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Zags For Abilities Fair

By THEODORE FERRO

onzaga University's Special Education Department held the Zags for Abilities Fair, an open house-style event for students and faculty. The event took place in the Cataldo Globe room on Tuesday, hosting a variety of organizations focused on disability advocacy. Attendees enjoyed complimentary food and drink while they browsed the gala of tables and spoke with representatives from each group.

At the front of the room, event organizers displayed a poster to explain the Individuals with Disabilities Education Act, an assistance bill for disabled students that passed in 1990.

Some of the organizations in attendance were government funded, such as Spokane Public Schools, which hire many of their teachers, both special and general education, from GU.

The event also hosted representatives from the State of Washington's Office of the Deaf and Hard of Hearing, which provides services for hearing and speech-disabled individuals across the state

Other organizations at the fair were private groups, like Joya Child and Family Development, a local nonprofit pediatric therapy provider. JOYA provides physical, occupational and speech therapy to children 3 years old or younger.

ParaSports, a disabled sports organization, hosted a table at the event as well. ParaSport Spokane recently

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The first-ever Zags For Abilities Fair was hosted on International Day of Persons with Disabilities on Tuesday.

Talking politics at the holiday table

By ALEX HERNANDEZ

As the holiday season draws near, Gonzaga University students are set to return home for celebration with family and loved ones. However, in the wake of a contentious election, GU faculty have said that well-intentioned small talk can quickly escalate into heated political disagreements and offered advice on how to best navigate these conversations.

Rebecca Donaway, a lecturer of communication studies at GU, emphasized the importance of respectful dialogue and necessity of setting intentions in keeping conversation at the holiday table civil.

"One thing I always ask myself before I approach a potentially political conversation is 'why?" Donaway said. "Is this a moment where I am interested in hearing other viewpoints, and is this a situation where the discussion can foster growth on both sides?"

SEE CONVERSATION PAGE 2

Ostersmith dances into next chapter

By HANNAH BROWN

When Gonzaga University's Dance Program Director Suzanne Ostersmith arrived at the university in 2000, there was no dance program. There was only a basement studio in the Charlotte Y. Martin Centre and a limited number of dance classes.

Ostersmith went on to build the dance department and become its chair. Ostersmith has said that in her 25 years at GU, the dance program has grown to include new classes, programs, performance opportunities and buildings.

"It's really been a thrill," Ostersmith said.

After over two decades of teaching, mentoring and building the dance program at GU, Ostersmith plans to retire at the end of the academic year.

"She's grown this program from nothing," said Cynthia Gutierrez, an assistant professor of GU's theatre and dance department who is set to take over as chair in fall 2025. "She had to imagine what it



Ostersmith headed the creation of GU's dance department.

SEE OSTERSMITH PAGE 3

MYERS GORRELL IG: myersgphoto

Trento will offer an environmental focus for students abroad.

GU adds Trento program

By CAM MCCANN

Gonzaga in Florence has become an influential aspect of the college experience for many GU students, and in 2026, a new opportunity will be available for those who want a more community-centered and environmentally focused study abroad summer program. Still considered a part of the Florence study abroad program, students will be 185 miles north of Florence in Trento, Italy, and have a unique take on studying abroad in Italy.

We're provided with an opportunity, because the Florence program fills, and now we're providing an opportunity to go to Trento," said philosophy professor Erik Schmidt. "Trento has the advantage of being a smaller program — it has a lot of opportunities to connect with a smaller town that is not as oriented towards international tourism."

A "trial year" for the program took place in 2024, and thanks to a successful opening look at a Trento-based education, the genesis of a new GIF branch begins this upcoming summer, Schmidt said.

Schmidt is one of three professors who will be in Trento for the program's first official year. He will be joined by two other GU faculty, Juri Bottura and Greg Gordon.

Bottura lives in Trento, has worked as an adjunct Italian professor for multiple years and has led abroad studies in Italy since 2014. His expertise of not only the country but Trento specifically will provide students with a one-of-a-kind helping hand for any questions regarding the experience or the city as a whole, Schmidt said.

Gordon is an environmental studies professor, who taught has taught with Schmidt and remained in contact with him, working on the Gonzaga in the Wilderness program.

I think our areas of focus and effort are really complementary," Schmidt said. "We have pursued that in all that we've done together, and we have a friendship as well as a professional relationship ... we're often commenting on each other's work and we ask great questions of each other. So I think that [Gonzaga in Trento] is an opportunity for students to take courses with faculty

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Your Adventure Begins APPLY TO BE AN RA! APPLICATIONS DUE 12/20



-- Photostory -----

Snapshot of 11/21 Palestine walkout

By LUCY BOOTH

(Below) Andrea Brower, a professor of sociology and criminology, was one of two faculty members to speak during the protest. "We do not need to normalize the dystopia we find ourselves in," Brower said. "Thank you for reminding us of the best of our humanity."





Students carried signs denouncing GU's connections to weapons manufacturers. "We cannot wait," said Tobin Lindstrom, a student who spoke at the protest. "Because we have a duty, not a Jesuit duty or patriotic duty, but a moral one, to stand up for what is



(Above) Joining an International Day of Action for Palestinian justice, protesters marched through Gonzaga University's campus, urging the school to divest from weapons manufacturers linked to attacks on Gaza. Calling for students and faculty to leave class, the walkout purposefully intended to disrupt business as usual.



GU students and faculty gathered on **Bulldog Alley** during a Thursday afternoon walkout in solidarity with Palestine. "We are here standing in solidarity with Palestine and the people in it," said Hailey O'Hara, a student who spoke during the protest.

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found a new home at the former Mountain View Middle School just north of Spokane Valley. Its athletes compete in sports like wheelchair basketball, track and field and swimming.

The only nonprofessional group was GU's Disabled Student Union, led by President Rowyn O'Connor. O'Connor said they hope to grow the DSU and help disabled students feel included and part of the community.

"We're just looking to encourage more people to join and stay updated about events so that we can continue building community on campus for students and faculty who have a disability or are allies," O'Connor said.

O'Connor also said they hope the event brought awareness to people with overlooked conditions.

"There are a lot of invisible conditions that tend to get invalidated just because someone doesn't look disabled," O'Connor said. "Like chronic pain, or maybe they're neurodivergent with low support needs, so they don't fit the stereotypical image of what a disability is, but they

Kimberly Weber, a GU professor of special education who helped organize the event, said the fair was not just about disability advocacy but also to celebrate a historic disabilities law from 1975.

"Coming up next year is our 50th anniversary of PL 94-142, which is a public law that protects education for individuals with disabilities," Weber said.

Weber said the law was very important for disabled rights and that the fair educated the GU community on the upcoming anniversary.

"Before 1975, individuals were being denied access to education for [their disabilities]," Weber said. "So, we decided to do a kickoff event a year before, to kind of get people in line with what disabilities are."

Alex Neyman, a GU student who attended the fair, said the event's focus on inclusivity was fitting for the GU

"Inclusion of everybody is a big factor of what it is to go to Gonzaga," Neyman said.

Theodore Ferro is a staff writer.



GU faculty advise students on how to manage diffcult conversations this holiday season.

Continued from Page 1

If the answer to these questions is "yes," Donaway said using "I" and avoiding accusatory language is beneficial.

"Going into these discussions is really hard and the tendency is to want to point out flaws in other people's positions," Donaway said. "Instead, start by stating what is important to you and allow other people to do the same. This helps everyone feel heard, cools the temperature and opens up a productive dialogue for agreement or disagreement."

Whatever direction the conversation goes, Donaway said it is important to mentally set boundaries should conversations become unproductive, citing the "pie method" as a way to exit an unproductive discussion.

"It's important to know ourselves and our limits," Donaway said. "When it's time for a break, consider phrasing your intention something like this: 'Thank you for talking with me today. I have learned a lot that I want to keep thinking about. Right now, I'm gonna go grab some pie."

Melkam Tesafaye, the assistant director of The Resolution Center for Student Conduct and Conflict, said intentional listening while discussing these topics is important. She also said to focus on finding understanding, one of the key benefits of communication.

"Understanding other people requires listening," Tesafaye said. "Differences in perspective can help us clear the bubble that forms when we assume we know the reason for other people's beliefs and actions."

Tesafaye said that agreement is not a requisite for successful dialogue and that just being willing to talk respectfully can improve mental well-being as well as the quality of the relationship.

"By asking why someone thinks a certain way and sharing the reasons for our own beliefs, we can feel more OK with the situation," Tesafaye said.

For any person feeling nervous in the face of disagreement, Tesafaye said there is a metaphor that compares the mind to a ship being rocked by various

experiences every day that are both good and bad. "Whenever you feel yourself getting lost or losing direction in the storm, remember that every ship has an anchor," Tesafaye said. "Think of your values, your aspirations and your loved ones as things that keep you anchored in storms. If you find yourself becoming disoriented during an uncomfortable conversation, see how you can anchor yourself from your values rather than becoming reactionary."

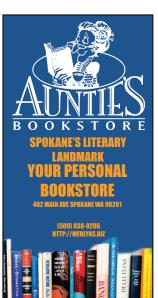
In addition to the importance of remaining anchored, Tesafaye said to remember that not everything requires an immediate response.

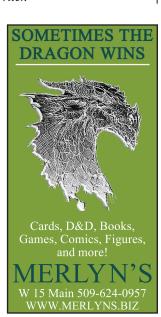
"When somebody says or does something we don't like, it's important to pause before we reply and ask ourselves if this is a response or a reaction," Tesafaye said. "Is this coming from a place where my values are or am I just trying to automatically assuage my anger and frustration?"

