to achieve CRCA Pocock Honorable Mention All-American at the end of the 2023-24 season.

Derrick said that Triebensee has earned every bit of her success through her persistent hardwork and dedication to the sport.

"She is really good at pushing the 'why not's' out of the way and focusing on getting the results she wants," Derrick said. "I respect her drive immensely."

Following her success last season, Triebensee was selected to participate on the U.S. women's rowing team at the World University Games in Rotterdam, Netherlands.

Hosted by the International University Sports Federation, the organization gives student-athletes the opportunity to compete internationally and showcase their talent from intensive summer training.

Through the application process, Derrick said it was the persistence of Triebensee's character that set her apart.

"Rowing is a sport where the hardest working athlete rises to the top, and Amanda checks that box and then some," Derrick said. "I knew she could hang with anyone."

With over 50 countries competing, Triebensee said the competition was a great chance for her to compete internationally and gain exposure to tougher opponents.

At the competition, Team USA progressed to the championship, winning gold on July 3, with Triebensee rowing the stroke seat in the women's 8+ boat.

"It felt like a dream," Triebensee said. "It was so cool to be in an environment where everyone was fighting so hard, had so much experience and shared a love for rowing."

Triebensee said this experience gave her the ability to bond with her teammates by bringing back stories from the games to GU.

Triebensee said she has noticed significant growth in the GU program and hopes to see its reputation grow.

"I think Amanda's legacy will be raising the current team's expectations of themselves and what they can achieve," Derrick said. "And in bridging the gap between where the team was in 2020 and possibly surpassing our program's highest national finish of 16th in 2016."

Following the University World Games, Triebensee said she has kept busy reaching out to high performance programs to train for the next Olympic cycle.

"The 2028 and 2032 Olympic Games are the ultimate goal," Triebensee said. "There are a lot of steps that go into it but, trying to take it day by day is really important for me right now."

Triebensee said she has lofty expectations when it comes to her rowing career and plans to take it as far as she can.

"That's kind of the person I am, nothing's ever enough for me," Triebensee said. "There's this constant desire to be more, do more and to show more. I just keep going."

Siena Chadwick is a staff writer.

GU SPORTS CALENDAR

Saturday, Nov. 23

➔ Cross country at NCAA Championships, Madison, Wisconsin, 7:20 a.m. (women's), 8:10 a.m. (men's)

Sunday, Nov. 24

➔ Women's basketball at New Mexico, Albuquerque, New Mexico, 1 p.m.

Wednesday, Nov. 27

➔ Men's basketball vs. West Virginia, Battle 4 Atlantis, the Bahamas, 11:30 a.m.

Thursday Nov. 28

➔ Men's basketball at Battle 4 Atlantis, the Bahamas, TBD

➔ Women's basketball vs. Missouri State at Paradise Jam, St. Thomas, Virgin Islands, 2:30 p.m.

Friday Nov. 29

➔ Men's basketball at Battle 4 Atlantis, the Bahamas, TBD

➔ Women's basketball vs. Texas Tech at Paradise Jam, St. Thomas, Virgin Islands, 5 p.m.

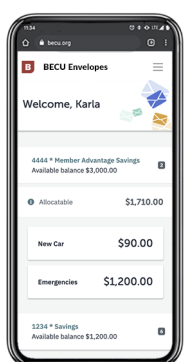
Saturday Nov. 30

➔ Women's basketball vs. Florida State at Paradise Jam, St. Thomas, Virgin Islands, 5 p.m.

Home games in bold



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