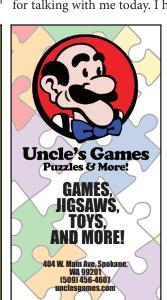
Tesafaye quoted Austrian psychologist Victor Frankl, saying that his words are worthy reminders for students as they prepare to exchange ideas with their families at home throughout the holidays.

"Between stimulus and response, there is space," Tesafaye said, quoting Frankl. "In that space is our power to choose our response. In our response lies our growth and our freedom."

Alex Hernandez is a staff writer.



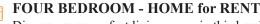






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BULLETIN FILE PHOTO

GU Dance Department Director Suzanne Ostersmith leads students through exercises in a class.

OSTERSMITH

Continued from Page 1

could be and then take these baby steps to do it. I just think she's a visionary. I think that's the biggest gift this program has seen from her."

As the program evolved, so did the space it occupied. From the Martin Centre, it moved to the newly built Kermit M. Rudolf Fitness Center, where Ostersmith said they had to work around restricted hours. From there, it was moved to the small upstairs mezzanine of Magnuson Theatre.

"It was hard because it was really skinny, so it really limited how many students could take [the class] and what kind of things we could do," Ostersmith said. Despite the challenges the dance program faced in its formative years, Ostersmith said she persisted in growing its repertoire and demonstrating its importance to the university. The efforts, she said, were driven by students' desire for more opportunities.

"I think we've built a program around the idea that arts are an important part of our reality," Ostersmith said. "When I look at students today and some of the challenges that they have faced, having come through COVID and then the social media and the isolation that can come with being a student today, I think that we need dance."

For Ostersmith, her role at the university has been to aid students in building a dance program that they want to be a part of.

The main thing is that this was all the students, Ostersmith said. "All the growth over the last 25 years has really come from students' hunger and then to kind of saying, 'That's an idea, how do we do that?'"

Gutierrez said Ostersmith has played an important role in supporting her students.

"I think one of her gifts is that she's just good at inspiring people," Gutierrez said. "When you walk out of a meeting with Suzanne, she's just full of energy, and it's infectious. You feel like anything is possible."

Ostersmith said a defining moment in her time at GU was hosting the American College Dance Association Conference in 2020. There, Ostersmith was able to reflect on what began as a fledgling program and see that GU's program has earned a place on "the national stage."

Ostersmith has also made an effort to incorporate service into the dance program. She and her students have created Zag Dance, a program for kids in the Spokane community, and the Dance for Parkinson's program, which serves people living with Parkinson's Disease. Both of these programs aim to further GU and the program's mission of serving the community.

"It's really given us a way to focus," Ostersmith said. "The fact that we can hang our hats on a really clear mission of dance as service has been a guiding light for the decisions we make as we've developed the program."

As she looks toward retirement, Ostersmith has spent the year mentoring Gutierrez to take the reins of the department. She has also begun sharing responsibilities with Gutierrez.

"It was all kind of on my shoulders," Ostersmith said. "So now to share that 'shoulder to shoulder,' as Cynthia likes to say, just feels really, really great."

Gutierrez said she will look to add to the program's legacy by evaluating students' needs, as well as growing the choreography component of the program. Gutierrez said she also brings her experience as a BIPOC artist to "expand the lens" of the program and build connections with other departments.

"I feel so excited to be able to add to what's already here, grow in my own research and help usher the program into the next 25 years," Gutierrez said. "[Ostersmith] is irreplaceable. So really, for me, I'm just looking to take that torch and try to be a good steward of the work she's done and learn from her and dream the way she dreamt when

The program's year of 25th anniversary celebrations will culminate in the annual Spring Dance Concert, where Ostersmith hopes that students will "see the shoulders they stand on" as they reflect on previous years' work to build the program into what it is today.

"It's not just dance — it's Suzanne and everything that she did," Gutierrez said. "She has created this jewel in the crown of the university."

Hannah Brown is a staff writer.



MYERS GORRELL IG: @myersgphoto

Students studying abroad in Trento will be immersed in the local community.

TRENTO

Continued from Page 1 who are connected."

reiterated professors Both that, thanks to their time together with Gonzaga in the Wilderness, their teamwork in an educational environment is something that adds to the study abroad program. Their different bases of education also bring a wide array of learning objects for each student to take advantage of, and with both community and environmentalism at the helm of the program, the two are involved in a program that uses their specialties and maximizes their respective

teaching prowess. The abroad curriculum consists

of the three professors' curriculums, but the overall experience looks to bring a well-rounded learning atmosphere. Multiple service projects where students will undertake environmental assignments highlight a meaningful yet enticing opportunity to engage with another culture's landscape.

Gordon's vision for the summer experience regards an all-in aspect, and those involved will get as much out of the trip as the effort they put

'It's a holistic immersion," Gordon said. "Students get to be in a small community, doing community service with the villa and spending time with these three really cool professors. It's going to develop someone as a whole person."

location will especially

be an integral part of a student's experience. The city of Trento boasts a fourth-placed rank on the 2023 Quality of Life survey conducted by Italian newspaper ItaliaOggi, which translates to Italy Today in English. The year prior, Trento held the top spot in the 2022 poll as well. The only potential concern would be fewer English-speaking businesses, which are common in a tourist-centered city like Florence. This and other issues can be remedied by the role Bottura could play for the program, acting as both professor and citizen in the city.

"I think the problems that are difficult to anticipate are [remedied by] Yuri knowing the area really well," Schmidt said.

Cam McCann is a sports editor.

Online master's in public health to debut in fall

By CARERRA GUERTIN

Gonzaga University plans to expand its public health programs by offering an online-only master's degree next fall. This move will build on the bachelor's degree and minor in public health that was added this school year.

Robin Pickering, chair of GU's public health department and a professor of public health, will be overseeing the new program in addition to the undergraduate programs. Pickering said the course will be divided into two eight-week-long segments.

The first half of the curriculum will focus on the foundations of public health and determinants of health. The last eight weeks will cover epidemiology and introduce public health communication, promotion and

'The course's overview of those social and political determinants of health show those factors that are largely beyond people's individual control but shape health outcomes," Pickering said.

Pickering said the course emphasizes the use of targeted and specific approaches to improving public health as opposed to a one-size-fits-all strategy. She said people's public health behaviors are complex and require diverse considerations for social determinants of health and how public policies shape health. With this in mind, Pickering said, the course honors people's differences and meets them where they are.

"We look at how particular policies disproportionately impact some groups over others," Pickering said. "We consider how we educate folks and advocate for healthenhancing policies."

Pickering said the program reflects GU's mission of caring for the whole person by looking to bolster mental, emotional and physical health along with social relationships and a person's environment. Meanwhile, she said the course's online format will increase diversity, remove barriers for prospective students and allow them to work at their own pace.

"Any of our rural neighbors or people who may just not have access and the ability to get to a college campus - maybe they're working full time, maybe they've got a family that they're taking care of — this allows those folks to have access to this curriculum in a way that really supports the mission of the public health department," Pickering said.

Sarah Matousek, an assistant professor in the public health department teaching undergraduate courses this semester, is one of the instructors developing the material for the master's program. She said she has created course's modules by working with other by working with other institutions and different on making departments at GU to create a strong online this a really course.

"I'm really excited professional. about where we're heading with this work because **high quality** it allows us to explore opportunities to partner with our local institutions that are doing really good work in this field," Matousek said.

Matousek said the program is being designed be interactive for students. While the course

assistant professor of public health

Sarah Matousek,

instructional

design.

We have a

working

whole team

is online, the students in the cohort will get to know each other through group projects.

"I'm incredibly impressed with our institutional design team at Gonzaga," Matousek said. "They're putting together a really beautiful product."

Pickering said she is excited about this program because it shows how the university has come a long way in delivering an online education. She said GU's Instructional Design Center has helped the public health department use effective pedagogical methods to teach content. The center has also provided ways to record and deliver information in a way that is visually engaging to

'We've come a long way in online instruction, and I'm really proud of the work," Pickering said. "We have a whole team working on making this a really professional, high quality instructional design."

Matousek said there are a number of opportunities for people with a master's degree in public health. She said the beginning coursework helps students gain a better understanding of the field and the varying roles within it. She also said that the undergraduate degree offers great

"Either one is a really amazing platform and jumping off point for a career right out the gate," Matousek said. "There are so many different opportunities and roles in public health that I think people don't quite understand."

Carerra Guertin is a staff writer.



The public health bachelor's degree started being offered during the 2024-25 school year.

Reflecting on letting love find you

espite only being 22 years old, I have experienced a lot of love and heartbreak. I know that I have a lot more heartbreak and love to go through, but that's life. Like so many other people my age, I have gone through heartbreak where the pain feels overwhelming. It can be so painful that it makes you lose hope in love. But I am actually thankful for it. In the blindness of heartbreak, I was finally able to see what love truly is.

Love is in people's actions, not just their words. It requires effort. I have been in situations where someone says one thing and acts entirely different or has no actions to back up what they say. I have put the effort in and received none in return.

How will anyone know if you mean what you say if there is no effort or action to back it up? Love is when someone shows up for you when you need them, and they show they care.

Whether it's giving a shoulder to cry on or small ways to show their love, like a simple text message to say they are thinking of you. The people who love you will show up.

Everyone has gone through a heartbreak, whether it's romantic, the loss of a family member or something else. When I experienced heartbreak, the people who truly loved me showed up. Sometimes, it is hard to think that there are other people out there who love you when the person you love doesn't love you back. It can be blinding.

However, I am lucky enough to have some amazing friends who showed up for me. They were there for me when I needed to cry, yell, laugh or any other emotion I was feeling at the time. When I needed it the most, they showed me kindness and what love really is.



By MARY CLAIRE PHELPS

Not only were my friends there for me in my bad times, but my family was too. When I am around my family, I am overwhelmed with love. Every time I am with them, I feel more centered.

They never fail to show me what unconditional love looks like. When I spend time with my family, the heartbreak fades, and the happiness shines through. I am able to find myself again and learn from the pain I have experienced. Any piece of a broken heart is fixed by being around people who genuinely care.

Love can be extremely overwhelming to the point where you can lose yourself in it. Sometimes, it feels like you have to earn love, so you focus so much on getting it while losing yourself in the process. I have been there, and I'm sure I am not the only one. This isn't love, though. You shouldn't have to lose yourself while giving all your love to someone who, frankly, is not worth it.

When I look back on the heartbreak I have experienced, I see how much I have grown. It can be a confusing thing to go through, but I am grateful for what it has taught me. I know what love is supposed to be now. It shouldn't make you feel like you must prove you are worth loving.

I am forever thankful for that experience because I am more confident in myself. I know what I am worth and that real love will never make you question whether or not someone is sure about you. Even though heartbreak can be painful, it was exactly what I needed in order to see the love that was right in front of me.

I look at my parents, who have been married for 26 years. I look at my grandparents, who were married for almost 64 years, and how my grandpa keeps their love alive through the stories he tells my family. I see what real love is from them and the kind of love that everyone deserves to experience.

I am surrounded by love. It may not be a romantic love, but it's real. I feel this love when I laugh with my friends or sit on a deck while talking with my family for hours. Love is freedom and acceptance. It's quality time, it's in someone's actions, it's raw and pure. I felt this love through the people who saw me experience heartbreak and chose to show me the love I deserved.

Love can be scary, confusing and painful. But sometimes, exactly what you need is for the real love to

Mary Claire Phelps is a digital editor.

A weird and wonderful year in review: Goodbye 2024

To reference Kamala Harris' mother, 2024 certainly seemed to just fall out of a coconut tree, but in some moments it was clear that we exist in the context of all in which we live and what came before.

That is to say, it offered us the full range of the human experience. There was good and bad, beauty and ugliness and an awful lot of strangeness to keep us on

Let's begin with a highlight of the year: The Summer Olympics came to Paris for the first time in 100 years, bringing us two weeks of world-class athleticism and sportsmanship. Social media allowed us to gain insight into the daily lives of Olympians, highlighting their wins, losses, routines and experiences. We also got firsthand tours around the Olympic Village, a place shrouded in mystery and intrigue.

From beauty to ugliness:

March 26 marked the collapse of the Francis Scott Key Bridge in Baltimore, after a container ship "Dali" collided with it. Six people died and a once stately bridge was lost to the Patapsco River.

And strangeness:

We watched dumbfoundedly as Elmo from Sesame Street became Twitter's therapist, while Max the Cat was awarded a doctorate from Vermont State University. Add a smashing of Ebenezer Scrooge's tombstone by a vandal in Shrewsbury, England. If there is poetic



By ALEX HERNANDEZ

justice in the world, that hooligan will be in for a period of serious personal growth.

Undoubtedly, the award for the oddest story of the year should be handed to the art museum vandal who only wanted to contribute his personal masterpiece to the gallery. Late at night on Feb. 26, an employee of a German museum smuggled his own painting into the building and screwed it into the gallery wall. Strangest of all, once Pinakothek der Moderne Museum removed the painting from the gallery the next day, the only public comment made about the incident was that the art "did not receive any positive feedback." Ziemlich Traurig!

2024 will most certainly lead to additions and revisions to the history

Artificial intelligence continued its

relentless evolution with several key advancements. Chatbots, once novel, are now available in every corner of the internet and offer increasingly sophisticated responses. With these advances in generative AI, our society has grown more comfortable with the prospect of integrating this technology into everyday life. A study from the University of Pennsylvania's AI research center at Wharton found that 72% of business executives reported using generative AI at least once a week, up from 37% in 2023.

Of course, 2024 will also famously be remembered as an election year. Two assassination attempts, an acting president dropping out of his reelection campaign to endorse his own vice president, 34 felony charges and a whopping 5.4 billion dollars spent between the two candidates. Whatever side of the results you land on, it seems we can agree to be glad presidential politics are behind us for a few years.

Globally, nearly 2 billion people headed to the polls in 2024 to cast their votes, representing more than 70 countries. This accounts for the largest global showing of democracy in world history. Compiling those election results, nearly 80% of democracies sought to replace or weaken the majority of the existing incumbent party, many of which have been in power for generations. In

this way, 2024 was a year of wanting something different, a nearly universal expression of dissatisfaction with the status quo.

Unfortunately, conflicts that began before 2024 have continued through the end of the year. The Russia-Ukraine War as well as those in the Middle East have dominated our headlines and brought tragic loss of life on all sides. Additionally, less publicized conflicts such as the Myanmar Civil War, Sudanese Civil War and Islamic insurgency in the Sahel and West Africa continue to bring about humanitarian crises, death and displacement throughout the regions.

Needless to say, 2024 has been a big year, and with the internet keeping us connected to the entire globe 24/7, it can be all too easy to become desensitized as time whizzes by. Of course, it's good to stay informed about happenings, but I also believe in the importance of taking a step back and recognizing what's important in our own lives.

2025 is now up to the pitcher's mound, sure to bring with it an untold number of curveballs and fast pitches. Let's keep our eyes on the ball and swing for the fences.

Alex Hernandez is a staff writer.

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Sipping in Spokane: Highlighting small coffee shops Whether you're spending the filled with interesting knick-

day with friends, visiting your favorite thrift store or facing a hot date with the library, there's nothing quite like a coffee to get you through the experience.

While Starbucks and Thomas Hammer might be your closest options, they certainly aren't your best. These chain restaurants don't need or appreciate your business nearly as much as local drink shops do, and it shows in the flavor of the

I'm ready to stop gatekeeping this one. Roast House is one of my favorite stops to kick-start my day. Located less than a 10-minute drive from Gonzaga University's campus, it is pretty accessible. It is founded, owned and operated by women, and holds strong value in sustainable coffee.

What sets Roast House apart from competitors is its tasting room. It is available six days a week, offering complimentary java samples to help people discover what they like.

The business makes it very clear that it cares about coffee and wants to share the love to the Spokane community as well. I can't recommend it enough.

If that doesn't strike your fancy, I would suggest you consider Rockwood Bakery. This is one of the best spots for studying, hands down. Cozy up here with your coffee of choice and a scone and you will tap into the most productive version of yourself.

Located right off of 18th Avenue and about a two-minute walk from Manito Park, this is



By ALLY ALSEPT

a prime coffee option tied with a beautiful walk in the park.

Rockwood Bakery is filled with friendly staff, a welcoming atmosphere and the most delicious pastries in the area. There is definitely something for everyone, as its menu is stacked with quiches, muffins, cookies and, of course, a full coffee bar.

I've only ever had amazing interactions with the Rockwood staff, and even with the weight of carrying my caffeine levels through finals, I have a delicious and pleasant experience every

If I still haven't convinced you to give a smaller coffee shop a go, my final suggestion is Atticus

Atticus has vegetarian and gluten-free options, and it is wheelchair accessible. It also has free customer Wi-Fi, marking it as another great place to hit the books. The atmosphere is eclectic with warm lighting and brick

walls. It is a locally owned coffee shop right in the core of downtown Spokane near the Pavilion. Attached is a gift shop knacks where anyone could spend hours just browsing.

The gift shop is an entire experience in itself. You can buy from the company-specific product line, Spokane-related items or just browse the fun collection of crochet, journals, crystals and cards.

Although Christmas is still a ways away, there's no better time to start stocking up on gifts for your loved ones. When Christmas shopping at shops like Atticus, not only are you buying a gift for someone you love, but you're also giving a gift to the company itself.

Small businesses need community members to continue their mission. They rely on people like GU students to visit and support their company in order for them to thrive and stay open.

Not only are you getting great coffee and treats, but you get to know that you contributed to keeping people in jobs and helping out endless families in

Spokane small businesses need our support. If you haven't had the chance to check out Roast House, Rockwood Bakery or Atticus Coffee and Gifts, now is your chance. GU finals are coming up, making it the perfect time to indulge in your new favorite cafe.

Ally Alsept is a contributor.

Spokane's South Perry District

Fresh for fusion

The South Perry neighborhood welcomes new Indian-Mexican fusion restaurant

By HENRY KRUEGER

ver the past two decades, the South Perry District has transformed into one of Spokane's most vibrant business hubs, rivaling only a handful of neighborhoods in the city.

Now, it's home to something truly unique.

Indicana, located at 1020 S. Perry St., opened in mid-October as the only Indian-Mexican fusion restaurant in the Pacific Northwest — one of just a few in North America. It's the creation of entrepreneur Chip Overstreet and culinary innovator Noreen Hiskey, who had previously spent four years running the popular Indian pop-up, Inland Curry.

The two met at Feast World Kitchen, a downtown incubator for global cuisines. Overstreet and his family became regulars, visiting nearly every Thursday when Inland Curry was serving lunch and dinner for the nonprofit restaurant.

"We loved it because she was always experimenting with different regions and styles," Overstreet said. "We never knew exactly what we'd get, but we always knew it was going to be good."

Overstreet's "aha moment" came when his son, previously hesitant about Indian food, tried one of Hiskey's pork vindaloo tacos served on paratha bread. His reaction sparked Overstreet's idea to create a restaurant based on Indian-Mexican fusion.

"Presenting it in a format that he's comfortable with, like a taco, suddenly it's delicious," Overstreet said. "That was the 'aha moment' for me, and I reached out to Noreen and did a little research to see if anyone had ever done an Indian-Mexican fusion concept before."

Hiskey agreed, and the two became coowners of the restaurant.

"I don't think I ever set out to start a restaurant ... but here I am," Hiskey said. "The opportunity felt right — the pork tacos started it all."

One of the driving forces behind Indicana is Hiskey's freedom to innovate without the constraints of strict

authenticity. She said there are "no rules" when combining the two cuisines.

"I don't feel like sticking to authentic or traditional elements is necessary in cuisine as long as it's tasty," Hiskey said. "We really try to honor both cultures but create something completely different."

While the restaurant's menu offers adventurous options, Overstreet and Hiskey are also mindful of family dining.

"The kids menu has things that we know kids will like — [Noreen's] a parent, I'm a parent," Overstreet said. "We know that kids are picky, so we offer simpler things like tacos or a cheese quesadilla."

While the kid's menu is the same for both lunch and dinner, the overall atmosphere shifts as the evening progresses. Starting at 4 p.m., Indicana adopts a more elevated dining experience, offering refined dishes on its dinner menu that bring the fusion of flavors to new heights.

"When we found this spot here in Perry, we were like, 'This needs to be a little more than a taco place,' so we added dinner because we wanted people to enjoy the atmosphere and the space," Hiskey said. "I like the mash-up of both worlds, where you can have a casual, easy lunch and then you can also come down for a nice date or happy hour."

One of the most popular dinner items has been the banana leaf-wrapped salmon, said Hiskey. While neither Indian nor Mexican cuisines traditionally use salmon, it holds cultural significance in the Inland Northwest. Historically, the Spokane Tribe thrived on Coho and Chinook salmon, which once populated the Spokane River.

In her dish, Hiskey marinades the salmon in recado rojo, a bold Yucatecan spice blend. The filet of fish is then wrapped in fragrant banana leaves and charred on the grill. It is paired with a rich and aromatic Kerala Moilee, a South Indian-style coconut stew, complemented by savory coconut rice for a touch of sweetness. The dish is topped off with a crunchy jicama and citrus salsa.

Other dinner offerings include sweet potato enchiladas with vegan butter masala sauce, tamarind-glazed pork ribs



EMMA LARSON IG: 3mmalars

One of Indicana's taco offerings features vindaloo-spiced pulled pork topped with onion, radish, pickled onion and cilantro, all nestled on house-made naan with melted cheese.

and malai chicken kebabs.

The fusion of Mexican and Indian flavors extends to the dessert menu. The tres leches incorporates Indian masala chai tea, while the lassi panna cotta transforms the classic Indian yogurt drink into an elegant dessert, infused with cardamom and topped with mango coulis and pistachio crumble.

As Indicana grows into its new space, Overstreet takes pride in the transformation it has undergone. The restaurant operates in a relatively small building, including a basement that was originally unfinished when Overstreet acquired the property, which had been vacant for 11 years. Today, the basement serves as a functional area for prep and storage.

"This building was pretty much condemnable — you almost had to tip-toe around," Overstreet said about the space when he first saw it. "But we've completely

renovated it."

Some parts of the building remain works in progress, including a large back patio. Overstreet said he hopes the patio will eventually be open for seating and special events during the warmer months.

The restaurant also has plans to expand to online ordering soon and hopes to eventually accept Bulldog Bucks.

Hiskey said making the restaurant more accessible is part of Indicana's mission to appeal to a wide variety of preferences, while also introducing new bold flavors.

"I feel like we're introducing a whole new population to flavors that they're not used to."

Indicana is open Tuesday through Saturday from 11 a.m. to 2 p.m. and 3 p.m. to 9 p.m., with happy hour from 3 p.m. to 5 p.m.

Henry Krueger is editor-in-chief.

Say goodbye to crumby breads with The Grain Shed

By LAURA ERICKSON

On the corner of Laura and Newark streets in Spokane's South Perry District, The Grain Shed bakery brings traditional bread-baking methods back to life.

Unlike most modern bakeries, The Grain Shed has been doing things the old-fashioned way since it opened in June 2018 — using a flour mill to transform its varieties of locally sourced grains as well as baking each product in a wood-fired oven.

For baker and partial owner Shaun Thompson Duffy, coming from a chef background, this long baking process is worth it for the level of flavor and quality it creates.

"It just got lost because of industrialization and all that stuff," Duffy said about the process. "We're not reinventing the wheel. We're just doing stuff that they did a long time ago, and it's new again."

The Grain Shed offers 11 different bread loaves each made from different grains — such as Turkey Red Wheat and Purple Egyptian — harvested at Palouse Heritage, a farm just over an hour southwest of Spokane in Whitman County.

Six out of the 11 offered loaves are served daily, including "Turkey Red," "Turkey Red with Seeds," "Purple Egyptian," "Oatis," "Sprouted Rye and Toasted Sesame" and "Lunchbox." The Grain Shed also offers a variety of cookies, pastries and sandwiches as well as beer brewed from the same grains. The restaurant serves pizza on Mondays, too.

Before venturing into the world of baking, Duffy attended culinary school in the '90s and afterward worked as a chef in multiple different cities, including Las Vegas, New York, Portland and Chicago before moving to

Spokane with his wife in 2011.

"[In] every city besides Chicago, I was on the savory side — working with with chefs and stuff like that — but then I started talking to chefs about bread, and they didn't know anything about it," Duffy said. "They would always say, 'talk to the baker.' But there was no baker."

Curious as to why the famous chefs he worked with didn't know much about bread, he decided to take matters into his own hands, slowly learning more about the breadmaking process, including methods such as sourdough and leavening, working in bakeries, experimenting with more complex recipes and baking with different grains.

"I just sort of like, hit all those milestones, and this is what tastes the best in my opinion," Duffy said about the process he now oversees at The Grain Shed. "Coming from the chef background, I'm all about flavor first."

Duffy's passion for bread baking only grew from there, deciding to run a bread subscription service in his own backyard beginning in 2015. Prior to The Grain Shed's opening, Duffy was serving up to 110 people.

"People would come over to my house and they would get their bread, but then sometimes they would stay for a drink and sometimes they would stay for dinner. And then my wife was like, 'you gotta open up a place," Duffy said

Duffy said the bakery's opening was a collaborative effort between himself, his friends and business partners Joel Williamson and Teddy Benson and the farmer operating Palouse Heritage, Don Schireman.

Before meeting Duffy, Benson, who takes charge of the beer side of the business, had been home-brewing with Williamson, his brother-in-law, since 2009. Together, they decided to start a malt house with the eventual goal of

opening up their own brewery.

According to Benson, brewing is impossible without

"Having malt allows you to activate the enzymes which breaks down the starches into usable, fermentable sugars called maltose," Benson said. "We wanted to be able to malt local grains and be able to access those for brewers, distillers and things like that."

It was through that desire to find local grains that led them to Schireman, said Benson.

While the malt house was up and running, Duffy was supplying some of his home-baked bread to the Perry Street Brewery. There, he met Benson and Williamson.

"So you got the farmer, you got the brewer, you got the baker — and obviously you need the business mind," Duffy said, referring to Williamson, who is in charge of the financial side of operations. "So we all put our bags together and sprouted this place up."

Benson said originally all of the brewing took place in the bakery, but because the small space wasn't functional, they now brew all their beer at Wildland Cooperative in Green Bluff.

While the bakery portion of The Grain Shed's business is limited to the South Perry location, its taproom downtown, which opened in October 2022, offers more variety of beers and is home to live events.

Beyond the baking and brewing, both Duffy and Benson acknowledged the strong presence of music in their business.

"Pretty much from the beginning, music has been a pretty big portion of this place," Benson said. "So when we opened [the Taproom], having music down there was also just a natural like, 'we needed to do that."

Duffy said live music is also a key component in the bakery, hosting local musicians to play music including bluegrass, honky-tonk, country and R&B every morning except for Mondays and Tuesdays.

Still, one of the most rewarding parts of the job, said Duffy, is maintaining traditional bread-baking methods.

"It's teaching people how to like work with freshly milled flour and being a wood-fire baker ... there's not a lot of wood-fire bakers in Spokane, or in the country actually, so it's keeping that skill alive," Duffy said.

For Benson, the element of craft as well as ethical practices that go into his brewing process are the most rewarding.

"It requires a lot of focus to make [beer] good, and, like a lot of care and being careful. And so, it's just rewarding to be able to have a good product that people enjoy and things like that," Benson said. "It's rewarding to have a community center that we feel like we're a pretty strong part of this neighborhood in the Spokere community."

According to Benson, roughly 98% of the grain that goes into both their bread and beer is locally sourced from farmers within 150 miles of Spokane.

"We know the farmers that we work with ... we know almost all of the grain that goes into it because we know the people," Benson said. "That's not something you get everywhere."



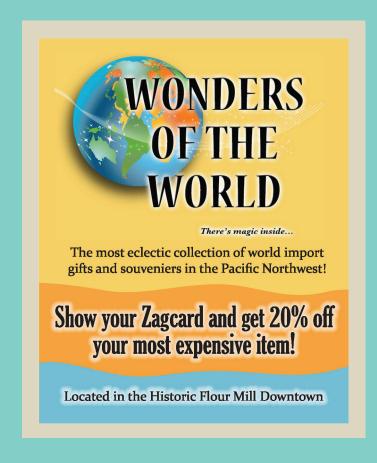
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Laura Erickson is a copy editor.

6 DECEMBER 5, 2024 FB.COM/GONZAGABULLETIN F























Guade



























Cracked Film Lab offers community for film buffs

By EMMA KELLY

Jaymie Belknap has always had an aptitude for capturing moments through a camera lens. Her passion for film photography began with a fascination for her grandparents' photo archives. Now, she is on a mission to establish and grow Spokane's only local film lab, Cracked Film

DECEMBER 5, 2024

"It felt so magical looking at these boxes and boxes of photos, and I would refer to them so often growing up," Belknap said.

When Belknap was around 15 years old, she couldn't understand why the photos she took with a point-and-shoot camera didn't feel the same as her old family archives.

"It really dawned on me," Belknap said. "I kept asking myself, 'Well, why?'

She reflected on the difference between a physical medium and a digital one and realized the answer had been right in front of her all along, preserved in the boxes of memorabilia from her grandparents — it

"I felt so drawn to film because it is a real, tangible, materialistic memory that doesn't lie," Belknap said. "It is an extremely raw and truthful medium of expression."

Before founding Cracked Film Lab, Belknap was a hobbyist photographer with no plans to turn it into a career. A lifelong dancer, she began ballet when she was 3 years old, wanting to become a professional ballerina. She was accepted to the prestigious Joffrey Ballet by age 15. However, health issues forced her to leave

"I wanted to do something art-related, and I always had photography," Belknap

She explored live music photography in California, but when that path didn't work out, she found herself at a crossroads.

Belknap said that, at the time, people in Spokane didn't necessarily need film. She was shooting film full time, but the area had only one small, undisclosed film lab that offered developing services without

Belknap said she had been scanning and developing her own film for years and decided to begin scanning film for close friends and anyone else who needed it.

"I realized there are actually so many people who shoot film and don't have a resource," Belknap said. "They don't want to drive to Coeur d'Alene just to access film services."

When the pandemic hit, she realized she didn't want to work a normal job. Since she was already pursuing a career



Jaymie Belknap is the owner of Spokane's only film lab, offering workshops, mentorships and internship opportunities.

in photography, she decided to take it one step further and open her film lab in Spokane.

'The defining moment [for me] was during COVID-19 in 2021, when I realized I was already doing something that I could be offering as a service," Belknap said. "And it happened to be photography."

Starting a film lab in Spokane wasn't without its challenges, but Belknap said she saw an opportunity to combine her creative talent with her entrepreneurial

"I never imagined it would become its own thing," Belknap said. "But I named it 'Cracked Film' because I think it's my own cracked method of a film lab in the modern world and making it digital."

She created a website to share the film services she offered with the public, including standard scanning, customizable film development and disposable film development and scanning. Belknap develops both black-and-white and color/C-41 film for 35-millimeter and 120 medium format for her clients.

The lab is currently remote, but her goal is to eventually sell film in Spokane, both online and in person, and to create an accessible community darkroom for developing film.

"If I were to think about [having] a physical location, it would be a full-service place," Belknap said. "Where you could rent out studio space, rent out film cameras and buy and process your film."

She said she imagines one day having a shop for younger people to foster community involvement while continuing to offer film resources.

Belknap said that through Cracked Film Lab, she has learned that the more people who shoot film and know about it, the bigger the need and market for it.

"[The lab] exfoliates this whole market of film that's dying," Belknap said. "Really getting involved and stepping up to lead this community in Spokane would make a huge difference."

Cracked Film Lab is still in the start-up phase. She said she hopes to start offering more opportunities for people or students in the area who have a passion for film photography to contribute to keeping the medium alive in Spokane.

As her lab grows, Belknap said she wants to bring more people into the experience through workshops, mentorships and internship opportunities for film students. She also wants to support local businesses by encouraging them to get film developed locally or to discuss the mechanics of film photography itself.

"The more people show interest, the more I can offer the community," Belknap said.

She hand-processes all the orders she receives, working from her in-home darkroom. Orders can be submitted through her website, email or the drop box located at Fern Plant Shop in downtown Spokane.

Belknap said the lab has had an impact on her personal and professional growth as an artist and entrepreneur. She said it's important to her to move beyond the startup phase and emphasize the need for more awareness, support and funding - not only for the lab's benefit but also so she can continue doing what she loves.

"I learn every day, and the lab is constantly growing me," Belknap said. "But at the end of the day, I'm really doing it for the city because there's a need for it."

Visit her website at jaymiebelknap. com/crackedfilmlab to learn more about her, the lab and the services she offers, or to make a donation. The drop box at Fern Plant Shop is located at 1526 W. Riverside Ave. for anyone who needs film developed or photos taken. Orders can also be submitted through her website or via crackedfilmlab@gmail.com.

Follow Belknap on Instagram at @crackedfilmlab for updates on her film business journey and learn more about her work, updates on future drop box locations and new opportunities.

Emma Kelly is a contributor.

Something rad is happening in Oz

Jon Chu's movie-musical 'Wicked' defies expectations with touching sentimentality

REVIEW

By SOFIA BELTRAN

You've seen Glinda and Elphaba in stores across the nation and watched them incessantly in advertisements. The near obscene marketing for the "Wicked" movie created an air of extravagance that didn't sit well with

Given this context, it was almost essential for this film to succeed. The production cost was right around \$150 million, guaranteeing audiences entertainment at the

Cynthia Erivo's performance convinced me to see this movie a second time, and Ariana Grande's kept me entertained upon my next visit to the theatre. The two lead actresses complement each other beautifully.

As someone who has followed Grande since childhood, I was nervous to see her grapple with a role of this magnitude. Her history on Broadway assured casting directors, but her performance glittered all on its own.

Her charming yet self-indulgent character endears and amuses the audience with a convincing attitude. Grande's ability to embody the "good witch" was moving. Not only her remarkable voice with high notes that linger in the recesses of audience's minds but her ability to delicately display the nuances of what it means to be

At the beginning of the movie, Glinda asks, "Are people born wicked? Or do they have wickedness thrust upon them?" Glinda's role exposes the difference of being

truly good versus being "good" for a system. Glinda never experienced the isolation or discrimination that we see Elphaba wrestling with.

Although Glinda is likeable and more than enjoyable to witness, Grande does an excellent job of performing all layers of her character. The success of her performance wouldn't have been possible if it was anyone other than Erivo at her side.

Although their interviews are fodder for national cringing, that dynamic becomes the heart of this film. Erivo beautifully and carefully performs what it feels to be ostracized and made to feel as if being different is bad or "wicked."

This film doesn't explicitly deal with race or class disparities but rather dances with these issues to create a fairytale that simultaneously wrestles with fraudulent government, inequality and discrimination.

This approach could easily make this film feel tacky or disingenuous. However, Erivo's emotion in her portrayal of the "wicked" witch convinces the audience of the raw emotion that this movie expresses.

Erivo's voice is central to the success of this film. Her performances of "The Wizard and I" and "Defying Gravity" are treasures to behold. As someone who isn't a huge fan of showtunes and their excess, Erivo still managed to strip them down with her honesty in

This film thrives in the moments that showcase the individual talents of Grande and Erivo. Their moments together in their dorm room at Shiz University, small moments of dialogue between characters and focused scenes save the film from being gaudy.

In a few musical numbers, the film leans into a level of production and visual overstimulation that becomes absurd. Its only weak points are these moments in the film when extravagant set design remove the audience from the movie.

The Hollywood habit of creating opulent sets hinders an audience's ability to empathize with a story. Creating an emotional connection between the motion picture and the audience is essential to successful filmmaking.

The actresses save that connection from the otherwise detrimental over-the-top musical numbers. Even in moments with larger settings, Erivo and Grande lock into each other making it difficult for audiences to avert their gaze from the spectacle they alone create.

In arguably the most moving scene of the movie, Glinda and Elphaba dance together in front of a room of judgey onlookers. Glinda and Elphaba acknowledge each other's humanity despite differences move all the onlookers to join into their acceptance of each other.

This scene teaches the audience to be original despite fear. To me, this scene made all those moments of putting on a brave face for a crowd feel far less lonely.

Although the air of extravagance that permeates this film removes it from my personal list of favorites, the performances deserve celebration. There is no harm in going to the theater to be entertained, and it seems that was the goal with "Wicked."

Although this may be true, no matter who you are, you will walk away from "Wicked" embracing all the things that make you different. Allow Elphaba to show you that being green can lead you to your dreams.

Sofia Beltran is an opinion editor.



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A considerate Christmas

Tricks to celebrate sustainably

COMMENTARY By CARRERA GUERTIN

With Christmas around the corner, wallets are bound to come out. Every Christmas movie shows the economics surrounding gift buying, or "purchasing" in general, becoming synonymously intertwined with the holiday over sustainability and thoughtfulness.

Wasn't that what the Grinch was truly upset about? He watched and stewed in anger as all the Whos in Whoville spent money on gifts that just ended up in the

Since we don't want coal in your stocking this year, there are so many ways to make your gifts and the holiday experience more meaningful.

First off, holiday decor and trees are always controversial. If you are in the market for an artificial tree, they do have a long lifespan and could be used for years in the future. They are not biodegradable, but if you have allergy issues, they might be the only option. A real tree is better for the environment, as cutting them down for your home will never cause the same carbonemission impacts as artificial trees. As it is hard to expect anyone to not have a tree, this makes them the better pick for a sustainable Christmas.

I'm a proponent of handmade gifts for the holiday season; they show a degree of thoughtfulness that is often absent in large purchases. With our fast-paced society, taking a second to slow down and make something shows that you care and went the extra mile.

One gift to consider is making ornaments for your own house or gifting them to friends. Dried citrus slices tied with twine are beautiful decorations that only take a few hours to make. They can be made out of oranges, blood oranges or lemon slices. Easily made, cut the citrus into thin two-inch slices. Then, cook on parchment paper at 200 degrees for two to four hours to dehydrate the slices.

If you want to add decorations to them, use a hot glue gun to add star anise, cinnamon sticks or dried flowers, or keep it plain with a string tied to it. The orange slices can also be turned into a garland, tied along a long string to hang across your mantle. Dehydrated oranges can be gifted to friends, used as ornaments and even work as a fun activity to make with friends.

Thrifting is also a possibility for presents, despite the stigma associated with gifting thrifted items. I have found the most beautiful jewelry in thrift stores, which can easily be cleaned with alcohol. I have also found the most beautiful scarves in great condition that are impossible to find in any store at an affordable cost. Additionally, ornaments and other decorations are in excess in any thrift store, so there's no need to go to big stores to find your decorations, and no one will know the difference.

I always get an intense craving to bake excessive amounts of cookies around the holiday season. Luckily, thrift stores carry countless tin boxes, which, with a bit of



Handmade jewlery are great, sustainable gifts for loved ones this holiday season.

excessive cleaning and some tissue paper or deli paper, can be used to store cookies for friends and neighbors in a box they can repurpose.

Cards are an unnecessary expense and easy to make on your own. Using paper or cardstock is an easy way to make a bunch of inexpensive cards for all of your friends and loved ones. Thrift stores have large amounts of magazines for cheap, and you should consider a calming activity of collaging images onto homemade cards.

Or, if you are digitally creative, there are plenty of ways to print a unique card. This idea is inspired by my grandmother, who creates handmade cards for the family for every holiday. Personally, I would prefer a personalized card over a generic one that only took a minute to pick out.

Romantic gifts for your partner are always a concern on the holidays. Even if you don't feel creative, it is so much more meaningful to create gifts or make an experience out of it. A decorated box of love notes paired with a thrifted statement necklace would mean the world to any person. There are so many ideas on Pinterest, and even if you might not feel like the creative type, showing that there was thought put behind your gift is always a better way to go than something generic.

Gift wrapping is another unnecessary purchase. One substitution can be old newspapers, or, if you have any paper bags from Trader Joe's or the supermarket lying around, turning them inside out and repurposing them makes for a clean aesthetic for under your tree. Add a ribbon or twine around the wrapped present or use a Sharpie and add your own design.

The Grinch has some understandable concerns surrounding the greed associated with Christmas, but maybe we can come together to make Christmas more sustainable and thoughtful. For this holiday season, let's add some cheer by making a more considerate Christmas possible.

Carrera Guertin is a staff writer.

Sustainable holiday tips:

- Opt for a natural tree over an artificial one
- Handmake gifts to show your loved ones how much you truly care
- Use common household items as festive decor
- Find secondhand gifts and decorations at your local thrift store
- Homemade cards have more personality
- Use old newspapers or grocery store bags as a wasteless wrapping paper

Sudoku By The Mepham Group

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Solution to last Sunday's puzzle

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

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.

10/27/24

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Los Angeles Times Sunday Crossword Puzzle Edited by Patti Varol

'... as all 88 *Asian 4 Extreme 52 Do not disturb Andes RUNWAY SHOW competition preoccupation involving line Window feature 61 Old relation

cutting

Hosp. areas

92 D-Day conflict

93 Final notice?

95 River residue

96 Thanksgiving

98 Big stretch?

99 Crunch in the

cereal aisle

*Chinese festival

spotlight moment

to bring good

performance said 16 Digital circuit

tuber of the line

101 Takes in

105 *Repeated

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Vocalist's

112 Machu Picchu

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113 Less noble

116 Pair

119 Crafty

120 SFO info

121 Checks

114 Biotech giant

115 Color choices

117 Calendar entry

118 Spills the beans

marketplace

"Easy on Me"

tweets

By Adrianne Baik Across

- 6 Shell competitor
- 11 Secures
- 15 Big serving Cover, in a way
- Press backspace Welsh accent feature
- 22 Company picture 23 Eldest von Trapp
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- backward while facing forward or
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54 Chewy Japanese

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62 Asian language

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71 Expressive rock

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75 Family, in

81 List title

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- vegetable maybe
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 - DOWN

3 Dupe

- Part of a taco assembly kit 2 Epic set in the 10th year of the Trojan War
- Veterinary patient 42 Dove shelter 44 Consumed 45 lcy 48 Digger controller 49 Billiards bounce

Fire sign?

57 Guest spot?

58 Dwindle in size

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50 Persian poet 55 stick

6 Impatient kid's cry

8 Efforts to get dough 66 Wordless

7 Give a TED Talk

from cookies?

9 Doubter's query

10 "Frasier" actress

12 Teacher's helper

harmony?

14 Spooked wilde

movement

11 Ambiguous shapes

13 Groups that create

15 Bulgarian or Bosnian

same conclusion

34 Got comfortable in a

building block

17 Come to the

concerning

18 Feathery wrap

28 Like some veils

30 Clumsy hulks

La-Z-Boy

kitchen

37 Hot spots in the

39 Org. that takes

many forms

Jane

- 104 Vibe
- 100 Real estate expert 102 Camera view

62 MGM mascot

67 French cookbook

65 Fire sign?

term

76 Learn of

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83 Con

68 Big time?

69 Greet silently

70 Donald Glover's

77 Looking sunny

79 Deep purple fruit

80 Travel baggage

in tandem

84 Go on a run?

89 Gamer's field

94 Hundred-to-one

90 Twain hero

98 "Good grief!"

shot

87 Was short

85 Disney's Cruella

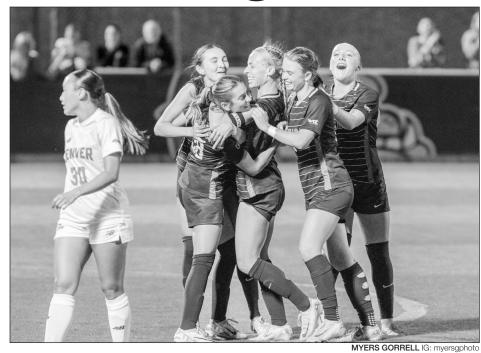
Tackled together

78 Small glazed

"Community" role

- 103 Pathogen fighter 106 Hopeful
- 107 College World Series org. 109 Critic's kudos 110 Spreadsheet filler
- 111 __ shed

Gonzaga soccer season recaps



DECEMBER 5, 2024 FB.COM/GONZAGABULLETIN f

Women's soccer went 6-3-1 in conference, the same number of wins as last season.



The men's five-game win streak to open the season was the best start since 1980.

Women place third in WCC in Katie Benz's first year

By OLIVIA MOWAD

fter losing over 60% of its scoring production and bringing in a new head coach, Gonzaga University's women's soccer team defied preseason predictions to place third in the West Coast Conference standings, demonstrating continuity from last year's success.

In the league's preseason coaches' poll, the Zags were projected to finish fifth in the WCC. This, combined with new head coach Katie Benz, signaled a year of change for the team, despite its historic performances in the previous season.

The Zags played a tough nonconference schedule facing top-level competition, including then-No. 6 Arkansas, and came away with four wins out of nine game schedule, including a 1-0 road win against Kansas and 3-1 home win against Denver University.

"This season definitely set us up for conference, like obviously we've got some big dogs in conference that we've got to be ready for, but some of the hardest opponents were in our nonconference schedule, and so that set us up to be prepared for anything," Benz said about the nonconference season.

A 1-2 conference start gave a tough outlook, but the team found its stride in a home match against Washington State University. The 4-3 win marked a streak where the Bulldogs would lose only one of their last six matches, with the sole defeat coming at the hands of then-No. 10 ranked Santa Clara in 2-1 fashion.

Roster turnover hurt the team's attack, as 13 players departed the program after the 2023 season. These departures saw the team lose 60% of its scoring production from the previous year, which was evident as the revamped squad scored 36 goals in the 2024 season, after scoring 56 in the previous year.

Though the team shifted away from an attacking identity, the Zags finished conference play with 19 points, resulting in a third-place finish in the WCC standings. GU took a defensive approach that saw them keep high-scoring teams at bay. This strong defensive focus led them to a 6-3-1 record in conference.

On the attacking front, GU boasted a youthful frontline that gained valuable experience and leadership after a large amount of roster turnover. Sophomore Katelyn Rigg and freshman Amelia Severn had strong offensive outputs, scoring five and four goals, respectively. As newer assets to the collegiate level, the forwards proved to be useful in their attacking output.

Severn's lead the team in assists with seven on the season and had the team's second-highest amount of total points, while Rigg totaled seven goal

involvements to was GU's second-leading

Midfielder Emelia Warta also had a successful season, tying for the secondmost assists (6) and recording a team-high 27 shots on goal. Her passing abilities were integral in wins against Pacific and WSU when she grabbed a goal and an assist in the 4-3 win against the Cougs.

Though a strong underclassmen presence helped the program this season, the Zags also relied heavily on returning seniors as well, with Paige Alexander, Chelsea Le and Marissa Garcia, representing 47% of the team's scoring production.

Defensively, redshirt senior goalkeeper Lauren Towne had a .721 save percentage, ensuring that 29 goals were scored against them, only a slight increase from the 22 scored on them in the past season.

GU's defensive line was able to maintain seven clean sheets this season, bringing its average down to only 1.53 goals per game scored against them. The defense also only allowed 12.7 shots per

This defensive solidity was integral in GU's matchups in conference play, where the Zags faced strong offensive teams Santa Clara and Pepperdine, both of whom continued past the WCC and into the NCAA Tournament. In both games, GU only lost by one point despite Pepperdine averaging 2.05 goals per game and Santa Clara with 2.00 goals per game.

In a 2-1 loss in the season opener against Utah, the team's toughness came into question. In this match, Utah imposed its physicality, out-fouling GU 15-5 and forcing turnovers from the Zags, which ultimately caused GU to lose the game. Following this, the Zags increased their physicality throughout the season.

These results can be attributed to GU's defensive outlook and increased physicality. Though there was not a significant drop in fouls from the 2023 season, there was an uptick in the number of yellow cards awarded to the Zags.

Head coach Katie Benz reflected positively on her first season and is looking forward to seeing the growth of the women's soccer program.

"Me taking over this program, and this being my first year as head coach, having a group like them who loves this team and this program as much as they do has really set a strong foundation for where we're going," Benz said. "And so I wouldn't have been able to ask for a better group."

In 2024, GU exceeded its preseason expectations, with a promising, youthful core set to grow into their roles and create a strong program for the 2025 season.

Olivia Mowad is a staff writer.

Men winless in conference after 5-0 start to season By OLIVIA MOWAD

or the Gonzaga University men's soccer team, the 2024 season will be best remembered for a historic beginning to its campaign, its best start to a season in decades.

The season started off on a high note for the Zags, as they won their first five games, defeating Northwest University, St. Thomas, Incarnate Word, Houston Christian and Utah Tech.

The streak was ended when GU traveled to the eventual Big West runnersup Cal Poly and lost 3-0. This strong start was the GU's best since 1980, with that year's team finishing with a record of 11-2-1. After a strong start to the 2024 season, the Zags only took home one more win.

GU went 6-10-2 overall, propelled by its opening five-game winning streak. After its nonconference slate, the Zags entered West Coast Conference play as an underdog, having been picked to finish last in the WCC by the annual coaches' poll.

conference boasted tough The competition this year, with Oregon State, Portland and San Diego all being nationally ranked teams at one point in the season. Three-time WCC champion San Diego took home the conference and earned the automatic qualifier to continue to the 2024 NCAA tournament.

Oregon State earned an at-large selection, ultimately losing to Gardner-Webb in the first round. San Diego progressed through the first two rounds of the tournament after defeating both UC Davis and Duke, but the Toreros ended their run with a loss to Vermont in the Sweet 16.

GU's youth offers potential for a promising future, with sophomore forward Drew Pedersen and freshman midfielder Alex Bazia both finishing among the top-four scorers on this year's

Pedersen had the second-highest number of shots on goal this season and was also second on the team in assists, representing one of GU's best offensive weapons. New players are already gaining significant minutes on the field and could prove to be worthy assets to the team as they continue to develop.

The impact of experience is important, and the Zags will lose five seniors before the 2025 season, including one of their leading scorers, forward Chris Swider. A four-year Zag, Swider finished as jointtop scorer (5), with season highlights including two goals in a 2-0 victory against Incarnate Word.

With the losses of Swider, Nicholas Bianchi, Stefano Campisi and Jesse Riodil, GU will have a new offensive look next season. A shift in attacking identity, led by forward Ben Augee's 2025 senior leadership, could help to add more scoring threats to lead the front line.

Augee tied Swider with five goals scored on the season, grabbing an especially integral, game-winning goal in the game against then-No. 9 Seattle U. GU's 1-0 road win was its first win against top-10 ranked team since 2007. Augee eventually finished with All-WCC Honorable Mention honors.

Talan Rochelle is a freshman forward that will be an asset to the Zag offense in the future. Rochelle scored his second goal of the season in GU's 2-1 loss to San Diego, and tallied 10 shots on goal throughout the campaign.

Defensively, The Zags have a strong presence in goal with North Florida transfer Chema Preciado. He finished the season ranked second in the WCC in saves per game with an average of 4.33. As one of the best goalkeepers in the WCC, Preciado maintained two clean sheets and grabbed 78 saves this season.

Sophomores Farhan Moustafa and Hudson Brunk saw their minutes increase this season, with both set to be essential to the defensive line in the future. The Zags will look to them to replace senior defender Anthony Hidalgo, who was

integral to the Zag defense.

The team is playing more aggressively and smarter on defense compared to the previous years. This year, GU received 38 yellow cards, the same number as the last season. On the other hand, they dramatically decreased the number of fouls, going from 248 last season, to 191

GU's physical play saw them earn slightly higher foul totals than their opponent's averages, due to the consistent defensive pressure from the offensively strong teams they faced this season.

Although the season did not end as positively as it started, the Zags are looking forward to a similar roster as this year, hopefully providing advantages as many of their younger players progress. Head coach Aaron Lewis looks back on the season's wins positively, mentioning their defeat of a top 10 team.

"I think that we've got a lot of exciting and promising returners coming back and optimistic about what might come," Lewis

Boasting positives including an exceptional start to the season and a win over a top-10 ranked opponent, GU will look ahead to the 2025 season having completed a difficult but promising

Olivia Mowad is a staff writer.

Zags drop to No. 7 in AP Poll

By CAM MCCANN

After the annual week of Thanksgiving tournaments, the Gonzaga University men's basketball team dropped four spots, landing at No. 7 in Monday's Associated Press Top 25 poll.

The Zags' slide came largely due to an overtime loss to then-undefeated West Virginia (5-2) in the first round of the Battle 4 Atlantis tournament. Head coach Mark Few has led numerous talented teams, but this year's squad has excelled against a challenging early-season schedule. As of the latest AP poll, all but one of GUs opponents have received votes.

Baylor (5-2) climbed two spots to No. 15, while San Diego State (4-2) moved to No. 24, highlighting a massive road win for the Zags that could serve as a highly touted Quad 1 victory. Arizona State (7-1), Indiana (6-2) and West Virginia also received votes.

The Zags have additional chances for high-profile wins on the horizon. The Battle in Seattle against Kentucky offers a potentially significant neutral-site win, followed a week later by a matchup with No. 25 UConn (5-3) at Madison Square Garden. UConn defeated GU in Seattle last year, setting the stage for a revenge opportunity.

GU has thrived offensively all season, scoring fewer than 80 points just once — in the loss to West Virginia. Ryan Nembhard has been the steady hand guiding the team as one of the most efficient point guards in college basketball. Nembhard leads the nation with 10.8 assists per game and has committed just 14 turnovers this season, averaging 1.8 per game—the lowest mark of his four-year collegiate career.

In the frontcourt, Graham Ike and Braden Huff have emerged as key offensive contributors. Ike averages 13.8 points per game but has struggled with foul trouble, averaging 8.5 fouls per 40 minutes — the fifth-most in the NCAA. When Ike has been sidelined, Huff has proven to be a reliable option off the bench. Huff ranks 23rd in college basketball in the percentage of shots taken while on the court and replaced Ike during the final stretch, including overtime, against West Virginia.

Elsewhere in the AP poll, UConn and Houston (4-3) experienced the biggest drops. UConn fell to No. 25 after losing three straight at the Maui Invitational, while Houston dropped out of the Top 25 following two losses to ranked opponents in Las Vegas.

The only team ranked higher than GU with a loss is Iowa State (5-1), whose lone defeat came against No. 2 Auburn (7-0). Kansas remains No. 1 with 35 first-place votes. Auburn, Tennessee, Kentucky and Marquette round out the top five.

Cam McCann is a sports editor.



Khalif Battle leads the NCAA in free-throw percentage.



COURTESY OF GONZAGA ATHLETICS

The women's team claimed its first West Coast Conference championship since 2015, while the men finished second at the league meet on Nov. 2 in Lodi, California.

Zag XC finishes 2024 season

By JONATHAN PETROGEORGE

The Gonzaga University cross country program capped a record-setting season at the NCAA Championships at the Thomas Zimmer Championship Course in Verona, Wisconsin.

Seniors Wil Smith and Rosina Machu led the way, with Smith representing the men's team as an individual competitor and Machu leading the women to their second-ever team appearance at nationals.

The women finished 25th overall at the NCAA Championships, led by Machu's impressive 45th-place finish out of 254 runners. Smith placed 59th out of 252 competitors.

The 2024 campaign was highlighted by historic achievements for the Zags. The women's team claimed its first West Coast Conference championship since 2015, while the men finished second at the West Coast Conference Championship meet on Nov. 2 at Micke Grove Links in Lodi, California.

Both teams secured spots at the NCAA West Regional Championships, with the women earning an automatic bid by dominating the WCC competition and the men earning an at-large spot behind nationally ranked Portland.

After placing fourth as a team at the NCAA West Regional Championships, the GU women earned an atlarge berth to nationals. The men's sixth-place finish was not enough to earn a bid for the team, but Smith was given an individual spot after taking sixth individually.

Aside from earning representation at nationals, the season also brought individual recognition for the Zags' leadership. GU women's cross country head coach Jake Stewart was named WCC Coach of the Year, and Machu earned her second consecutive WCC Runner of the Year award.

Stewart, in his seventh year at the helm, guided the Bulldogs to six team titles, their highest-ever USTFCCCA ranking at No. 16 and a dominant performance at the Arturo Barrios Invitational in College Station, Texas.

Machu's Runner of the Year honor caps an illustrious career for GU's cross country program. Over her time in Spokane, she earned 13 top-10 finishes, including four race wins. A three-time First Team All-WCC and All-West Region honoree, Machu is just the second female cross country All-American in GU history, highlighted by her 16th-place finish at the 2023 NCAA Championships.

Machu also holds GU's 4K and 6K records, consistently breaking her own marks over the past two seasons.

Senior Willow Collins, a first-year cross country runner after transitioning from soccer, reflected on the team's success following nationals.

"I have had some amazing memories throughout my athletic career, but this season takes the cake," Collins said. "I had no idea what to expect coming into this season ... Little did I know I was about to be part of arguably the best season in program history. I love this team, and I

cannot wait to see what we accomplish next year."

On the men's side, Smith concludes his cross country career at GU with five NCAA Cross Country Championships appearances, four of which he was joined by his fellow teammates.

Smith leaves the Zags with both 8K and 10K records, garnering one Second Team and three First Team All-WCC honors, along with three straight USTFCCCA All-West Region finishes.

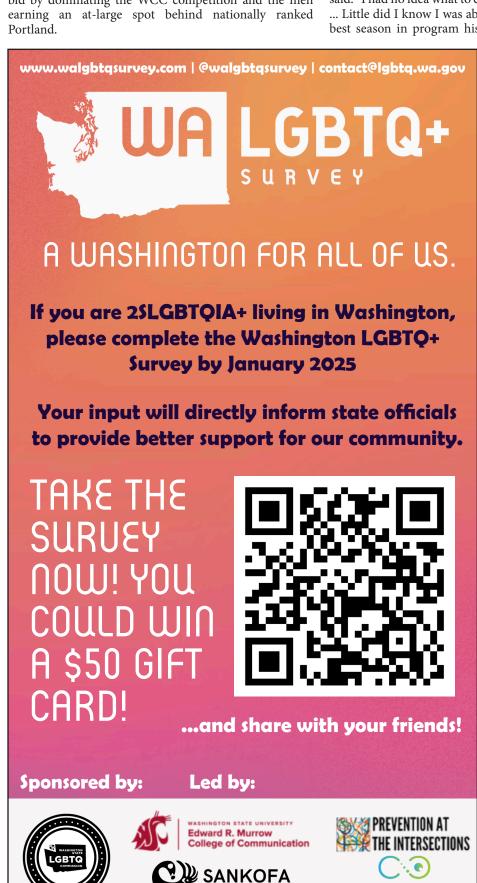
Following the regional championships, men's head coach Pat Tyson spoke on the season, finding positives with the team's finishes against tough competition, and crediting Smith and other seniors the program leaned on.

"We had a very good year. We were second in the WCC against a nationally ranked Portland team and sixth in a really tough West Region," Tyson said. "I love the way they fought, and I'm really proud of them. We will definitely miss Wil Smith, Drew Kolodge and Cooper Laird. Those three put their heart and soul into this team."

Many of the runners from the cross country team will continue their running streak when the Zags will start their indoor track season on Saturday.

Zag runners will travel to Boston to compete in the Sharon Colyear-Danville Season Opener meet, ahead of a much-anticipated track and field season.

Jonathan Petrogeorge is a staff writer.



CONSULTING

*The Washington LGBTQ+ Survey is open from June 2024-January 2025 for anyone who identifies as a member of the 2SLGBTOIA+ community and resides in Washington

state or has a Washington State residency, age 11 or older.

data2insight



NIL funds increased at Players Era

DECEMBER 5, 2024 FB.COM/GONZAGABULLETIN f

By KYLE SWEENEY

"Feast Week" in college hoops has come to a close, concluding a packed week of men's and women's games. Among the busy slate, 32 games went into overtime and 11 buzzer-beaters occurred, giving the early college basketball season a March Madness-

In Las Vegas, a new tournament made its debut. The Players Era Festival, a one-ofa-kind tournament centered around Name, Image and Likeness (NIL) initiatives for teams and players, finished up its inaugural tournament on Saturday when Oregon defeated Alabama in the championship

This year's edition featured a slew of elite programs, including Houston, Alabama, Creighton, Texas A&M, Notre Dame, Rutgers, San Diego State and Oregon. GU has already committed to the 2025 Players Era Festival, joining other bigtime programs like Baylor, Iowa State and Syracuse.

"We are thrilled to be part of the Players Era Festival," said Baylor men's basketball head coach Scott Drew. "Not only is this a top-notch event, featuring some of the best teams in the country, but it also provides terrific opportunities and experiences for our student-athletes beyond the basketball

The NIL opportunities aligned with this specific tournament is what is catching the eyes of programs across the country. Unlike GU's previous trips to Maui or the Bahamas, its players and programs will be rewarded financially through NIL resources provided by the tournament itself.

"We're going to have to figure out what the new rules are going to be, so we're trying to understand the revenue-driven model that Vegas represents versus these historical, more destination-driven models and figure out what the rules in the future will permit or restrict," said GU Athletic Director Chris Standiford to the Spokesman-Review.

According to its website, the Players Era Festival provided \$9 million in NIL to college basketball players in 2024 for their engagement in activities separate and apart from competition and will distribute more than \$50 million in NIL over the next three years. For these NIL payments, players will perform services and activities fully compliant with current NCAA regulations.

The tournament has guaranteed over



The Players Era Festival offers a substantial NIL bonus to teams that participate.

\$1 million in opportunities to each team participating with Players Era sponsors from outside the event, becoming the first tournament to do so.

The tournament was created by EverWonder Studio, Seth Berger (cofounder of AND1) and MGM Resorts International. EverWonder Studio CEO Ian Orefice hopes this tournament and the NIL opportunities can change the future of college basketball.

'We [want to] use the momentum that is launching with the 2024 Players Era Festival and be the catalyst not to change one event, but to change college basketball for the future," Orefice told SportBusinessJournal.

By hosting the tournament in Vegas, Orefice compared the Players Era Festival to the semifinals of the NBA's in-season tournament, which he said "did really well to reinvigorate the fan base at the beginning of the year."

However, as is expected with a new tournament of this kind of economic newcoming, there are concerns involved with the start-up. Because of the expenses brought on by paying each team over \$1 million, there are concerns about creating a profit. Rick Giles, the president of the Gazelle Group that operates similar events like the College Basketball Invitational, forwarded this skepticism to the Associated

"The math is highly challenging," Giles told AP. "Attendance and ticket revenues are not going to come anywhere close to covering that. It all sort of rests with their media deal with Turner and how much capital they want to commit to it to get these players paid."

Ticket sales and broadcast rights are ways that the tournament could profit, but the pure amount of expenses that the tournament accrues has raised eyebrows from more people than just Giles. David Carter, a University of Southern California adjunct professor who also runs the Sports Business Group consultancy, questioned the continuity of the tournament if there are no profits made.

"If there is bandwidth for another tournament and if the TV or the streaming ratings are going to be there and people are going to want to attend and companies are going to want to sponsor, then, yeah, it's probably going to work," Carter told AP. "But it may take them time to gain that traction."

With the future unknown, there is a lot still to look out for in terms of this tournament. But with the inaugural edition in the books, there is no doubt that the competition will excite fans. But the question will be, can the financials keep up with the benefits this tournament gives to well-deserving athletes and programs?

Kyle Sweeney is a staff writer.

GU SPORTS CALENDAR

Saturday, Dec. 7

- Track and field at Sharon Colvear-Danville Season Opener, Boston, Massachussets, (all-day meet)
- ➤ Men's basketball vs. No. 4 Kentucky, Seattle, Washington, 7 p.m.

Sunday, Dec. 8

→ Women's basketball at Colorado State, Fort Collins, Colorado, noon

Saturday, Dec. 14

- ➤ Women's basketball vs. Eastern Washington, 2 p.m.
- ➤ Men's basketball vs. No. 25 UConn, New York City, New York, 5 p.m.

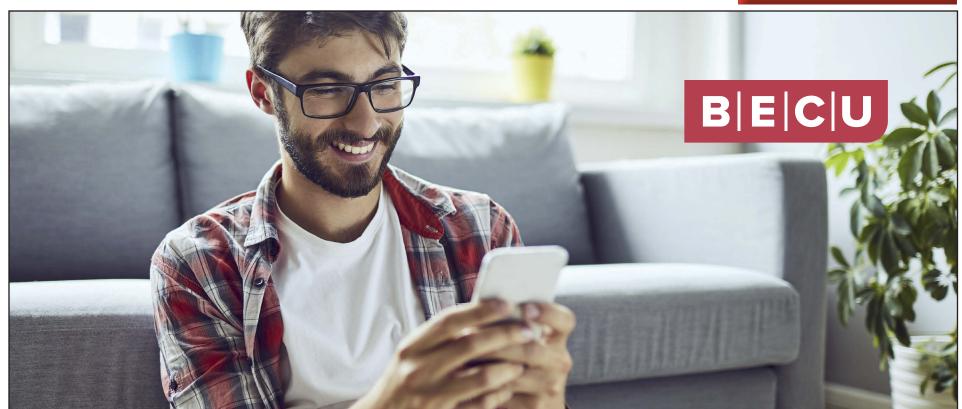
Wednesday, Dec. 18

- ➤ Men's basketball vs. Nicholls, 6 p.m. Thursday, Dec. 19
- ➤ Women's basketball vs. San Francisco, San Francisco, California, 6 p.m.

Saturday, Dec. 21

- ➤ Women's basketball at San Diego, San Diego, California, 2 p.m.
- ➤ Men's basketball vs. Bucknell, 6 p.m.

Home games in bold



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